



WHO CORONAVIRUS DISEASE 2019 (COVID-19) SITUATION REPORT-79

SITUATION IN NUMBERS

Total (new) cases in
last 24 hours

Globally

1 353 361 confirmed (73 639)

79 235 deaths (6695)

Western Pacific Region

114 667 confirmed (1026)

3922 deaths (30)

European Region

720 219 confirmed (33 881)

57 639 deaths (4904)

South-East Asia Region

10 707 confirmed (1575)

426 deaths (64)

Eastern Mediterranean Region

81 993 confirmed (3428)

4314 deaths (165)

Region of the Americas

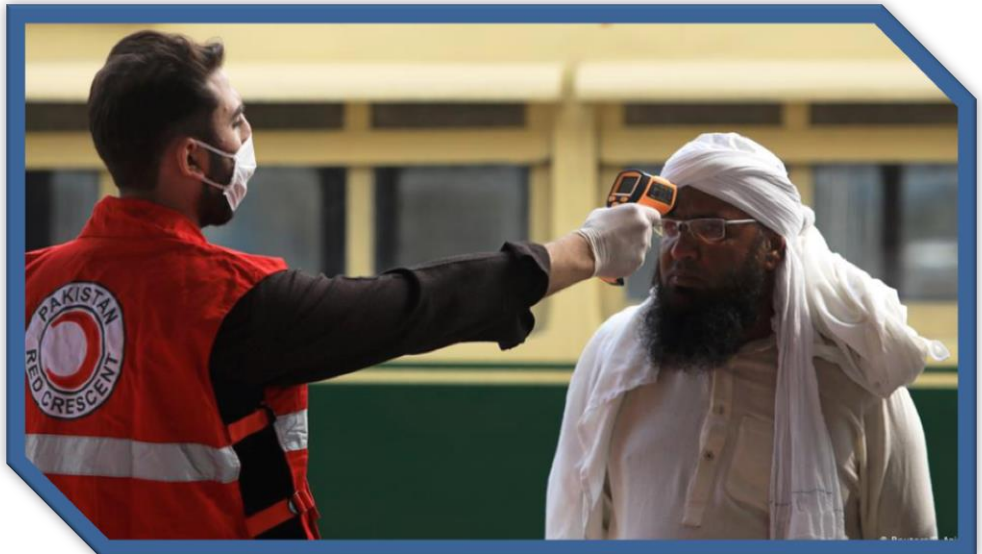
417 416 confirmed (33 174)

12 597 deaths (1500)

African Region

7647 confirmed (555)

326 deaths (32)



**A Red Crescent worker checking temperature of a man
at railway station—Reuters**

Global News

- Confirmed cases of COVID-19 have exceeded 1.5 million globally, with the death toll surpassing 88,000, according to Johns Hopkins University (JHU).
- Chinese officials ended the lockdown on Wuhan, where the coronavirus first emerged. But the city that has reopened is a profoundly damaged one.
- New York State reported 731 more deaths, its largest one-day increase, after two days of flattening numbers. But hospitalizations are slowing.
- Rohingya camps in Bangladesh put under 'complete lockdown'.
- New York is having a hard time coping with coronavirus.
- Zoom hires former Facebook security chief as app use grows.

- Spain has 'reached the peak' of the pandemic.
- Millions of coronavirus infections left undetected worldwide—study.

Global Response

- Swiss govt. to amend bankruptcy laws to protect firms hit by coronavirus crisis.
- Chennai disinfects streets as India's lockdown persists.
- Coronavirus fuels a surge in fake medicines.
- Coronavirus in India: Bihar's healthcare system faces risk of collapse.
- Pakistan 'deeply concerned' over lack of medical supplies in occupied Kashmir: FO.
- China seeks to contain new coronavirus 'silent carriers'.



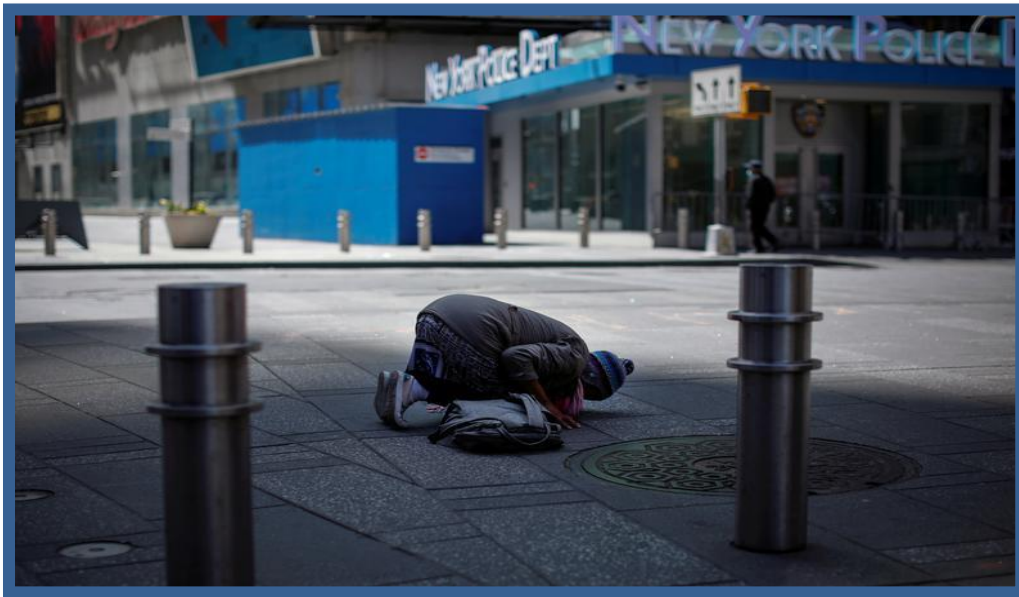
A man is being tested for COVID-19—*Reuters*

Local News

- Sindh case tally reaches 1,128 with 92 new cases.
- Lahore's Christian community will not hold Good Friday events tomorrow.
- PM Imran departs for Quetta to review Covid-19 situation in Balochistan.
- Bhara Kahu, Shahzad Town de-sealed by capital admin.
- Another 105 recover from Covid-19 in Pakistan.
- 300 Pakistani students stranded in Bangladesh cry out for help.

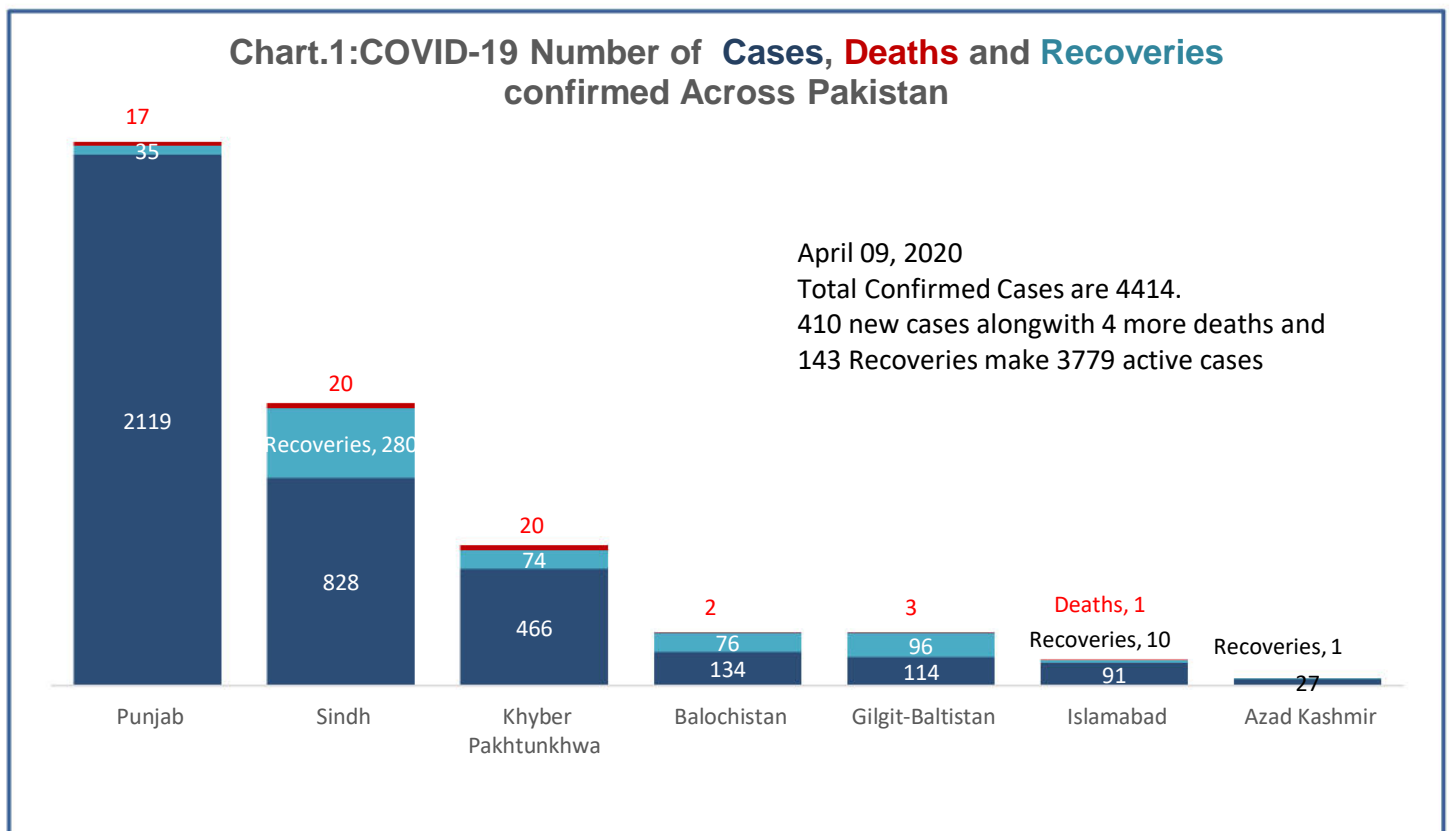
Local Response

- PM Imran says burden on healthcare system will increase, nationwide tally crosses 4,400.
- Sindh lockdown 'likely' to be eased after Apr 14, public gatherings to remain banned: CM spokesman.
- Health ministry allows clinical trials of plasma therapy, says Dr Mirza.
- Drap allows use of alcohol, hydrogen peroxide and glycerol for hand sanitiser production.
- Gilgit to observe curfew on Thursday, Friday mornings from 11am.
- PIA to bring back Pakistani nationals stranded in Baku, Kuala Lumpur and Bangkok.
- Construction sector to open from 14th: Govt. help for poor from today.
- Majority stay indoors, but some visit graveyards ahead of Shab-e-Barat.



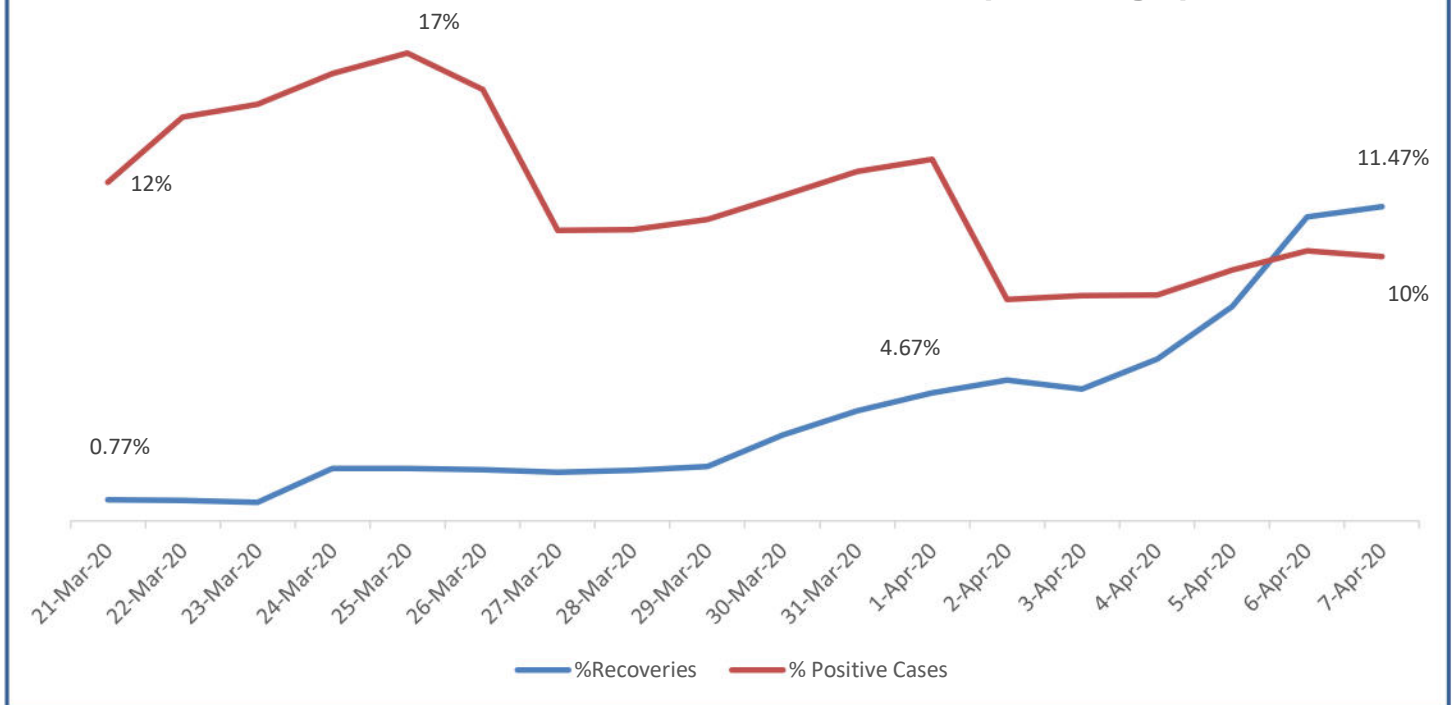
A lady praying in empty Manhattan, which is otherwise, the busiest area of New York—*Reuters*

During the last 24 hours, 92 new cases have been confirmed by different laboratories, bringing the national tally to 4414. Two deaths from Sindh and KP, and one from Punjab have been reported in the last 24 hours. There are a total 63 deaths and 572 recoveries across the country, see Chart.1.



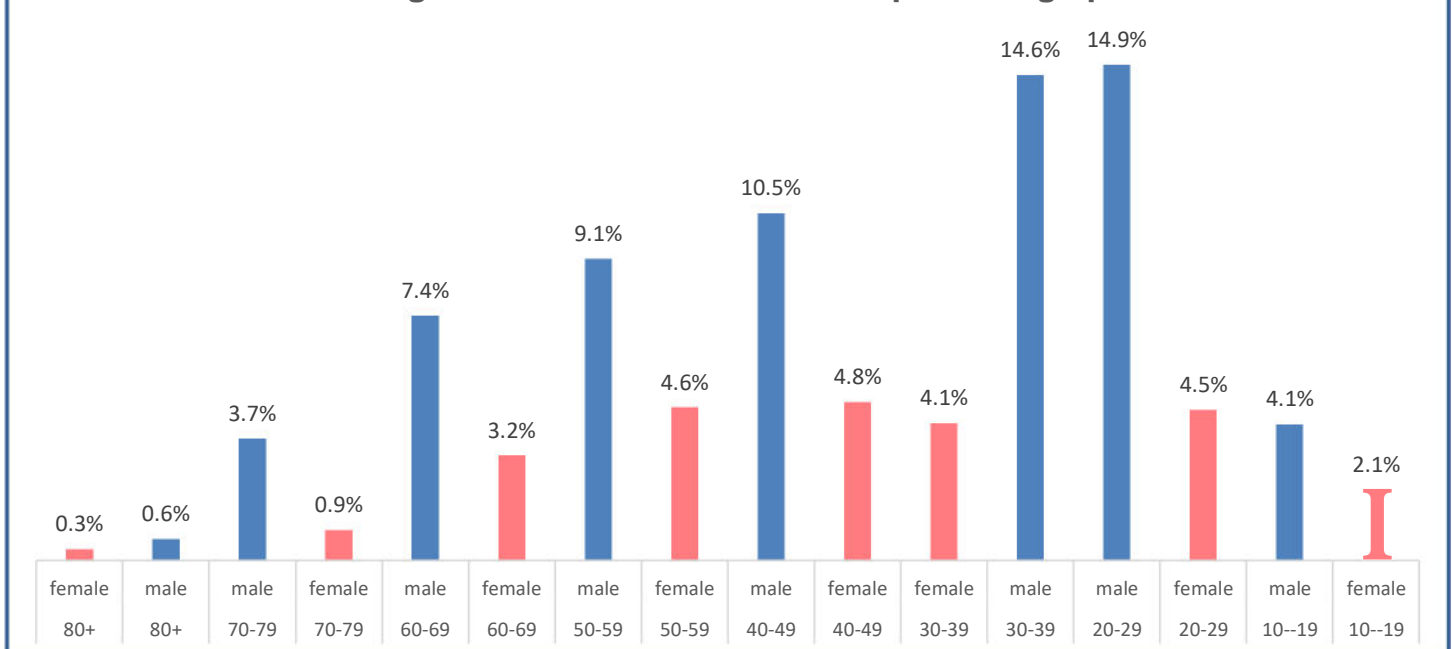
Though the number of COVID-19 cases is increasing, but it is observed that the percentage of positive cases (ratio of confirmed cases to total tested) is gradually decreasing. During the shown period it remained highest in last week of March 2020, a clear decreasing pattern is shown in April 2020. Also the percentage of recoveries is increasing exponentially, with in last few days the number of recoveries increases three threefold. May be these two interpretations provide not enough evidence to say anything related to high immunity against COVID-19; it might be a possible result of social distancing and increased personal normative belief of masses about precautionary measures amid COVID-19 pandemic, see Chart.2.

Chart.2:COVID-19 Recoveries and Positive cases in percentage point



COVID-19 is contagious, with no vaccine available the only cure is prevention. It is observed that more exposed, age and gender, groups are more vulnerable to COVID-19. Generally male of prime age are more vulnerable to pandemic. Particularly the males of age 20-39 are highest hit by pandemic, the females of same age group are about one third only, see Chart.3.

Chart.3:COVID-19 Age and Gender wise cases in percentage points



In The Middle of COVID-19, Global Epidemic

Recently a pandemic engrosses the whole world named as coronavirus or COVID-19: a transferrable disease which is caused by a virus discovered lately. Basically, this virus is assumed to instigate in Wuhan city of China last year and World Health Organization (WHO) announced coronavirus a global pandemic on March 11, 2020. There is no particular vaccine for covid-19, till the date; however, there are numerous current clinical experiments identifying probable treatments. Besides, the number of cases in China appears to downturn after taking extreme actions by the government, but in Europe and USA the situation is going to be comparatively worse. Glaringly, the counties all around the world took the instantaneous measures and limit their activities but the number of cases is still inclining and it is the challenging situation for every sector especially the healthcare centres. In short, this global epidemic which has spread in the length and width of the world; influenced human life from every perspective such as economically, environmentally, and socially. In this article, I will try to touch all the apparent aspects of this issue.

To embark on, this lethal pandemic adversely affecting the people's social lives worldwide, as WHO urged people to maintain social distancing to curb the spread of the virus. Howbeit, according to the new reports of Aljazeera, WHO now start using the term physical distancing rather than social distancing as it has not good influence on people's mental health. Grievously, the virus already took hundreds of lives of people all over the world but this is not it; it also has drastic effects on people's mental health. As the finance minister of the Germany' Hesse state, Thomas Schaefer, killed himself after being depressed on how to manage the economic crisis from the coronavirus. Similarly, a citizen of Pakistan's biggest city Karachi also committed suicide because he thought he caught the virus and he did not want to transfer the virus to his family. People are under great fear of the coronavirus especially after knowing the situation of some advanced countries of Europe and their death toll. The government of Pakistan, like the other counties, also burn the candles from both ends against the cruel virus and taking every probable precautionary measure to keep its citizens safe. It should be noted that the role of the paramedical staff is phenomenal and we cannot thank enough as they are dealing with the patients despite of all the circumstances and without proper facilities as compared to the developed world. Also, we cannot deny the part that police and army is playing as they are still on duty to guide the citizens and asking everyone to stay at homes.

However, unfortunately there are still people who do not follow the instructions of government and do not take the situation as something serious. They are still busy in their normal life activities such as going outside and not maintaining the physical distancing. Consequently, according to the officials the number of novel coronavirus in Pakistan is reached up to 2,007, with the death toll soared to 26, whereas 12 are in critical condition. Until now, the 58 persons are recovered and discharged from the hospital.

Moving on, the world economic activities are also ramping down critically by the coronavirus pandemic. As the governments have been compelled to close down the borders, educational institutions and markets; due to the total confirmed cases of coronavirus have reached to 862,766 with 641,104 active case and 42,534 deaths, worldwide. According to the CNN business some experts claimed that China's economy may face a recession for the first time since 1970's. As far as Pakistan's economy is concerned it is already on ventilator; now, this global pandemic can damage the economy even worse than before. The government of Pakistan also put country under severe lockdown to confine the movement of citizen; yet, it has dire effects on business community and on job holders as well. As reported by the rough evaluation this global monster will cause economic fall of R.s.1.3 trillion to the Pakistan's economy. Country is now facing a demand-pull inflation as the people buying excessive stuff out of panic; on the contrary, the sellers create an artificial shortage of products which leads to more dreading situation among populace.

Likewise, education sector is also disturbed by the pandemic due to the closure of educational institutes globally. In consonance with the data of March 25 by UNESCO, all worldwide educational organisations in 185 counties were advised to remain close due to the covid-19. This will affect more than 1.5 billion pupils overall, comprises of over 89% enrolled students.

By the same token, the virus somehow has a strong influence on the religious activities around the globe, as the governments now banned most of the religious gatherings to restraint the transmission of the virus. For clarification, in Rome, St. Peter's Church has been totally closed; also, the cathedral management and priests from different countries and faiths cancelled the conferences. Likewise, the colourful festivals of Hindus called Holi also celebrated passively in India. Moreover, the Jewish Purim commemoration also had the similar restrictions, a few days back. Even the Muslim councils and Islamic scholars also vowed that it is permissible for the local mosque to

cancel the Friday's congregational prayer and other daily prayers for the health sake. The great mosque of Mecca is also closed which revealed the seriousness of the situation, and the precautions and concerns of the management. The Ullams of Islam and experts also warned to use this crisis for the collisional activities; for instance, in some counties of south, the Muslim scholars are illustrating this epidemic as the revenge of God. Some others said that it is the torment from God caused by the grievances of millions of oppressed Muslims all around the world.

Perhaps, the only positive impact of this perilous virus is that the air pollution and greenhouse gasses have surprisingly slumped. According to the New York researchers the carbon monoxide mainly produced by the vehicles dropped down by 50% comparatively the last year. Moreover, carbon dioxide emissions have also declined rapidly.

In retrospection, the universal pandemic not only poses a dreadful health risk but also confounded the social lives of people. Correspondingly, it blows the global economic situation as there is a rapid recession can be observed in the economies all around the world. One the other side of the coin, it also accommodating the environment as the level of toxic gas emissions have fell down by great extent. **(Written by Abdul Khaliq; a student at the department of Economics and Econometrics, PIDE)**

Social Media and COVID-19

The unanticipated epidemic started in China in December 2019 and now it has become a pandemic with confirmed COVID-19 cases in 209 countries reported by the World Health Organization (WHO). This pandemic leads to curfews and lockdowns globally which along with health care practices such as social distancing, isolation, and self-quarantine bring people to social media and it became the reason

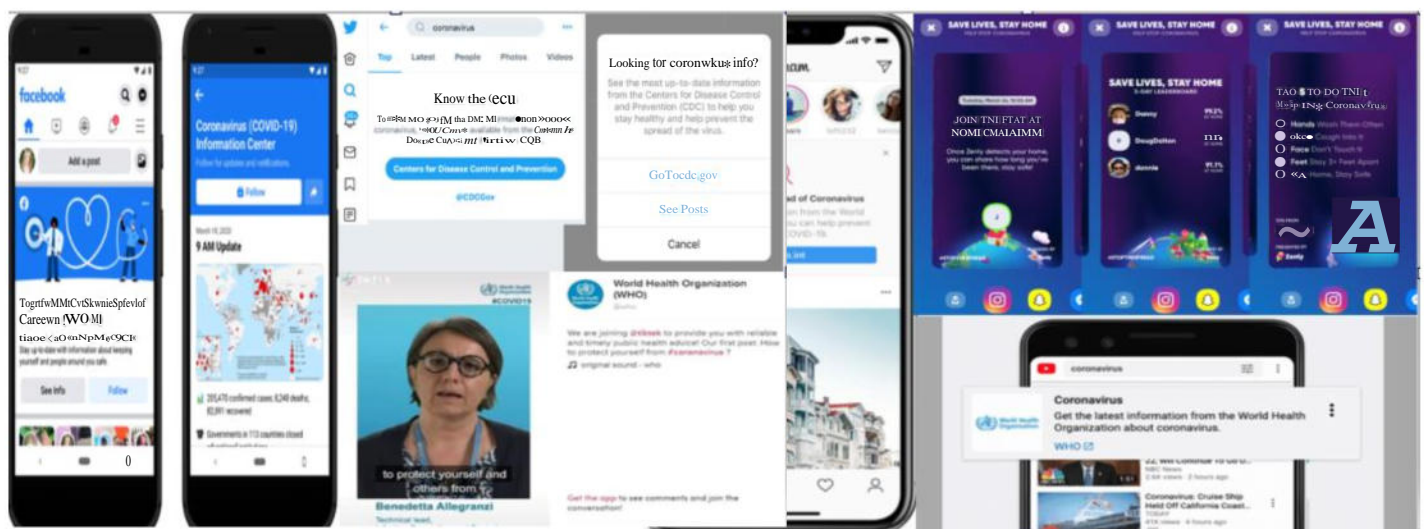


for the upsurge in social media consumption. In this virtual crowd, social media is a race and all the social media sites try to be ahead of other sites. The news about COVID-19 spread on these sites like the forest fire, faster than the virus. In the wake of vast information skeptical of accuracy and difficult to be dealt with WHO declared it as

'infodemic'. Masses using social media came across the news either in search to get the updates or being informed about it through shared messages and posts on these sites. Many social media sites have joined hands with WHO to provide information about COVID-19. There is a separate link for this in a box on many sites such as Facebook, Twitter, Instagram, Reddit, Youtube. On WhatsApp, WHO health alert has also been launched before that WhatsApp Coronavirus Information Hub has also been launched with the partnership of WHO, UNICEF and UNDP. These links are reliable and provide authentic news. On Twitter and Instagram, since the emergence of a pandemic, the hashtags of coronavirus have been on trending and prove to be informative to some extent but they are not considered as credible. On WhatsApp photos, videos, voice notes have been shared about coronavirus and its precaution and remedies. Most of this shared information is rumors and hoaxes which are being shared by someone trustworthy hence masses are practicing and sharing it more. This behavior turned misinformation into disinformation and is escalating more on these sites tremendously. Different websites have also been made to help people in this difficult time. There are some websites on detecting illness such as Med Call that have been like a self-test with all the symptoms of this disease, in the end, it will tell you either you are infected or not and how many chances you have to get this virus. In Pakistan, there is another website Doctors247online, it is a corona telemedicine helpline that connects different doctors and you can get any information about corona from online doctors. The link to these sites has been circulated more on social media sites. Celebrities, athletes, social media influencers are also using these sites effectively, they have been educating their fans about coronavirus, how to stay safe and calm and what to do in quarantine.

On the contrary, social media also created an atmosphere of fear. The panic and fear are helpful up to some extent, it helped people to stay at home, to take some precautionary measures. But now somehow it crosses that extent and turned to be a nightmare. All the voice notes on WhatsApp about treatment by people pretending to be doctor, fake remedies, videos on affected people and deaths, conspiracy theories about Islamic teaching, racism aggravated this panic. Some people are sharing memes considering its entertainment however, some take them seriously and get terrified. According to many studies use of social media is linked with anxiety and depression and, psychologists said that amidst isolation there are chances of mental illness. The loneliness, thoughts about the job, salary, health can make people anxious and

suicidal, the existing panic heightened by social media can be fatal in this situation. This fear has been acknowledged by officials and many measures have been taken to get rid of this state. Director of WHO said, “we are not just fighting an epidemic we are fighting an infodemic”. Facebook Twitter, Tiktok and Youtube is eliminating misinformation by blocking, demoting and elevating posts to tackle this infodemic. Moreover, the WHO Information Network for Epidemics (epi-win) has also been launched, an amplification network aims to debunk myths that emerge on social media to disseminate information by a force of Mythbusters. Now the question is have you been lost or found yourself lately? To not get caught in this web of infodemic one should use official websites such as WHO and Center for Disease Control and Prevention (CDC) for accurate information or to confirm any news related to COVID-19. Along with social media sites, being a responsible citizen we should also help WHO to fight this pandemic and infodemic by sharing any news after confirming it from some reliable sources. Staying home, avoiding panic, staying calm, getting updated through reliable sources and sharing credible information, staying connected with acquaintances through social media sites is the powerful sword in this fight indeed. (Written by Ayesha Waheed; an alumna of Department of Development Studies, PIDE)



[https://www.thenews.com.pk/print/637705-](https://www.thenews.com.pk/print/637705-coronavirus-outbreak-fuels-conspiracy-theories-on-social-media)

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<https://time.com/5802802/social-media-coronavirus/>

<https://www.weforum.org/agenda/2020/03/how-experts-are-fighting-the-coronavirus-infodemic/>

Frequently Asked Questions

What is physical activity?

Physical activity includes all forms of active recreation, sports participation, cycling and walking, as well as activities you do at work and around the home and garden. It doesn't have to be exercise or sport – play, dance, gardening, and even house cleaning and carrying heavy shopping is all part of being physically active.

During the COVID-19 pandemic, when so many of us are very restricted in our movements, it is even more important for people of all ages and abilities to be as active as possible. Even a short break from sitting, by doing 3-5 minutes of physical movement, such as walking or stretching, will help ease muscle strain, relieve mental tension and improve blood circulation and muscle activity. Regular physical activity can also help to give the day a routine and be a way of staying in contact with family and friends.

How much physical activity is recommended?

WHO has detailed recommendations on the amount of physical activity people of all ages should do to benefit their health and wellbeing. Here are the minimum levels we recommend:

Infants under the age of 1 year need to

- Be physically active several times a day.

Children under 5 years of age

- Should spend at least 180 minutes a day in physical activities, with 3-4 year-olds being moderately or vigorously active for an hour a day.

Children and adolescents aged 5-17years

- All children and adolescents should do at least 60 minutes a day of moderate to vigorous-intensity physical activity, including activities that strengthen muscle and bone, at least 3 days per week.

Adults aged over 18 years

- Should do a total of at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity

throughout the week, including muscle-strengthening activities 2 or more days per week.

- Older adults with poor mobility should do physical activity to enhance balance and prevent falls on 3 or more days per week.

But any physical activity is better than none. Start with small amounts and gradually increase duration, frequency and intensity over time.

Being active during the COVID-19 pandemic is challenging for us all. Because the opportunities to be physically active seem to be more restricted, it is even more important to plan in every day the ways to be active and to reduce the time spent sitting for long periods. Put simply, it is a critical time to ensure we all move more and sit less.

Source: World Health Organization



Garlic: It may be good for general health, but it won't stop the coronavirus—*Getty Images*

COVID-19: Timeline of a Pandemic (Feb. 9, 2020 – Feb. 12, 2020)

Feb. 9 — The death toll of victims of the 2019-nCoV is now over 800, surpassing the death toll of the SARS epidemic in 2002 and 2003, which killed 773 people.

Feb. 10 — An advance team for the WHO-led 2019-nCoV international mission leaves for China.

WHO chief Tedros says instances of onward transmission from people with no travel history to China are concerning, and that “the detection of this small number of cases could be the spark that becomes a bigger fire.”

WHO and the Foundation for Innovative New Diagnostics announce that a memorandum of understanding was signed focused on strengthening diagnostic systems in resource-limited countries, saying that the ongoing 2019-nCoV outbreak has highlighted the need to close these gaps.

The U.K.'s health department declares 2019-nCoV an “imminent threat” to public health, allowing the government to forcibly quarantine individuals.

168 labs around the world now have the capacity to diagnose the virus.

The death count — at 909 — surpasses that associated with Middle East respiratory syndrome, which has claimed the lives of 858 people.

Feb. 11 — WHO assigns the novel coronavirus its official name: COVID-19.

A United Nations Crisis Management Team is activated, led by Dr. Michael Ryan, executive director at WHO's Health Emergencies Programme.

A global research and innovation forum starts in Geneva, aimed at creating a roadmap for identifying research priorities on COVID-19.

WHO Director-General Tedros Adhanom Ghebreyesus calls the outbreak a “very grave threat for the rest of the world.”

Feb. 12 — The number of countries outside China reporting cases has not changed since Feb. 4. A total of 175 people test positive for COVID-19 on the Diamond Princess cruise ship, which is quarantined in Japan. Cambodia agrees to accept a cruise ship that had been turned away from five ports, over fears that passengers might have COVID-19.

A global research and innovation forum on COVID-19 concludes. Top research priorities identified include finding simpler diagnostic tools, best approaches for infection prevention, optimal treatment for patients, and acceleration of the development of vaccines and therapeutics.

WHO says a vaccine could be available in an estimated 18 months. Death toll from the outbreak reaches over 1,000.

Source: <https://www.devex.com/>

Experts' View

One of the most common slogans in Pakistan these days is related to the urgent need for national unity to be able to meet the grave Covid-19 challenge. While a certain degree of unity is visible at various levels, its absence in national decision-making is causing anxiety, because national unity essentially means decision-making by national consensus, and does not mean the entire country's endorsement of the establishment's actions. **(I. A. Rehman, DAWN)**

Covid-19 could not have come at a worse time for Pak-istan. The spring crop is to be harvested by migrant workers. Hot summer is anxious to evict a benign spring. The holy month of Ramazan nears, when traders increase commodity prices, particularly sugar. An inquiry committee constituted last month by the prime minister on speculation by sugar barons in 2018-19 has told the government to take swift action, if necessary, by importing sugar which it had allowed to be exported. Oddly, the inquiry committee recommends an "immediate crack down on the Satta players who are well known to the Provincial Special Branch and Intelligence Agencies". The report discloses that subsidies totalling Rs2.47bn were paid to sugar producers/exporters in 2018-19. This state largesse includes names linked to major political parties normally inimical to each other — the PPP, PML-N, PML-Q and PTI. Greed overcomes what Sigmund Freud called "the narcissism of small differences". **(F. S. Aijazuddin, DAWN)**

Experts' Opinion

COVID-19 has transformed our lives in ways that will leave a permanent mark on all of humanity. While it is impossible to predict the exact type of scar that Covid-19 will leave, we do know that the world after this catastrophe will look very different. The big question is: in what ways? This is an incredibly tough question, but recent developments provide us with some hints. **(Muhammad Khudadad Chattha, DAWN)**

As human beings in the custody of the state, deprived of liberty, prisoners too have fundamental human rights. These rights are inalienable and have been conferred upon them by our constitution, domestic laws, as well as international treaties. These rights include inter alia the right to life, the right to adequate medical attention/care during detention, the right to due process, etc. Public health policies are meant to guarantee the best possible conditions for all members of the society, but prisoners are often forgotten in this equation, particularly in Pakistan. **(Naghma Shirin Afridi, THE NEWS)**

World Health Organization
Coronavirus disease (COVID-19) advice for the public: Myth busters

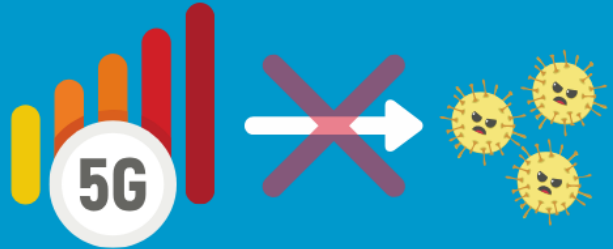
Viruses cannot travel on radio waves/mobile networks.

COVID-19 is spreading in many countries that do not have 5G mobile networks.

COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks.

People can also be infected by touching a contaminated surface and then their eyes, mouth or nose.

FACT:
5G mobile networks
DO NOT spread COVID-19



#Coronavirus #COVID19

8 April 2020



*An empty street in Lyari, Karachi amid lockdown—
Image by The Express Tribune*

COVID-19 READS

1. **How can we prepare for the post-coronavirus era? A view from Japan**
<https://www.weforum.org/agenda/2020/04/japan-covid-19-situation-and-coronavirus-impact/>
2. **Coronavirus economic updates: Markets close flat after Monday's steep rally**
<https://abcnews.go.com/Business/coronavirus-economic-updates-markets-opening-spike-building-off/story?id=70018686>
3. **New Coronavirus Drug Shows Promise in Animal Tests**
<https://www.scientificamerican.com/article/new-coronavirus-drug-shows-promise-in-animal-tests1/>
4. **Coronavirus symptoms: what are they and should I see a doctor?**
<https://www.theguardian.com/world/2020/apr/07/coronavirus-symptoms-what-are-they-and-should-i-see-a-doctor-covid-19>
5. **Coronavirus and chloroquine: Is there evidence it works?**
<https://www.bbc.com/news/51980731>
6. **How to shop for groceries during the COVID-19 pandemic**
<https://www.livescience.com/coronavirus-grocery-shopping-guide.html>
7. **How Covid-19 could change fashion and retail, according to experts**
<https://qz.com/1831203/how-covid-19-could-change-fashion-and-retail/>
8. **Saliva spray during speech could transmit coronavirus – study**
<https://www.theguardian.com/world/2020/apr/07/saliva-spray-during-speech-could-transmit-coronavirus-study>
9. **How Long Does the Coronavirus Live on Clothes—and Will Laundry Detergent Kill the Virus?**
<https://www.health.com/condition/infectious-diseases/coronavirus/how-long-does-coronavirus-live-on-clothes>
10. **The newspaper industry was already faltering. Will coronavirus obliterate it?**
<https://www.theguardian.com/commentisfree/2020/apr/06/the-newspaper-industry-was-already-faltering-will-coronavirus-obliterate-it>
11. **When Will There Be a Treatment for the Coronavirus?**
<https://www.nytimes.com/2020/04/07/opinion/coronavirus-treatment.html>
12. **Trials of drugs to prevent coronavirus infection begin in health care workers**
<https://www.sciencemag.org/news/2020/04/trials-drugs-prevent-coronavirus-infection-begin-health-care-workers#>

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