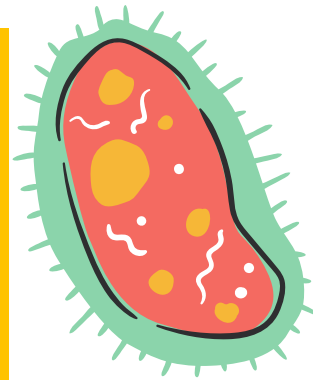
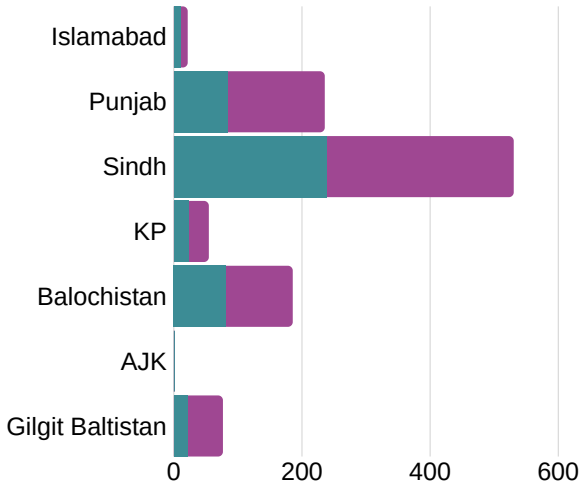


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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

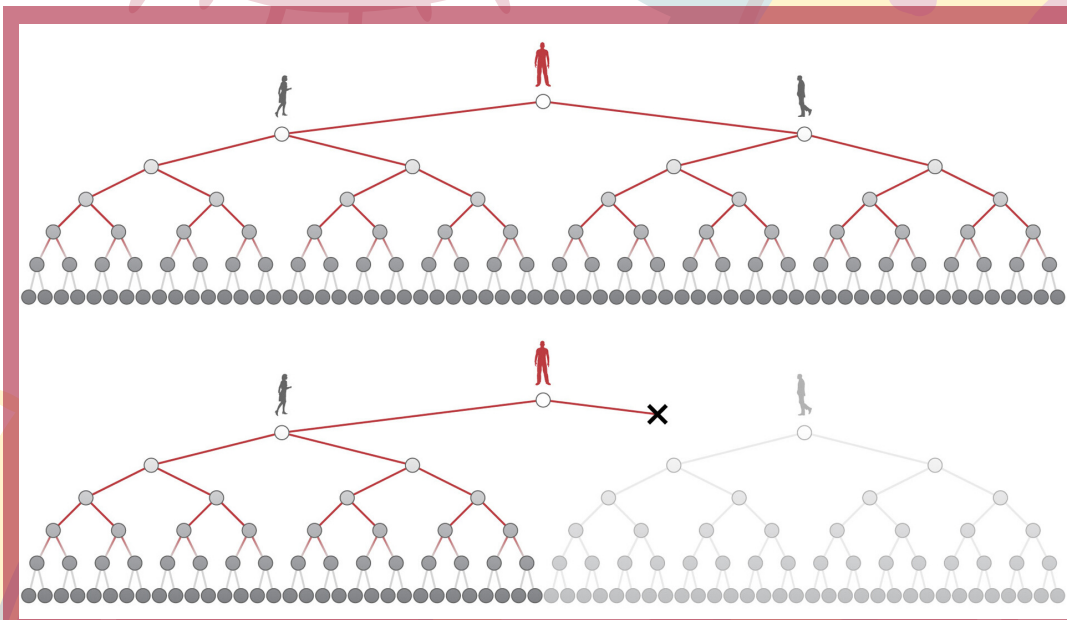
Coronavirus mainly spreads when one person breathes in droplets produced when an infected person sneezes or coughs.

Coronavirus can also spread if an infected person (whether or not they are showing symptoms) touches a surface and it isn't properly cleaned.

According to the CDC, people are thought to be the most contagious when they're symptomatic. This does not mean an infected person can't infect you if they're not symptomatic.

## FACT!

A single cough can produce up to 3,000 droplets.



Credit - [The New York Times](#)

If one sick person infects two people, and they each go on to infect two people and so on, the chain of infection will grow rapidly.

Avoiding just one interaction can significantly reduce the rate of spread.

## How long does coronavirus last on surfaces?

Aerosols	-	up to 3 hours
Copper	-	up to 4 hours
Cardboard	-	up to 24 hours
Steel	-	up to 3 days
Plastic	-	up to 3 days



Can COVID-19 be spread by household pets such as cats and dogs?

According to the World Organisation for Animal Health, there is no evidence to suggest that cats, dogs, or any other pets can transmit COVID-19.



Sources: [National Center for Biotechnology Information](#)

[World Organization for Animal Health](#) [Science Daily](#) [Harvard Health](#)

# Rumor → Fact

**Does the flu shot protect against COVID-19?**

**No.** The flu shot does not protect against COVID-19. COVID-19 is a different virus than the flu, and there is currently no vaccine for it. Scientists are working on a COVID-19 vaccine, but we don't expect a good one until Spring 2021 at the earliest.



**Can thermal scanners detect if someone has coronavirus?**

**No.** Thermal scanners can detect if someone has a fever (which could be due to the virus), but not if they have the virus itself, which can take up to two weeks to present symptoms.



**Can hand dryers effectively kill COVID-19?**

**No.** Hand dryers cannot kill COVID-19. To protect yourself against the virus, wash your hands regularly with soap and water or an alcohol based hand sanitizer.



**If you drink water can you flush the virus out?**

**No.** According to Dr. Kalpana Sabapathy at the London School of Hygiene and Tropical Medicine, the infection begins when a person has been exposed to thousands of viral particles. It is unlikely that drinking more water will have much of an impact.



**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: [U Chicago Medicine](#) [World Health Organization](#) [BBC](#)



# 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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