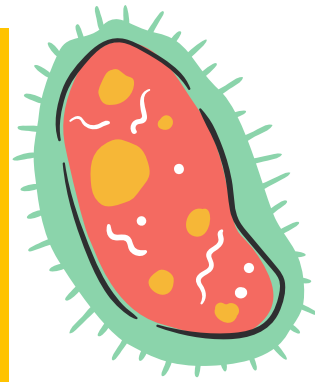
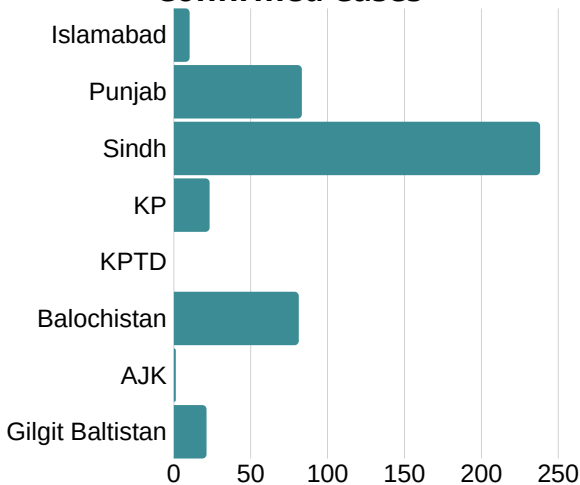


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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



**Confirmed Cases**



The **Pakistan Coronavirus CivicActs Campaign (CCC)** captures rumours 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.

# Rumor → Fact

Was this strain of coronavirus deliberately created by people?

No. Viruses can change over time, and occasionally, a disease that occurs in an animal such as a pig or a bird can change and pass on to humans.



Can coronavirus be transmitted through mosquitoes?

To date there is no evidence that mosquito bites can cause coronavirus. Coronavirus is a respiratory virus which spreads primarily through droplets created when an infected person coughs or sneezes.



Can eating garlic prevent coronavirus?

Garlic has antimicrobial properties, however there is no evidence that eating garlic can prevent COVID-19.



Is it true that coronavirus cannot survive in warm temperatures?

Evidence so far shows that COVID-19 can be spread in all climates, including areas with hot and humid weather.



Do you have any questions about coronavirus?  
Have you heard any rumors?

Send us your questions through the form below so we can address them!

[bit.ly/CivActsCOVID](https://bit.ly/CivActsCOVID)

Sources: [COVID-19 Health Advisory Platform](#)  
[World Health Organization](#) [Johns Hopkins Medicine](#)



# MEDICAL MASKS 101

## When should you use a medical mask?

If you have a cough, fever, or difficulty breathing, you should wear a mask.

If you are healthy and looking after someone who has or may have coronavirus, make sure to wear a mask whenever you are in the same room as that person.

If you do not have these symptoms, you don't need to wear a mask. There is no evidence that masks can protect people who are not sick.

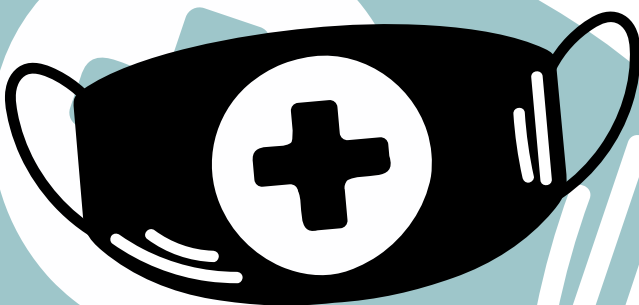
## How should you wear a medical mask?

1. Wash your hands with soap and water to ensure they are clean before handling the mask.
2. Locate the metal strip at the top of the mask. This end will rest on the bridge of your nose.
3. Secure the elastics around your ears or tie it behind your head.
4. Adjust the pleats to make sure it covers your nose, mouth, and chin.
5. Do not touch the front of the mask while in use.

## How should you properly dispose of a medical mask?

1. Wash your hands with soap and water to ensure they are clean before handling the mask.
2. Take the elastics from around your ears or untie the mask behind your head.
3. Do not touch the front of the mask. It may be contaminated.
4. Remove the mask and discard it in a closed bin.
5. Wash your hands with soap and water.

## NEVER REUSE SINGLE USE MASKS



For more information on mask usage:

[United States Center for Disease Control](#)

[World Health Organization](#)

# 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**.

