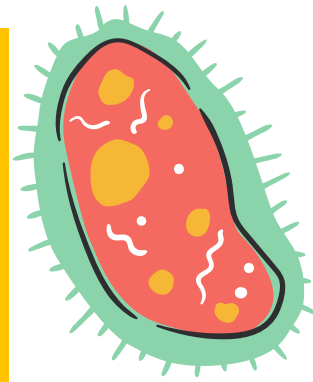
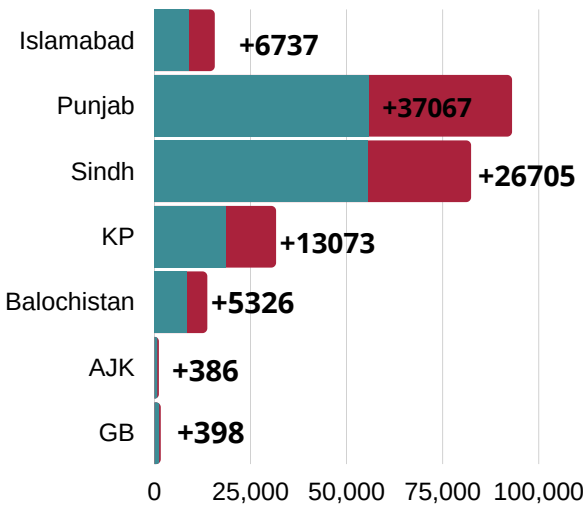


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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



**Confirmed Cases/ Active 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.

# Protect Yourself!

**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.

# COVID-19 Survivor Stories

*I was among those people who didn't take coronavirus seriously until I became affected.* With the lockdowns being placed and the economy badly affected, my business of selling automobile spare parts got affected and I decided to work part time as an Uber driver to make ends meet. Just last Thursday evening, I was directed to a group of three men for a ride to Rawalpindi. None of us were wearing masks, and the only exchange made was that of money with the passengers. That night I remember experiencing brief periods of dry cough. Thinking it would be because of the weather change, I went to sleep. The very next morning the brief periods of coughing turned into prolonged periods of coughing along with a mild fever.

My family called the Corona mobile team at 1166. A paramedical team of eight came, six of them came inside the house to take my test along with my family members while two remained in the van. My test came positive, and they shifted me to the third floor in my house for self quarantine as my family members were tested negative. The team provided me with some medicines to keep my fever mild and instructions on how to care for myself. The following day, the team came again and sprayed disinfectant around my house. They have been visiting every day to see how I am doing.

**(34 Years old Uber driver)**

“

I was one of those doctors who were performing duties in corona screening centers. The public was not responding seriously to this pandemic despite knowing the threats it may cause.

The response of our public towards precautions was very casual. They did not bother to wear a mask at all. Neither did they care about others. So, a lot of people including me got infected due to their negligence. We all were isolated in Indus Hospital M Garh. We gradually developed mild signs and symptoms of COVID-19, and one of our fellows became sick. We all panicked during this situation.

However, we all recovered after 7 to 10 days of suffering from COVID-19. Therefore, I would like to request all the people out there to kindly follow the SOP's and Doctor's advice regarding COVID-19.

**(26 years old Doctor from Multan)**

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*Even after strictly following safety precautions, I was still tested positive for COVID-19.* Eid was just around the corner, and like everyone else, my family and I were making preparations for a socially distanced festive, while cautiously meeting all safety criteria. Instead of leaving the house to get groceries, we decided that it would be safe to order online and have them delivered to the house. The delivery truck arrived and I went outside to receive the supplies and pay the delivery man. The next day, I woke up with a mild temperature and heavy pain in the chest causing it difficult to breathe. My son immediately called the corona helpline number 1166 and shortly after the paramedics team arrived.

My test came positive, and they asked me whether I would prefer to be quarantined at home or at the hospital. I decided to isolate at home but the very next day, my symptoms started to become more severe and the paramedical staff admitted me to the hospital for two weeks. The first four days of isolation were quite critical, I felt as if energy had been drained from my body making it even difficult to speak. After two full weeks of extensive treatment, I was tested again, but negative this time. I would just like to share that the virus is real and everyone should take extreme precautions as even a slight overlooked aspect could lead you to become one of the victims. Give your body complete rest as a weak body can be easily attacked by the virus.

**(A 63 years old professor from Islamabad)**

# COVID-19 Survivor Stories

I'm a doctor and working as an HO in a medicine ward along with my other colleagues. Considering the severity of the epidemic, I have always followed a strict personal protection strategy.

In the month of Ramzan I used to fast with colleagues. We often have done iftar together as we were performing all the duties in the same ward. As the lockdown was lifted before eid, I decided to go back to my home and booked a train ticket. I came back to my hostel via train. When I arrived at the hostel I got high grade fever after two days. I asked my family if they had any symptoms but fortunately none of my family members were showing any symptoms.

My colleague at the workplace also got cough, fever and SOB (shortness of breath). He was tested positive for coronavirus. My situation was getting worse so I decided to test myself. My COVID-19 test came positive. I was being isolated in the isolation ward for a week and after seven days the test came negative. As a precautionary measure, I kept myself in the isolation ward for two more days. My second test was negative again and I was discharged from the ward.

**(25 years old Doctor from Multan)**

I became unwell with high temperature, congestion and body aches and was admitted to a hospital in Peshawar, Khyber Pakhtunkhwa. I was being tested positive for COVID-19 and was moved to a state-run isolation ward. I have had the best treatment and the doctors were very kind and cooperative throughout my eight day stay in hospital. When I was alone in a room, I often had nightmares and suffered from panic attacks after reading about global casualties on social media. The thing that really helped me was that the doctors always assured me that I was young and could overcome the disease. Before I could leave the hospital, the doctors advised me to maintain social distance for a few more days, as a precaution, and to wear the gloves and face mask all the time.

My father opened the gate when I reached home at midnight. We exchanged greetings but did not embrace. Before isolating myself in the guest room, I went to the room where my wife and four children were sleeping. I can't express my happiness as I was finally allowed to come out of isolation on 1st April. I picked up a cricket bat and played with my sons. I recovered in eight days that should give everyone some hope. This virus is not only deadly, but is also

**(A 30 year old from Khyber Pakhtunkhwa)**

I was so excited for my brother's engagement ceremony, which was set to occur right after Eid. As the lockdown had eased for Eid, I took the opportunity to shop for a dress and matching jewelry to wear to the event. Although there was no social distancing being practiced, most people including myself were wearing masks so I knew I was safe while shopping. With the sales season intact, I was able to get my purchases at extremely discounted prices so I thought of buying gifts for everyone as well and also booked an appointment at a nearby saloon for the event day. That evening I felt quite weak and experienced a dry cough, I slept on the thought that I was just tired. When the day arrived, I went for my appointment to the saloon, and since my hair and makeup had to be done, so I didn't feel the need to wear a mask as it would ruin the look anyway.

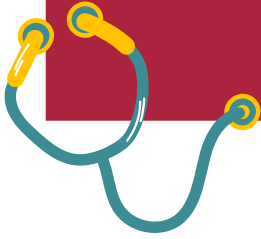
An intimate ceremony was held at my parents house with just my aunts and uncles and my to-be sister-in-law's family. The event went quite well, we had a family feast and took a lot of pictures together. Two days later, my cough became severe and I felt a fever taking over. My husband thought it would be better to go through with a corona test on the safe side. The team came over to take our test and to my shock the test came positive for me, my husband and my mother and father in law. We were told to have the treatment at home, with medicines and guidelines provided to us. The team asked me to inform my parents and sister-in-law's family as well as it may have spread to them as well. To my horror, my parents, brother, aunts, uncles, my sister -in-law and her family were all tested positive and are now self isolating at home.

**(28 years old resident of Rawalpindi)**

# 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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