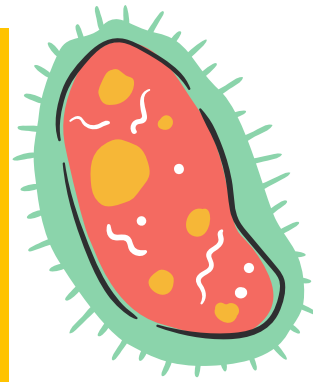
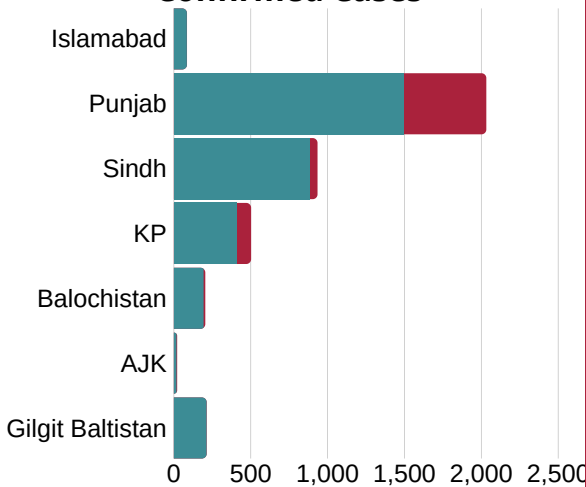


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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

What if I don't feel safe at home?

Home isn't a safe place for everyone. Lockdowns and quarantines are important to slowing the spread of coronavirus, but in some cases, they can trap women with abusive partners. According to United Nations Secretary General, Mr. António Guterres, there has been a global surge in domestic violence over the past few weeks, as fear has grown.

In Pakistan, mental health professionals providing online therapy sessions have reported an increase in the number of cases of domestic violence in the wake of the coronavirus lockdown. CEO of ReliveNow, Ms. Amna Asif, shared that the big challenge is that clients are leaving online sessions unfinished due to fears that someone at home will see them talking.

How can I tell if I'm a victim of domestic violence?

There are many different kinds of domestic violence, including physical abuse, emotional abuse, verbal abuse, and sexual abuse. If you're unsure if what you're facing is abuse, ask yourself the questions below. If you answer yes to one or more of the questions, you are the victim of an abusive partner.

Does your partner:

- Yell or humiliate you?
- Hurt you physically?
- Commit marital rape?
- Criticize you?
- Blame you for their abusive behavior?
- Treat you like property?
- Threaten you?
- Control you?
- Stop you from contacting friends and family?
- Check your phone without permission?

Do you:

- Feel like you're walking on eggshells?
- Feel pressured to change who you are?
- Feel scared when your partner is angry?
- Give up your own opinions?



What if I suspect someone I know is being abused?

Do they:

- Seem anxious to please their partner?
- Do everything their partner says?
- Talk about their partner's temper or jealousy?
- Have frequent injuries with the excuse of "accidents"?
- Have limited contact with friends and family?
- Show major personality changes?
- Seem depressed, anxious, or suicidal?

What if I don't feel safe at home?

I'm afraid to report abuse with my abuser in the house.
Who can I call?

It can be difficult to ask for help, but if help isn't sought, domestic violence can cause physical or emotional injuries, and in some cases, can result in death. There are a number of organizations across Pakistan with helplines for women who are victims of domestic violence, and a number of organizations offering free online therapy sessions for victims of domestic violence.

HELPLINES

Ministry of Human Rights

Toll-free helpline - 1099
Call/text on WhatsApp at 0333 9085709

Bedari

Helpline - 0300 5251717

Legal Aid Society

Toll free helpline - 0800 70806

Sindh Police Madadgar

Helpline - 1094

Rozaan

Toll-free helpline - 0800 22444

Bolo (KP)

Toll-free helpline - 0800 22227

The Punjab Women

Helpline - 1043

KPCSW

Helpline - 091 9216097

Aurat Foundation

Toll-free helpline - 0800 22266

SHELTERS

Panah Shelter (Karachi)

021 36360025 / 021 36360028

Dastak (Lahore)

0333 4161610

Women's Shelter Org (Faisalabad)

042-8565330

Violence Against Women Center (Multan)

0300-3134361

Aurat Foundation

0800 22266

Dar-ul-Aman (Quetta)

081 9201502

Bedari (Islamabad)

051 4856619 / 051 4856620

[ReliveNow](#) is providing online therapy sessions for free during the pandemic crisis. To register for a free 15-minute session with a ReliveNow mental health professional, [click here](#).

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.

