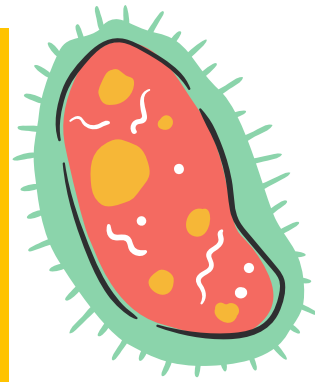
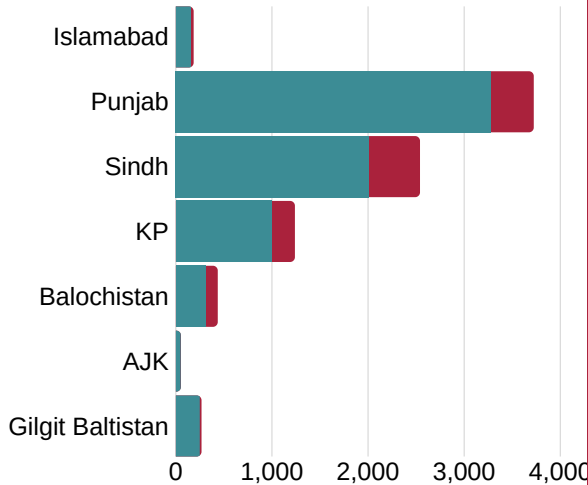


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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

Will mosques remain open during Ramadan?

Yes. On Saturday, Ulema and the government agreed that mosques shall remain open during the month of Ramadan and will follow social distancing measures. A twenty point action plan of the precautions to be taken during congregational prayers in the month of Ramadan was decided upon and can be found [here](#).

President Arif Alvi reminded citizens that they have a responsibility to follow these precautions as they have emerged through consensus of all stakeholders. Precautions include performing ablution, bringing prayer mats from home, wearing masks, and maintaining physical distance at all times.

Can performing ablution five times a day protect you from coronavirus?

No. Performing ablutions has no effect on the spread of coronavirus. The coronavirus is a contagious virus similar to mumps and measles. In order to limit the spread of coronavirus, we must limit our interactions with people outside our households. Symptoms of coronavirus can take a week to appear, and without proper testing we can't identify a patient unless they are displaying symptoms. The best way to limit the spread is to maintain a minimum 6-foot distance from people whose activity you can't track, perceiving them as potential patients of coronavirus.

Has the flight ban been extended?

Yes. Last week, the Civil Aviation Authority (CAA) announced that the ban on domestic and international flights has been extended until April 30. CAA added that special/cargo and relief planes holding special approval will continue operations as per the permissions granted to them.

IS IT TRUE?

Are labourer facilitation centers being set up in KP?

Yes. Khyber Pakhtunkhwa Minister for Labor and Culture, Mr. Shaukat Yousafzai announced on Sunday that labour facilitation centers will be set up in every district. The private and public labour force will have to register with these centers. Labourers can call and lodge their complaints at **091 9211546** if employers are not cooperating with them. These labour facilitation centers will provide death grants and dowry funds to registered labourers, as well as providing disability pensions, death pensions and scholarships to their children.

Are food delivery services reopening in Sindh?

Yes, The Sindh Food Authority has provided restaurants and food delivery services with Standard Operating Procedures (SOPs) in order to safely prepare and deliver food to customers at home. These SOPs include; maintaining personal hygiene and using sanitizer, monitoring temperatures of staff, disinfecting work stations, and digital payment or exact cash payments to be made to restrict back and forth of paper money.

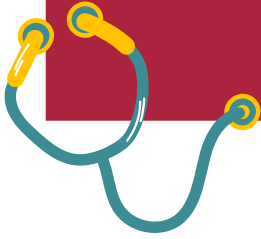
Has Balochistan banned inter-district wheat transportation?

Yes, the Balochistan provincial government has announced a ban on inter district wheat transport for a month due to impending risk of wheat shortage in various districts.. Officials said that strict action would be taken against the violators. The provincial government assures that they are taking necessary steps to ensure no shortage of wheat in the province. They have already decided to procure 1 million sacs of wheat this year.

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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