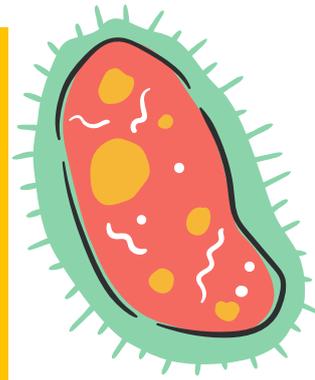
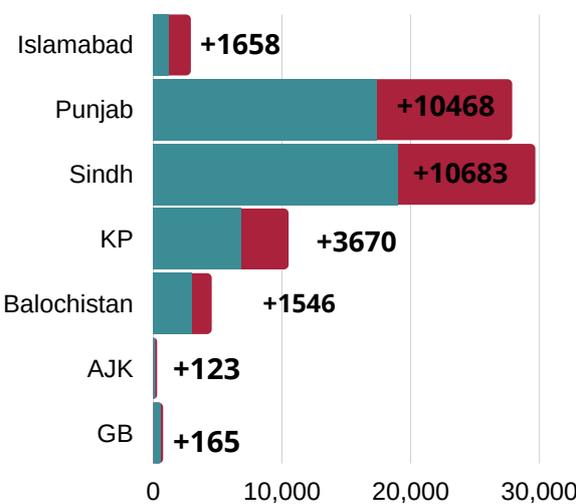


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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

## 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.

# Rumors and Concerns

## As corona virus is mutating is there a variation in the symptoms?

No. The mutation has not caused any new symptoms. There is some evidence that the mutation in coronavirus affects the contagiousness of the disease or the duration of its affect. Some common symptoms include fever, dry cough and tiredness. Less common symptoms include aches and pains, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell, a rash on skin, or discolouration of fingers or toes. Serious symptoms include difficulty breathing or shortness of breath, chest pain or pressure and loss of speech or movement.

If you face any two or three of the symptoms simultaneously, please contact a nearby medical center, call 1166 and isolate yourself at home.

## Is the Corona virus mutating rapidly that vaccine might not be very useful?

Coronavirus is an RNA virus like influenza, measles and mumps. The corona virus which causes COVID 19 has only one strain, which means that only one vaccine would be needed. However, there are mutations seen in that as it replicates further in the infected body. The mutation rate is not very frequent and the original viral genome from Wuhan, China is similar so vaccines created for the original strain genome should be able to create immunity in uninfected people.

Peter Thielen, a molecular geneticist at the Johns Hopkins University while researching on the mutation, observed that there has been a relatively small number of mutations for having passed through many people. He also said. "The mutation rate of the virus would suggest that the vaccine developed for SARS-CoV-2 would be a single vaccine, rather than a new vaccine every year like the flu vaccine."

A study from the University of Glasgow, which also analysed mutations, were also of the point of view these changes did not amount to different strains of the virus. They concluded that only one type of the virus is circulating. Another study from University College London (UCL) identified 198 recurring mutations to the virus. One of its authors, Professor Francois Balloux, said: "Mutations in themselves are not a bad thing and there is nothing to suggest SARS-CoV-2 is mutating faster or slower than expected. Monitoring small changes to the structure of the virus is important in understanding the development of vaccines. Take the 'flu virus: it mutates so fast that the vaccine has to be adjusted every year to deal with the specific strain in circulation. There is no evidence yet that making vaccine would be effected by the mutations.

## Has plasma therapy begun in Pakistan? Is it a cure for coronavirus?

Several countries, including Pakistan, are looking at plasma therapy as a potential treatment for Covid-19, the disease caused by the coronavirus. Plasma therapy uses blood donated by recovered patients to introduce antibodies in those under treatment. According to researchers the therapy is seen as akin to passive immunization, hence it's a preventive measure not a treatment for the Covid-19. Experts in Punjab are working on this, out of 200 recovered people as many as 37 have agreed to provide their plasma this week; and trials are set to be conducted in the coming weeks.

After which it can be said whether the therapy can become a cure for the coronavirus.

# Rumors and Concerns

## Can hand sanitizers ignite in a hot car?

Hand sanitizer has become one of life's on the go essentials as the COVID-19 outbreak spread rapidly around the world. And this has led to most of us carrying it in travel sized bottles in our bags and cars whenever we don't have soap and water at our disposal to ensure we can stay clean.

But a recent [social media rumor](#) has spread stating that leaving hand sanitizers can catch fire if left in cars sitting in the sun during summer. Under such circumstances, interior car temperatures can climb to over 150 degrees Fahrenheit. Despite being released on social media, and in the news, this information is a rumor. While it's true that most hand sanitizers have a flashpoint (the temperature at which a liquid gives off enough vapor to become ignitable in the air) around room temperature, that doesn't mean the liquid will suddenly catch fire if it reaches that temperature.

Unlike spontaneous ignition (an ignition source independent of a flame or a spark), hand sanitizer is not subject to self-heating and would require temperatures to reach over 700 degrees Fahrenheit to ignite according to the [National Fire Protection Association \(NFPA\)](#).

However, the bigger risk of leaving a bottle of hand sanitizer in a hot car is that it loses potency. As Alcohol evaporates very quickly in air, the relative concentration of the alcohol goes down, as does its germ-killing ability. The situation is further complicated as hydrogen peroxide, the second most common hand sanitizer ingredient; converts to water when UV lights react with it. As a result, the hand sanitizer lacks its two active ingredients, obliterating its benefit. For this reason, hand sanitizers should not be stored in direct sunlight, nor left out in warm temperatures.

## Are hospitals refusing to admit new patients due to lack of capacity?

Within the last few weeks, Pakistan has faced an exponential increase in COVID-19 cases after the decision of easing lockdown restrictions and celebrating Eid festivities. And as emphasized prior by paramedical staff, the health care system across the nation is facing major challenges based on capacity and facilities. Along with this other misleading information is also being spread in communities such as major hospitals not admitting patients, further creating panic. People are in confusion as to where to go or what procedure to follow in case they are tested positive.

In response, the federal government is taking necessary steps to provide citizens with transparent information and provide them with facts. In Punjab, the government has established an [app](#) in the primary and secondary healthcare department's corona monitoring unit. This app will provide complete information on statistics of patients, tests and medical procedures, medicine procurement, a number of beds, facilities, and ventilators available at various hospitals in the province. It connects with Rescue 1122, the facility of transferring corona affected patients to the nearest hospital, preventing patients from further spreading the virus and populating the hospitals. Along with this, the website will share government money spending and all expenses in a transparent manner on a routine basis. In addition, share the findings and experiences of treatment of patients with the committee on a daily basis. Other provinces are also working towards incorporating this initiative in their respective provinces.

# 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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