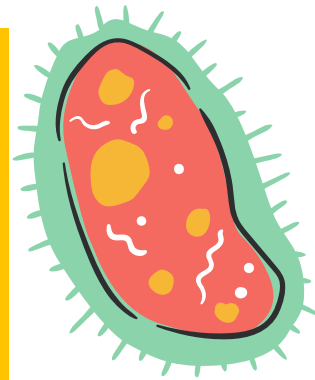
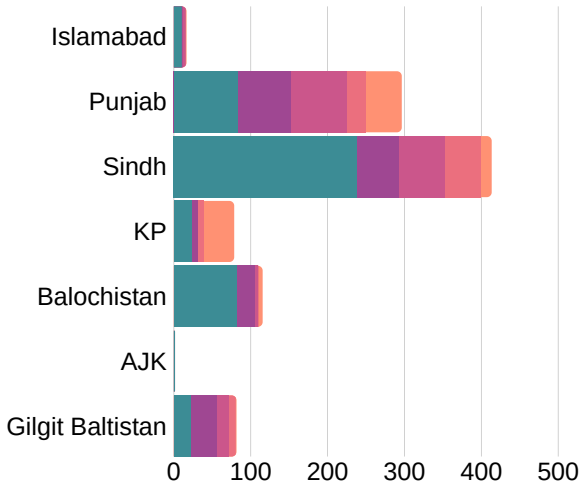


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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

# GOOD NEWS!

Of the 1,000 confirmed cases across Pakistan, 21 people have already recovered.

The Chinese company, Huawei, donated a video conferencing system to Pakistan's Ministry of Health in the fight against coronavirus.

A plane transporting surgical masks and N95 masks donated by the Alibaba Foundation and Jack Ma Foundation is expected to arrive in Pakistan from China today.

In a recent conversation with Turkish Foreign Minister, Mevlut Cavusoglu, Pakistani Foreign Minister Shah Mehmood Qureshi lauded the Turkish government's efforts to cope with coronavirus. Cavusoglu assured Qureshi of all possible cooperation and support to Pakistani nationals residing in Turkey.

The National Disaster Risk Management Fund has approved a \$50 million facility to buy medical equipment. The approval was granted on the directives of Prime Minister Imran Khan.

People are helping those less fortunate. In Pakistan, and around the world, people are coming together to donate supplies to those who are facing financial difficulties during this time.

The World Health Organization has launched a global megatrial of the four most promising treatments for coronavirus.

Most people with COVID-19 recover! According to the CDC, 99% of people infected with the virus recover, with some people showing no symptoms at all. The current overall death rate is about 1%, far lower than MERS (34%), SARS (11%), or Ebola (50%).

Children seem to be infected less often and experience a milder disease. So far, the majority of infections have been in adults. For people with kids, that's good news, but it's important to remember that children can get sick even if their symptoms aren't as severe. A study from China also shows that some children, mainly infants and toddlers, can experience a severe form of the disease.

The internet exists, allowing us to safely practice social distancing while staying connected to friends and family near and far.

Sources: [Harvard Health](#) [Geo News](#) [Science Mag](#) [Chinese Embassy Pakistan](#) [WHO 1](#)  
[Radio Pakistan](#) [WHO 2](#) [Tribune](#) [Live Science](#) [COVID-19 Health Advisory Platform](#)

# Rumor → Fact

I heard only older adults and young people are at risk. Is this true?

No. Coronavirus can infect people of any age. Older adults or individuals with preexisting health conditions, such as diabetes, asthma, or heart conditions are more likely to become severely ill.

Can coronavirus spread through eating chicken, mutton and seafood?

There is a misconception that coronavirus will spread through chicken, mutton and seafood. There is no evidence for this claim, and the World Health Organization states that possible animal sources of COVID-19 have not yet been confirmed. The WHO also recommends practicing good food safety at all times.



It takes 10 minutes to catch the virus from an infected person. Is this true?

The longer someone is with an infected person, the more likely they are to catch coronavirus. It is, however, still possible to catch it in less than 10 minutes.



Will you know if you have coronavirus?

No. COVID-19 causes a wide range of symptoms, many of which are common in other respiratory illnesses such as the flu and the common cold. Common symptoms of COVID-19 include fever, dry cough and difficulty breathing, and rarer symptoms can include nausea, dizziness, and vomiting. In some severe cases, the disease can progress into a serious pneumonia-like illness.



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: [Medical News Today](#)

[Economic Times](#)

[World Health Organization](#)

[Live Science](#)



# 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.

