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.

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**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.
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.

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

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

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

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.

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


Sources:
- U Chicago Medicine
- World Health Organization
- BBC
- 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

**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.