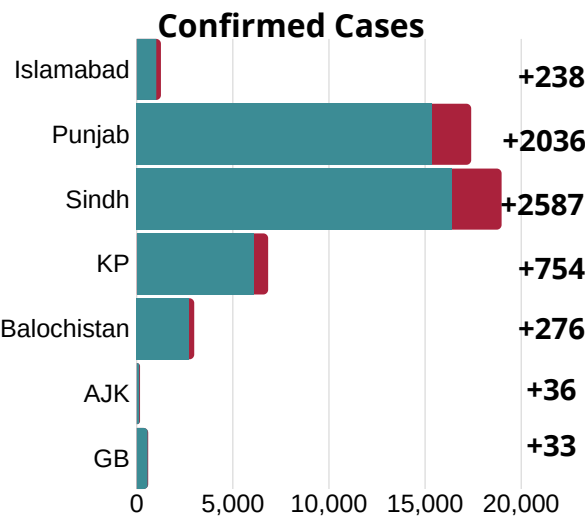
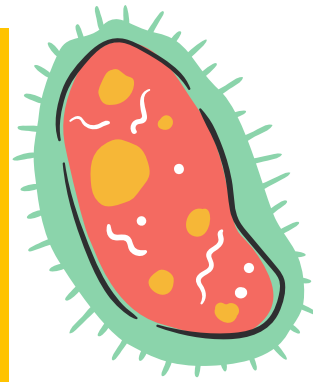


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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



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.



Protect Yourself!

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.

Issuing SOPs and Ending Lockdown

Why has the Supreme Court decided to end the lockdown?

On May 18, the Supreme Court of Pakistan decided to lift lockdowns put in place by the federal government, saying that the country should not be made altogether dysfunctional because of the coronavirus. The virus has infected over 42,000 people and killed over 900 so far in Pakistan. While praising the attention to detail taken by officials in dealing with the coronavirus, the court stressed that all the country's resources should not be directed towards this one disease, as the consequences of doing so will be highly detrimental to the population. As part of its decision, the Supreme Court has ordered shops and shopping malls to reopen and remain open seven days a week. The court stated that it could not find any justifiable reason for shops to be shut on weekends, as all days of the week are the same. Businesses will be allowed to operate every day and are subject to enforcement of SOPs. According to the court, it will be up to provincial governments to make sure these SOPs are enforced and followed. The Supreme Court has also ordered the provincial government of Sindh to remove all curbs on business activities, as it had imposed a complete lockdown throughout the province.

Has the government welcomed the Supreme Court's decision?

After the Supreme Court's decision to lift lockdowns across the country, Pakistan has become one of the handful of countries to lift restrictions on public gatherings and markets. Although countries around the world are trying to slowly resume business, they are practising strict social distancing to avoid public gatherings, as they are seen as hotspots for the spread of the virus. Pakistani Government officials have been addressing the situation as a choice between death from starvation or death by infection, and compared the deaths by coronavirus to the number of deaths by traffic accidents, however, coronavirus is contagious, and traffic accidents are not. This decision of the Supreme Court is in line with the government's efforts to return to normal for the stabilization of the economy.

What does the end of lockdown mean for shops, restaurants, malls, and other various businesses?

As the country heads towards Eid holidays, markets are fully operational per the Supreme Court's decision. Social distancing measures and SOPs are the responsibility of provincial governments, and they will have to enforce them and see that they are followed. Unfortunately, without the threat of closing businesses that do not follow them, there are no clear guidelines on how to enforce these SOPs. Through lockdown, many shops that were allowed to remain open enforced strict rules where masks and gloves would be needed to enter shops, and only a certain number of people would be allowed in at one time. Additionally, individuals would need to sanitize their hands before entering, and maintain a safe distance from other shoppers.

What do doctors and medical experts have to say about the Supreme Court's decision?

Doctors and medical experts across Pakistan are defining this as a hasty and costly decision, and a long-term sacrifice for a short-term benefit when Pakistan is witnessing an exponential rise in cases. Where it took nearly a month to reach 1,000 COVID-19 cases, the same numbers of cases are known for being reported within a single day. Experts caution that the coming month of June may show a spike in the coronavirus cases overburdening the healthcare system, the outcome of which may be horrendous as there is already a shortage of PPE equipment, ventilators, testing kits, and patient capacity in hospitals across the country. As a result, almost 450 healthcare providers in Pakistan have tested positive for COVID-19, including 216 doctors and 67 nurses. According to a recent UNDP report, for every 10,000 people, Pakistan has only 9.8 physicians, five nurses, and six hospital beds. It should be highlighted that when health workers are at risk, the nation is at risk.

Issuing SOPs and Ending Lockdown

Will public transport resume as normal?

After two-and-a-half months of strict lockdown measures, the government, preceding the easing of lockdown, has announced the resumption of nationwide intercity public transport. The decision was made keeping in view the challenges faced by the common man because of the suspension of transportation as a part of preventive measures to stem the spread of the virus. The government has also developed [SOPs which are to be strictly followed by transport service authorities](#) for the safety of the public, which is the foremost priority. Despite the announcement of the restoration of public transportation, provincial governments are altering the state's decision based on the COVID-19 cases in their respective provinces.

In Khyber Pakhtunkhwa, intercity transport has resumed after leaders of public transport associations around the province pledged to adhere to SOPs issued by the provincial government. KP transporters have also submitted an affidavit for compliance and implementation of the SOPs agreed upon with the provincial government.

Last week, the Sindh government had declined to allow public transport and ride-hailing services to resume due to the ongoing COVID-19 situation. However, recently they have announced plans to restore intercity public transport and ride-hailing services in the province after Eid-ul-Fitr.

Meanwhile, Chief Minister Balochistan, Mr. Jam Khan Alyani, has decided not to restore transport services in the province after local transmission of the virus in the province crossed the 94% mark recently. He stated that resuming transport without adhering to SOPs would cause the spread of COVID-19 in villages and remote parts of the province. CM Balochistan has also urged citizens not to travel unnecessarily, as it could prove conducive for the coronavirus to spread.

Transporters in Punjab had refused to resume intercity public transport services in the province under the SOPs issued by the government after easing the lockdown restrictions. They claimed it impossible to resume normal services in Punjab under the conditions of discounted fares and 50% occupancy to ensure social distancing as noted in the SOPs issued to transport authorities. Asad Gilani, Secretary Punjab transport, stated that no such conditions were imposed and that intercity transport services have partially resumed in Punjab.

Do I still have to wear a mask and practice social distancing?

Even though the decision to lift the lockdown and resume operations at shopping malls and businesses has been made by the Supreme Court, this does not mean that safety measures should not be followed. The decision mainly focuses on the economic revival and survival of those relying on daily wages for their livelihood. For the resumption of every business and service, the government has developed and issued SOPs that are to be strictly followed by not only the service providing authorities, but the public as well because the health of the public remains a priority.

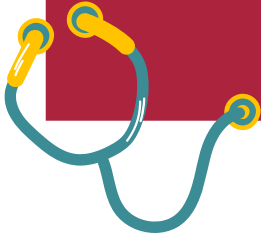
As the virus continues to be present, some authorities and health experts are still advising individuals to stay home as much as possible and limit non-essential or frequent trips to markets and commercial centers. In the event that it is necessary, it is advisable to [wear a mask](#) at all times, use hand sanitizer, and practice social distancing by maintaining a distance of six feet from the other shoppers. Remember to wash your hands for 20 seconds when returning home from a grocery trip or a place with a large group of people.

As people have stopped taking safety precautions, it has been predicted that the following months are to face an intense rise in coronavirus cases. Being a responsible citizen, play your role by practicing safety measures for the safety of your family and community. Prevention is always better than cure.

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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