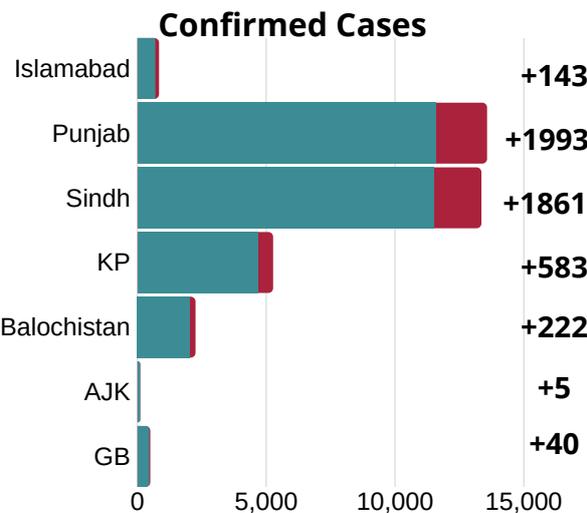
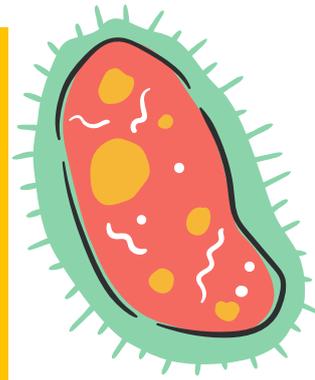


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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



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.

# Lockdown Restrictions Eased Nationwide!

**What does “easing lockdown” mean? Can we carry on with life as normal?**

While "lockdown" isn't a technical term used by public health officials, it can refer to anything from mandatory geographic quarantines to non-mandatory recommendations to stay at home, closures of certain types of businesses, or bans on events and gatherings. The term “easing” or “lifting” lockdowns would then refer to the reopening of all businesses, activities, and services, as well as arrangements of religious and festive events and gatherings.

With coronavirus outbreaks at different stages around the world, countries are making changes to their lockdown restrictions. On Thursday, Prime Minister Imran Khan announced that Pakistan will be easing its nationwide lockdown over the weekend, despite the rise in coronavirus cases, keeping in view the economic damage lockdown measures have caused. However, schools and educational institutes are to remain closed till mid-July, along with no plans to restart public transportation or domestic flights.

Upon the announcement, markets across Pakistan are reopening for the first time after months. The easing of the lockdown comes with many across the country already openly flouting its restrictions and gathering in public.

Although shopping malls are closed, many wholesale markets and commercial centers have reopened with traffic flowing rapidly.

**What do health experts have to say about the government easing lockdowns?**

Coronavirus has spread to 183 countries after first emerging in China; this rapid spread was caused by public gatherings and unrestricted movement of infected patients. In this ease of lockdown, doctors and medical staff who are observing an increase in coronavirus patients and a more severe form of the infection have called for citizens to strictly follow social distancing precautions set up by the government.

Dr. Qaiser Sajjad, Secretary General of Pakistan Medical Association stated that a rise in positive COVID-19 cases means a larger number of severe patients who may require ventilators and intensive care facilities, which we are unfortunately not equipped for.

Acknowledging that people across the country have not been following the government's guidelines, Federal Minister for Planning, Mr. Asad Umar warned earlier this week that the restrictions could be reimposed if precautions were not adhered to.

# Lockdown Restrictions Eased Nationwide!

**Is easing lockdowns the right step at this time since the number of cases is continuing to increase?**

Easing lockdowns is a question of whether health or economy should be prioritised. As the number of coronavirus cases is increasing, it is not advised by health care professionals to ease the lockdown, as it could lead to increased patient loads in hospitals. For daily wagers and common vendors on the street, sustenance is becoming so difficult that health becomes an afterthought.

The government is banking on the low death rates and the hospital's capacity to manage new waves of infections. Policy making is difficult in a time like this time without definite data. As there is an ease in lockdowns, data collection and testing should increase to control the spread. A digital push to the businesses should be also made to adapt for future waves of COVID-19 anticipated through 2021.

**Are there any precautions we should take when leaving the house?**

According to research conducted by a team of experts from the New England Complex Systems Institute (NECSI), Harvard, UCLA, and more, Pakistan falls into the category of countries that need to take action to beat COVID-19. The study also looked at countries such as Cuba and Iceland that are beating COVID-19, and countries that are nearly there, such as Denmark and Turkey.

With the government easing lockdowns across the country, there has been a massive increase in shoppers in markets and commercial centers especially during the evenings as people celebrate the holy month of Ramadan. With the Muslim holiday of Eid coming up, crowds are likely to further increase.

It is very important during these times that citizens follow and take safety precautions to prevent the curve from rising further. While the best option is still for people to stay at home as much as possible and avoid going outside frequently, in the instance that they still need to go outside, the following precautions can be taken:

1. Wear a mask and take a small bottle of sanitizer with you.
2. Maintain a distance of 6-feet from other people at all times.
3. Give preference to walking or driving your own car when going to the office or market. If you must use public transportation, wear a face mask and be really cautious about hand hygiene.
4. Try to avoid eating food from outside (restaurants/cafes).
5. Limit nonessential shopping trips.
6. Avoid taking toddlers and children with you outside for groceries or shopping.
7. Wash your hands for 20 seconds as soon as you come home.
8. If you feel that you have any of the COVID-19 symptoms, isolate yourself and seek medical help immediately.

# 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  
**Accountability Lab Pakistan**