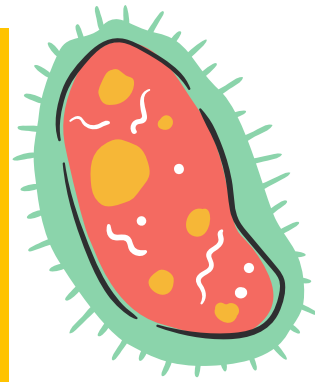
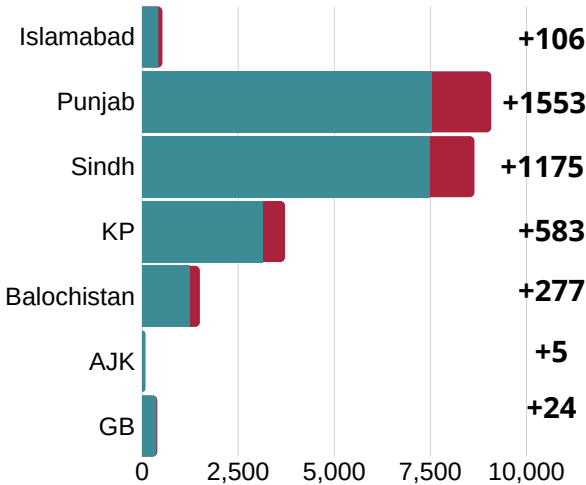


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can answer their questions.



Confirmed Cases



The **Pakistan Coronavirus CivicActs Campaign (CCC)** captures rumors and perceptions among communities to eliminate information gaps between the government, media, humanitarian agencies and citizens. By providing the public with facts, these coronavirus bulletins aim to create a better understanding of needs regarding coronavirus and to debunk rumors before they can do more harm.



DON'T PANIC!

Follow these steps to help prevent the spread of coronavirus.

- Wash your hands frequently with soap and water for at least 20 seconds. Use hand sanitizer (with at least 60% alcohol) if soap and water aren't available.
- Cover your nose and mouth (with your elbow or a tissue) when sneezing.
- Avoid crowded places and practice social distancing. If you think you have been exposed to someone with coronavirus, quarantine yourself for a minimum of 14 days and monitor any symptoms.
- Do not stockpile supplies.

How is COVID-19 affecting Children?

How can we provide emotional support to our children during COVID-19?



Understanding how this pandemic will impact the lives of children is the first step in providing emotional support for them. Around the world, people's routines are changing. Those who once went to work or school are now having to adapt to work or learn from home. Children are among those struggling with changes in their routines, which may affect their sense of structure, predictability, and security.

ChildTrends.org provides a [list of recommendations](#) for how best to support children during this difficult time. Among them is understanding that their reactions to the pandemic may vary - some may be irritable and clingy, while others may experience difficulty sleeping or eating. It is important that in these situations, adults remain calm and show empathy and patience, and when needed, set limits and boundaries. The list also emphasizes the importance of making sure children are not socially isolated, even while social distancing. This can mean spending quality time with parents and other household members, writing letters to friends and family, and video chatting.

Emotional and behavioral changes are to be expected as everyone adjusts to a "new normal". If, however, a child shows an ongoing pattern of emotional or behavioral concerns that do not solve themselves with support, - such as nightmares, increased aggression, or regressive behaviors - it may be time to seek professional help.



What does COVID-19 lockdown mean for the immunization of children?

With the lockdown intact, doctors are recommending parents maintain routine immunization check ups to prevent other infectious disease (measles, polio, rota virus, and others) outbreaks, and decrease the infection load on hospitals. Dr. D. S. Akram, a paediatrician heading [HELP](#), an NGO working on immunisation and child health, noted that they are seeing a mini epidemic of measles in Karachi, polio cases are on the rise, and TB is killing more people than COVID-19. He pointed out that diseases with higher transmissibility like measles and polio pose a much higher risk to hit back strongly.

These infections are preventable, and Pakistan has the vaccines to protect against them. National Coordinator for the Expanded Programme of Immunisation, Dr. Rana Muhammad Safdar emphasized that parents do not discontinue during COVID-19, and ensure essential immunisation of children. He further added that the nationwide anti-polio drive, which aimed at immunizing 40 million children, was suspended mid-April due to the situation in the country.

According to data from the [Pakistan Polio Eradication Program \(PPEP\)](#), 146 polio cases were reported in 2019 while 39 have been recorded so far in 2020. UNICEF and partners in the [Measles & Rubella Initiative](#) and [Gavi, the Vaccine Alliance](#) are calling on governments and donors to sustain immunization services while keeping health workers and communities safe, and start planning to ramp up vaccinations for every missed child when the pandemic ends.

How is COVID-19 affecting Children?

How can we keep children engaged during COVID-19?



With schools and educational institutions closed across the country, and children have a lot of time on their hands as self isolation continues. It's very important during this time to keep children of all ages engaged daily with a range of learning and educational activities to enrich mental stimulation, as younger children have short attention spans and may forget things easily. Online learning can be one way through which children can learn and interact while maintaining social distancing. [Khan Academy](#) offers free daily schedules for kids and teens ages 4-18 to maintain stability and routine during this time. The online learning non-profit also offers a free downloadable app called [Khan Academy Kids](#), which contains thousands of activities and books for children ages 2-7.

Similarly, [Sabaq](#) is an [app](#) that produces animated video lessons, interactive exercises, live-shot lessons, and more, all aligned with Pakistan's National Curriculum. [Taleemabad](#), an individual based learning app with over 100 videos and 200 games, teaches Urdu, English, mathematics, and moral and ethical values in a cartoon-based format. There is a portal where parents can check their child's performance and reward them on good performance and help them with their weaknesses. Developing a reading habit can help children build on their vocabulary. Audible, which has the world's largest collection of audio books, is offering free stories for kids as long as schools are closed. [Start listening here.](#)

Children find it fun to craft things and create artwork. Sarwat Gillani, Pakistani actress and mother of two, is providing art and craft classes for children online through her [instagram channel](#), where she demonstrates easy art projects along with her children. The actress also provides parents with tips on how to keep children engaged through the pandemic. Some other easy arts and craft videos can be found [here](#).

Along with crafting, children are more open to trying new foods if they have opportunities to explore and learn about the food before they eat it. Some easy, quick, and fun recipes for which parents can make with their children during ramadan can be found [here](#).

Who can we contact to report child abuse?

With the extensions of lockdown and self-quarantine measures, children are observed to be the most vulnerable in the progressing pandemic. The number of child abuse and violence cases has increased and continues to grow with financial depression being seen as the major cause. Cases of parents beating children are not reported on normal days, let alone amid this crisis. Child abuse and violence can cause physical or emotional injuries, and in many cases, result in death. There are several organizations one can contact in case you see a child being abused, someone under 18 facing violence, or are a victim yourself.

1. Child Protection & Welfare Bureau (Punjab)
 2. Sahil (Punjab, Sindh, Balochistan, KPK)
 3. Madadgar (Karachi)
 4. The Ministry of Human Rights (Nationwide)
- WhatsApp number

Helpline number: 1121
Toll free number: 0800-13518
Helpline number: 1098
Helpline Number: 1099
(Call/ Text): 0333-9085709



How is COVID-19 affecting Children?

Conversation with an Expert - Mujtaba Zaidi

The lag in education is becoming a serious problem, as there is a shift in annual examinations and semesters. Educational institutes are shifting to online methods of teaching using platforms like Zoom, Google Classroom, WhatsApp groups, and Facebook Live. We contacted Mujtaba Zaidi, educator at Probyn's School System, to learn about the best practices for online education.

Probyn's School System is located in Chakwal, and houses early stage classes up to grade 5. The school is owned by a local benefactor who aims to make project based learning affordable for the local community. Mujtaba shared how they have developed the school's online learning management system in response to COVID-19. The system allows students to take online classes in real time, but also records them in case students are facing technical issues. The learning management system also maintains attendance records, and when students log in, it shows them the current online lesson in addition to a history of all previous classes and assignments.

The school was able to transition quickly to the online learning management system because of rigorous teacher training and advanced teaching methods. When asked about behavioural changes seen in children, he shared that up until now, they have not witnessed significant changes in children's behavior in regards to their mental health, but said that the economic stress will cause frustration to rise, and children will also pick up on those stresses and anxiety.

Although he looks forward to restarting in person classes by August (with proper precautions), Mujtaba also mentioned that maintaining social distancing with children would be difficult, and parents would have to be more cautious which means that there will be low attendance, and partial distant learning might have to be continued.

Resources and Readings

[How to Help Children with Difficult Transitions](#)

[How to talk to your child about coronavirus disease 2019 \(COVID-19\)](#)

[Coronavirus \(COVID-19\): How to Talk to Your Child](#)

[What parents should know](#)

[Talking to Kids About the Coronavirus](#)

[How to talk to children about the coronavirus](#)

[Recipes to make with kids during quarantine](#)

[Talking with children about Coronavirus Disease 2019](#)

[Learning Activities for Kids](#)

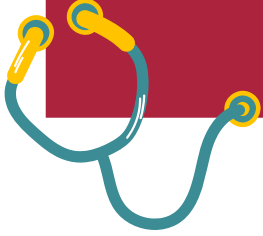
[Activities and online resources for homebound kids](#)

[Books for 5 to 8 year-olds](#)

What do I do if I think I have coronavirus?

Do you have any symptoms?

- **Fever**
- **Shortness of breath**
- **Dry cough**
- **Tiredness**



If so, contact your doctor or the coronavirus helpline at 1166.



Where can I get tested?

Karachi

Aga Khan University Hospital

Stadium Road, Karachi

Civil Hospital

DOW University Campus
Mission Road, Karachi

Dow Medical Hospital

Ojha Campus
Suparco Road, Karachi

Indus Hospital

Opposite Darussalam Society, Korangi
Crossing, Karachi

Lahore

Punjab AIDS Lab

PACP Complex
6 - Birdwood Road, Lahore

Shaukat Khanum Memorial Hospital

7A Block R-3 M.A. Johar Town, Lahore

Islamabad

National Institute of Health

Park Road
Chak Shahzad, Islamabad

Rawalpindi

Armed Forces Institute of Pathology

Range Road
CMH Complex, Rawalpindi

Multan

Nishtar Hospital

Nishtar Road,
Justice Hamid Colony, Multan

For more cities visit the
[**COVID-19 Health Advisory Platform**](#)

Coronavirus CivActs Campaign is brought to you by
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