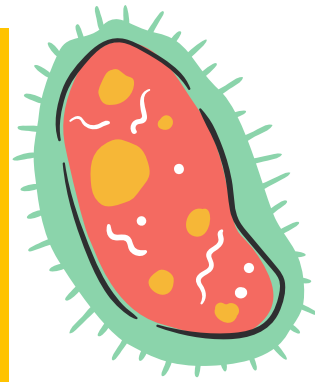
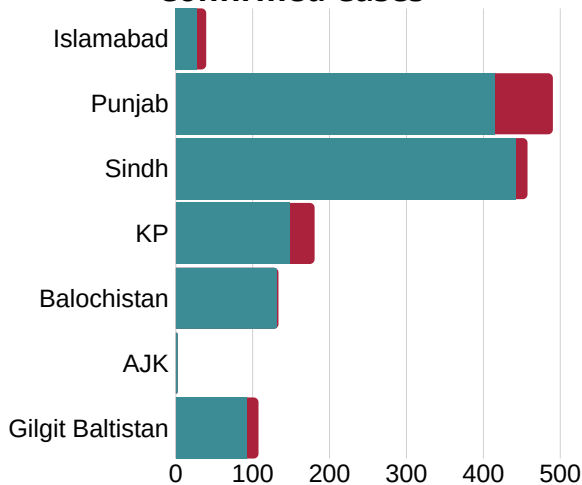


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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

Rumor → Fact

Are smokers and tobacco users at higher risk of COVID-19 infection?

Smokers are likely to be more vulnerable to COVID-19, as the act of smoking means fingers come in contact with lips, which increases the possibility of transmission of the virus into the mouth. Smokers may also have reduced lung capacity, which would increase the risk of serious illness.

Is the Ministry of National Health Services helpline free?

Yes. All calls being made to the Ministry of National Health Services helpline, 1166, have been declared free. The PTA has issued directions to all operators not to charge for calls made to 1166.

Can I get COVID-19 from a blood transfusion?

According to the American Red Cross, there is no evidence that this new coronavirus can be transmitted through blood transfusion. There is also no evidence of any respiratory viruses being transmitted through blood transfusion.

When can one discontinue their self-isolation or self-quarantine?

Experts recommend at least 14 days of self-isolation for those who are infected, however, the decision to discontinue these measures should be made on a case-by-case basis with the help of a doctor. The decision will be made based on the risk of infecting others.

Can I catch coronavirus by eating food handled or prepared by others?

There is currently no evidence to suggest that coronavirus can be transmitted through food. There are also a number of measures already in place to help prevent foodborne illnesses, such as frequent hand washing, cleaning of surfaces and utensils, and cooking food to the right temperature. Coronavirus cannot survive for weeks at a time on surfaces, unlike other foodborne viruses like norovirus, and viruses cannot grow inside food like bacteria can.

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: [Tribune](#) [American Cancer Society](#) [Harvard Health](#)
[World Health Organization](#) [American Red Cross](#) [Live Science 1](#) [Live Science 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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