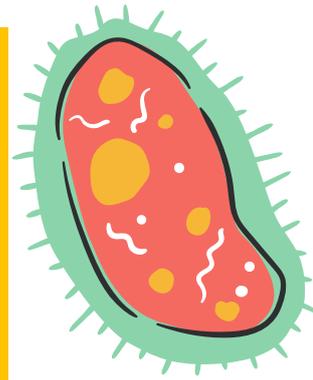
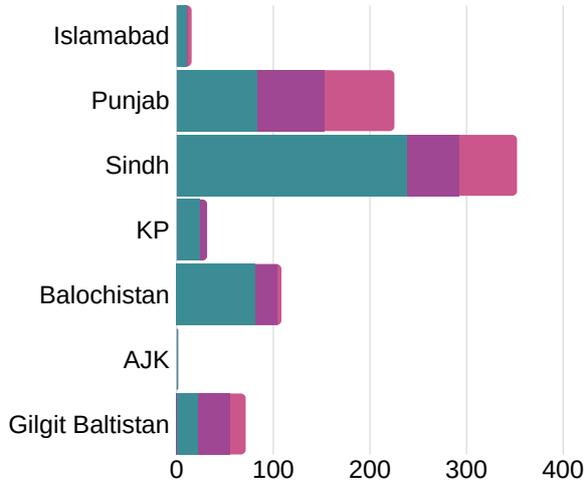


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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

PROVINCIAL UPDATES

Islamabad Capital Territory

- All restaurants, food outlets, coffee shops, and cafes shall remain closed at all times for a period of 7 days from March 22, 2020. Take-aways and home deliveries will remain operational.
- All shops must be closed by 8:00pm, with the exception of pharmacies, dispensaries, clinics, grocery stores, karyana stores, bakeries, atta chakkies, tandoors, milk shops, petrol pumps, meat/chicken shops, and mandis.
- All major shopping malls shall remain closed for a period of 7 days from March 22, 2020.
- Shopkeepers/owners in the Federal Capital must follow these guidelines:
 - Hand sanitizers must be installed in the shops.
 - Staff must use face masks and gloves.
 - No more than 7 customers are allowed to enter the shop at one time.
 - Any staff member displaying symptoms including fever, coughing or shortness of breath, among others, will not be allowed to work in the shop.

Punjab

- Punjab government spokesperson Musarrat Cheema reminded citizens that Pakistan, as a developing country, would not be able to cope with the outbreak without everyone's help.
- CM Punjab Usman Buzdar announced on Sunday that the government was seeking the army's help in combating the spread of the virus in Punjab.
- The Punjab government has suspended all Metro Bus services in Rawalpindi and Multan indefinitely. All buses and wagons would also be disinfected to contain the spread of the coronavirus.
- Rescue-1122, local government offices and other departments are working together to disinfect cities and towns across Punjab.
- 20,000 masks were seized by the district administration from a production unit in Bagrian. The administration also arrested two suspects for selling fake hand sanitizer.

Sindh

- There are currently more than 300 confirmed cases of the coronavirus in Sindh.
- According to Sindh government representative Murtaza Wahab, 90% of those who tested positive were asymptomatic, meaning they were not showing any of the typical coronavirus symptoms.
- As of midnight on Sunday, Sindh is officially on lockdown. For the next 15 days, citizens will be required to stay in their homes, with exceptions made only for purchasing basic necessities and in the case of emergencies. CM Sindh Murad Ali Shah has announced that if citizens need to go to the hospital, only three people will be allowed to travel in the car. More information on the ban can be found [here](#).

PROVINCIAL UPDATES

Khyber Pakhtunkhwa

- According to the Khyber Pakhtunkhwa Health Department, three coronavirus-related deaths have been reported within the province.
- The Emergency Services Academy, Lahore, arranged a special training course for rescue personnel from Khyber Pakhtunkhwa to handle patients infected with the coronavirus in a professional manner. Around 336 individuals from KP received training in small batches in an open environment to avoid physical contact.
- A quarantine center has been established in Dera Ismail Khan for those expected to return from Iran in the coming days. Additionally, the province has arranged 1,000 beds in 26 hospitals to treat patients who test positive for the coronavirus.
- The KP government has also set up a helpline for updates on the virus or in case anyone has information on a suspected patient. The helpline can be reached at 1700.

Azad Jammu and Kashmir

- On Friday, the government of Azad Jammu and Kashmir announced the complete suspension of inter-provincial transport for three days starting from 12:00am on Saturday, March 21. According to this ban, public transport vehicles would not be allowed in or out of the territory.

Balochistan

- The Emergency Services Academy, Lahore, arranged a special training course for rescue personnel from Balochistan to handle patients infected with the coronavirus in a professional manner. Around 144 individuals from Balochistan received training in small batches in an open environment to avoid physical contact.
- A spokesperson from Balochistan's health department confirmed the province's first death on Sunday.
- CM Balochistan Jam Kamal Khan has shared that Balochistan is facing a shortage of medical equipment. There is a desperate need for ventilators, test kits and personal protective gear to help contain the spread in the province.

Gilgit-Baltistan

- Dr. Usama Riaz, who was leading the fight against the coronavirus in Gilgit-Baltistan has passed away. His death was confirmed by a government spokesperson who did not specify whether or not he died as a result of the virus.
- According to the CM Gilgit-Baltistan Hafiz Hafeezur Rehman, the appointment of Information Department Secretary Fida Hussain has been made and he will be the region's only verified source for information pertaining to coronavirus patients.

Sources: [Deputy Commissioner Islamabad](#) [ICT Twitter](#) [Geo News 1](#) [Geo News 2](#) [Geo News 3](#)
[Geo News 4](#) [Usman Buzdar](#) [The News 1](#) [The News 2](#) [The News 3](#) [Dawn News 1](#) [Dawn News 2](#)

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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