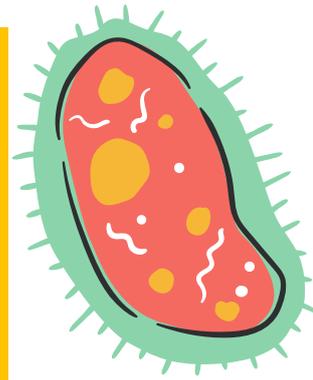
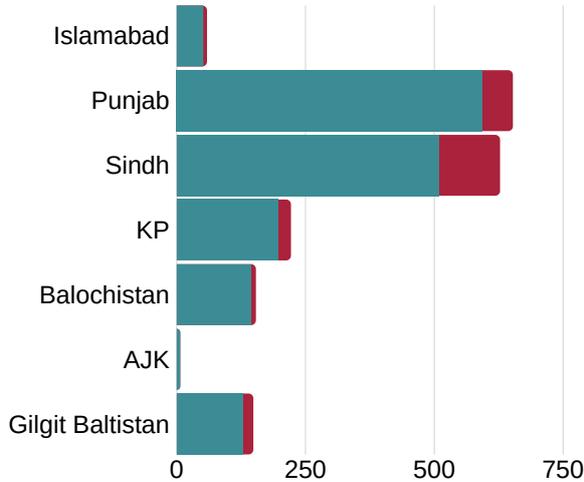


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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

IS IT TRUE?

How can I receive coronavirus updates from the government?

This week, the government launched a WhatsApp Corona Helpline to deliver updates about coronavirus and stop the spread of misinformation. The helpline provides information in English, Urdu, Punjabi, Pashto, Sindhi, Balochi, and Kashmiri. To use the helpline, save the number +92 300 111 1166 to your phone, and then start a chat in WhatsApp by saying "Hi". Users will then be prompted to select their language, and from there can use the helpline to find information about symptoms, risk assessment, labs for testing, daily confirmed cases, and more.

What is being done about the shortage of ventilators and testing kits?



Aside from the aid provided by China, Federal Minister for Science and Technology, Mr. Fawad Chaudhry announced on Monday that locally made coronavirus testing kits will be available on the market within the next month. He added that locally produced ventilators will also be available within the next month, and that the materials would be up to international standards. In regards to price, local kits and ventilators will be approximately three-times cheaper than those purchased from abroad. The testing kits, developed by Pakistan's National University of Science and Technology are currently with the Drug Regulatory Authority of Pakistan for approval, and the ventilators, developed by the Pakistan Engineering Council will be handed over this week.

I heard that people with blood disorders aren't getting what they need. Is this true?

Yes. People with blood disorders like thalassemia are having their daily lives disrupted because due to coronavirus lockdowns, blood donors aren't donating as much, and blood banks are running dry. Patients with thalassemia produce an abnormal form or inadequate amount of hemoglobin resulting in them needing blood transfusions every 15-20 days. Pakistan has approximately 100,000 thalassemia patients whose lives depend on regular blood transfusions, and unfortunately, the country no longer has enough blood stocks for emergencies. Those interested and able to donate blood can contact their local [Pakistan Red Crescent Society](#) to find out where and how to donate blood.

IS IT TRUE?

I heard trains are being turned into quarantine facilities. Is this true?

Yes. Pakistan Railways has inaugurated quarantine trains in seven cities across Pakistan including Karachi, Rawalpindi, and Multan. Each train can accommodate approximately 50 people, and Federal Minister for Railways, Mr. Sheikh Rasheed announced that Pakistan Railways will do whatever it can in the fight against coronavirus. He shared that these quarantine trains will also have ventilators, and in case the need arises, more quarantine trains will be inaugurated at other railway stations as well.

What is Section 144 and what does it mean?

Section 144 of the Code of Criminal Procedure allows district administration to issue orders in public interest that may place bans on certain activities for certain periods of time. Cities around Pakistan have been imposing Section 144 in regards to coronavirus, banning crowds, public gatherings, and various events to stop the further spread of the virus. Despite this, people have been violating the order, and in the last 24 hours, police registered cases against 818 people in Lahore, 344 people in Hazara, and 163 people across Sindh have been arrested.

Should I start hoarding items because of the lockdown?

No. During the lockdown, essential businesses such as grocery stores, fruit and vegetable shops, meat shops, and pharmacies will remain open so there is no need to hoard. On Monday, the Pakistan Ulema Council (PUC) issued a fatwa against the hoarding of basic food items. The PUC called on traders to make sure basic food was available for people and urged the government to take strict action against hoarders, and seize hoarded food items to provide to people.

Sources: [Geo 1](#) [Geo 2](#) [ARY 1](#) [ARY 2](#) [ARY 3](#) [ARY 4](#) [Dawn 1](#) [Dawn 2](#)
[Punjab Police](#) [The News 1](#) [The News 2](#) [The News 3](#) [Radio Pakistan](#)
[Samaa](#) [Pakistan Railways](#) [92 News](#) [MedLine Plus](#) [Arab News](#)
[National Center for Biotechnology Information](#)



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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