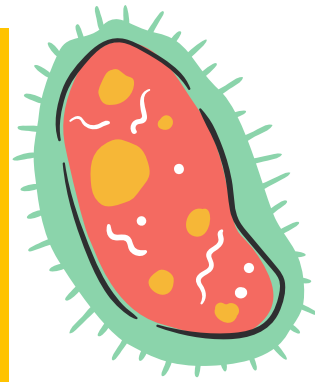
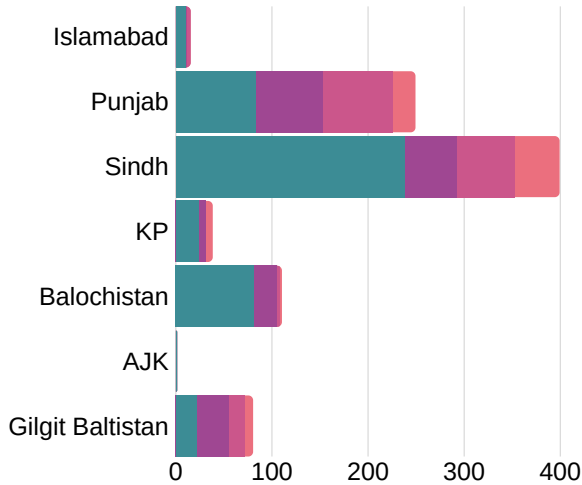


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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

Social distancing refers to steps taken in order to slow down the spread of a contagious disease such as COVID-19.

Slowing down the rate at which an infection spreads is critical in order to not overwhelm hospitals which may have limited resources. Large numbers of critically ill patients mean that not everyone can receive the care they need to survive.

While practicing social distancing, one can still leave their home - though it is not recommended - but must be careful to maintain a safe distance from other people and avoid crowded areas.

How is social distancing different from self-quarantining?

If a person has been exposed to someone with coronavirus, it is recommended that they self-quarantine for a period of 14 days. Two weeks gives them enough time to know whether or not they have been infected and are contagious to others.

When self-quarantining, one should remain at home and maintain a distance of at least 6 feet from anyone else in the household. One should also wash hands frequently and not share items such as utensils and towels.

Once the quarantine period has ended, consult with a doctor on how to proceed.

How can I safely practice social distancing?

- If you can, work from home instead of the office.
- Maintain a distance of at least 6 feet when you are around other people.
- Spend time with loved ones via electronic device instead of in-person.
- Avoid going out in large groups or to locations where you may be around a lot of people.
- Avoid interacting with people who are not part of your household.
- If you need to leave the house, wear a mask and maintain a safe distance of at least 6 feet from the people around you, and remember to sanitize your hands frequently and wash them with soap and water as soon as you return home.

For more information
on good social
distancing practice,
click

[HERE](#)

Sources: [Harvard Health](#)
[Johns Hopkins Medicine](#)

Rumor → Fact

Can buying a product that ships from China make a person sick?

No. The illness is most likely transmitted by droplets from an infected person's sneeze or cough, but more information is emerging daily. According to the CDC, there is likely very low risk of spread from products shipped over a period of days or weeks at ambient temperatures.

I heard that everyone with COVID-19 dies. Is this true?

No. COVID-19 is only fatal for a small percentage of people. The WHO reported that 80% of people who get coronavirus will experience a fairly mild form of the disease, which will not require any hospitalization or specialist treatment.

Can all hand sanitisers protect you from infection?

No. The WHO recommends using sanitizer with at least 60% alcohol in order for it to be truly effective.

I heard that all international flights have been suspended. Will Pakistanis who are overseas be able to re-enter the country anytime soon?

During a news conference over the weekend, Special Assistant to the Prime Minister on National Security Dr Moeed Yusuf announced that Pakistanis stranded at airports in the United Arab Emirates, Qatar, Thailand, and Turkey would be brought home. The federal government is making arrangements for Pakistanis in those four countries, and urges those who have not yet started their journeys from other countries to stay put.

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

Sources: [Medical News Today](#) [Telegraph](#)
[World Health Organization](#) [Dawn](#)



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.

