



PIDE COVID-19 NEWSLETTER

April 24, 2020

No. 26

WHO CORONAVIRUS DISEASE 2019 (COVID-19) SITUATION REPORT-93

SITUATION IN NUMBERS

Total (new) cases in
last 24 hours

Globally

2 471 136 confirmed (73 920)

169 006 deaths (6058)

Western Pacific Region

136 271 confirmed (1765)

5793 deaths (108)

European Region

1 219 486 confirmed (32 302)

109 952 deaths (3618)

South-East Asia Region

33 912 confirmed (2242)

1427 deaths (86)

Eastern Mediterranean Region

139 349 confirmed (4879)

6326 deaths (141)

Region of the Americas

925 291 confirmed (32 172)

44 775 deaths (2089)

African Region

16 115 confirmed (560)

720 deaths (16)



An Afghan man stands among bags of free food donated for people in need, during the coronavirus outbreak in Kabul, Afghanistan—Reuters

Global News

- PM Imran to appear on 'worldwide' telethon to collect donations for corona relief fund.
- Virus kills over 182,000 worldwide.
- Dutch coronavirus cases top 35,000 with 123 new deaths.
- WHO warns 'long way to go' in virus crisis.
- Brazil's Sao Paulo state to gradually reopen economy on May 11.
- Bahrain extends lockdown measures for two weeks starting April 23.
- More Than 26 Million Americans Have Filed for Unemployment in 5 Weeks.
- 'This Government is Lucky': Coronavirus Quiets Global Protest Movements.
- After Trump's Criticism, Harvard Turns Down Federal Relief Money.
- Coronavirus will make life hard for a long time, Angela Merkel says.

Global Response

- India freezes salary rise for more than 11 million to combat coronavirus.
- Greece extends lockdown to May 4.
- Australia says all WHO members should back coronavirus inquiry.
- China pledges \$30m more for WHO's coronavirus fight.
- YouTube to remove coronavirus-related content which is against WHO recommendations.
- Japanese park chops 100,000 tulips to stop visitors from gathering.
- Over 46,500 Pakistanis registered for repatriation, says FM Qureshi.
- Chinese pharma offers to conduct clinical trials of Covid-19 vaccine in Pakistan.



A red rag hangs in a window as a distress signal to receive government aid and subsidies, amid the outbreak of the coronavirus in Bogota, Colombia—Reuters

Local News

- Four weeks critical in overcoming Covid-19: Top doctors advocate strict countrywide lockdown.
- No 'political interference' in Ehsaas cash programme, says PM Imran.
- Corona has economic, psycho-social impacts: General Qamar Javed Bajwa.
- PM Imran Khan's tests negative for coronavirus.
- 38 doctors in Multan, DG Khan recover from coronavirus.
- 237 GB residents being sent back after they test negative in Karachi.
- KP's testing capacity has doubled in 4 days, says Jhagra.
- 2 more deaths reported in Balochistan.
- 181 Covid-19 recoveries reported.

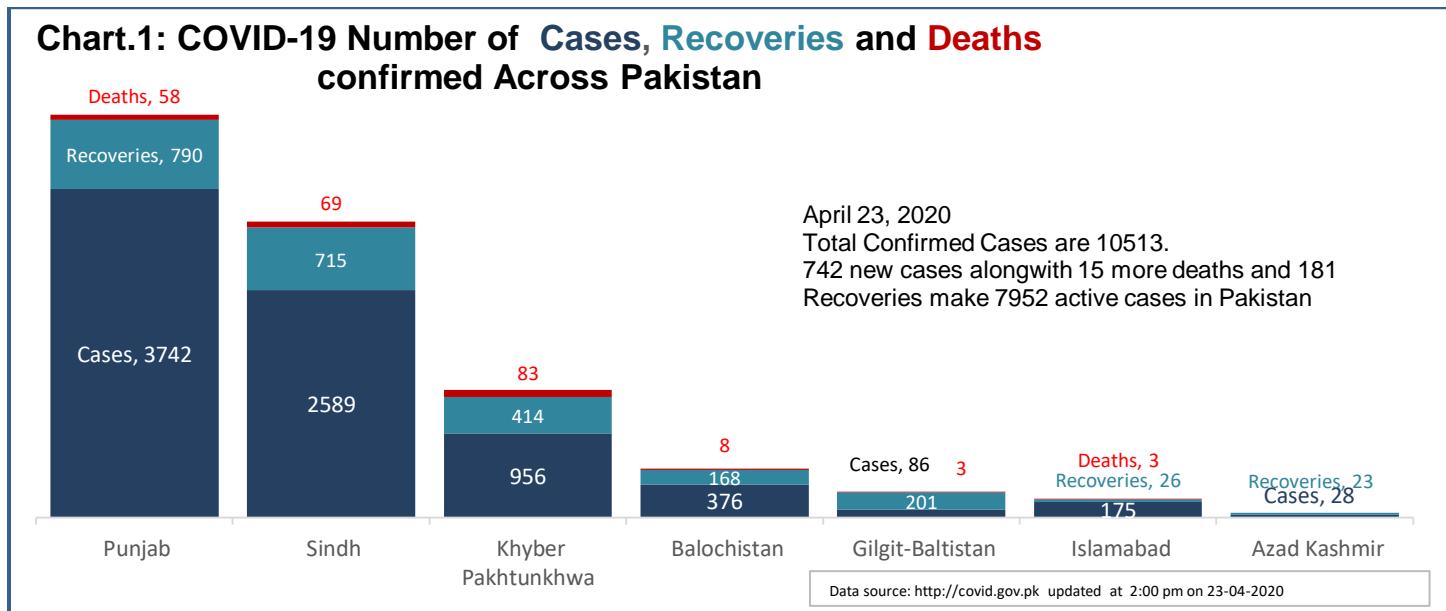
Local Response

- Bulls rule PSX as market gains 41.40 points.
- Karachi: Court sends traders on a 14-day remand over violation of lockdown.
- Private schools assure SHC they will not take action against students unable to pay fee.
- Corona is beyond politics; it is a national issue: Anchors discuss pandemic during telethon.
- Pakistan to launch \$595m plan to combat Covid-19, says UN.
- Sindh govt. establishes Covid-19 testing lab at KU research centre.
- Portal launched to publicise data about cash distribution.
- Quarantine centre set up in Khyber district for Pakistanis returning from Afghanistan.

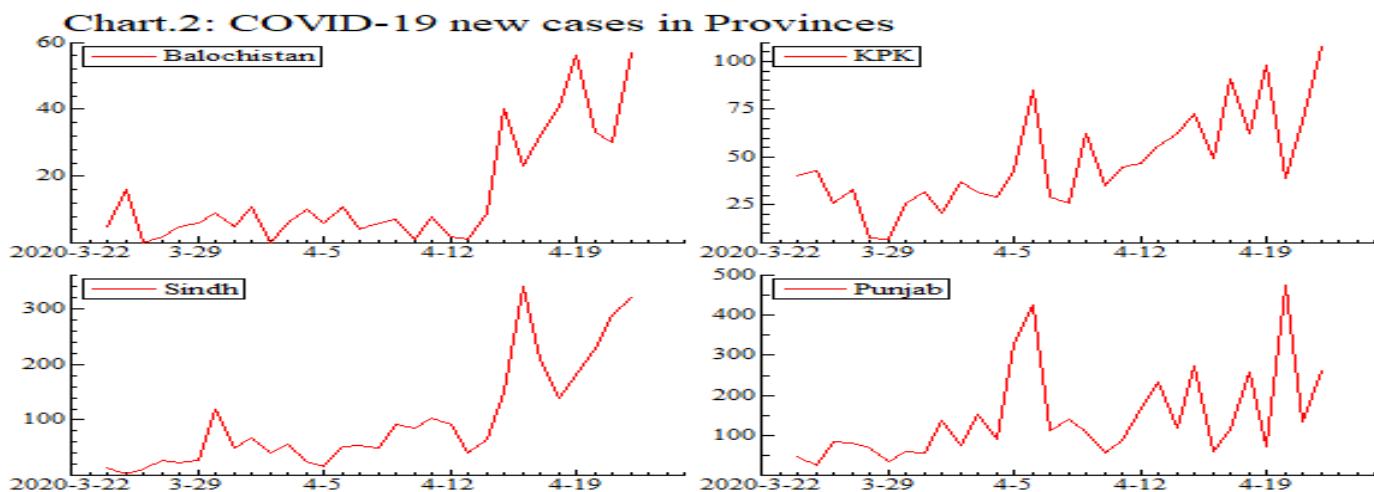


Workers wearing protective equipment transport a body in the grounds of the Central Jamia Mosque Ghankol Sharif, a temporary morgue set up at a Mosque as the spread of the coronavirus continues, Birmingham, England—Reuters

During the last 24 hours, 742 new cases have been confirmed by different laboratories, bringing the national tally to 10513. Seven deaths from Punjab, three from KP and Sindh each and two from Balochistan have been reported in the last 24 hours. There are a total 224 deaths and 2337 recoveries across the country, see Chart.1.

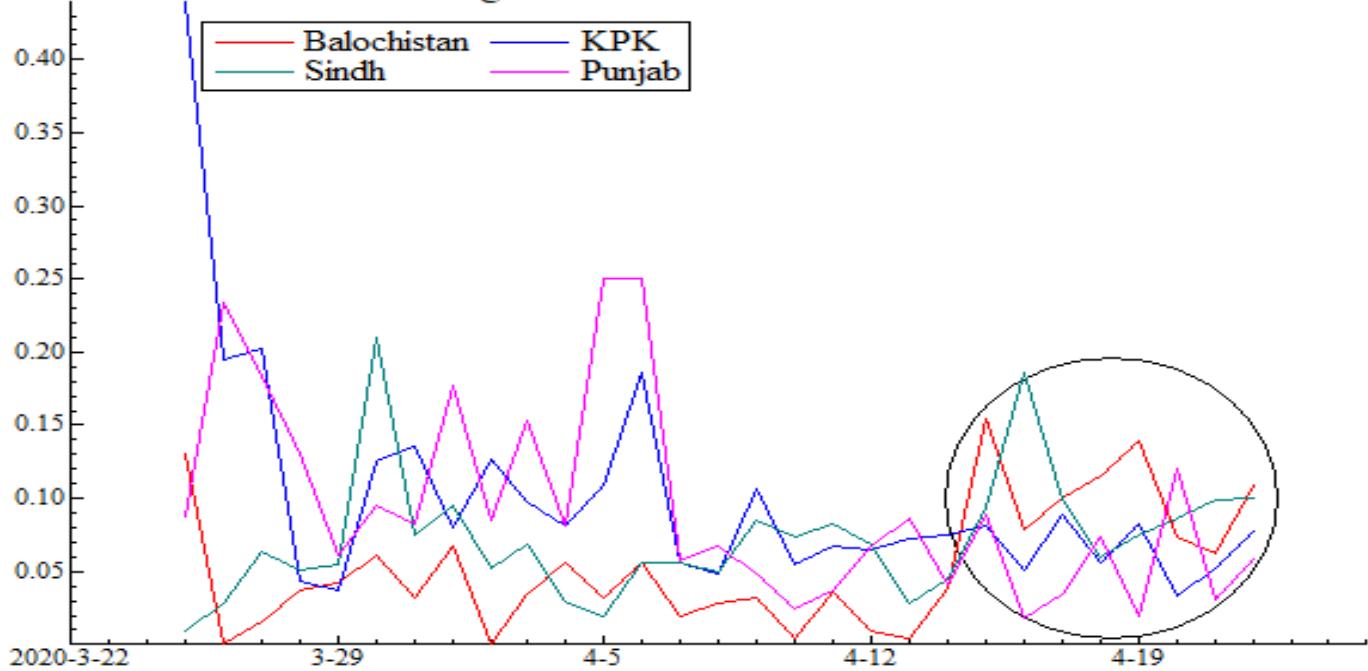


Lockdown-YES, Lockdown-NO: A provincial lockdown was imposed in Pakistan on 24 March 2020; the number of new cases increased with insignificant fluctuations around average number of new cases in all provinces of Pakistan during this lockdown period. Amid pressure by distinct industries and clergymen the lockdown was soften on 15 April 2020; since then it is observed that number of new cases increased rapidly in all provinces of Pakistan. The increase is too high to be specified insignificant, except for Punjab the number of new cases reported is manifold in remaining three provinces, see Chart.2.



The rate of change of cumulative COVID-19 cases remained mostly low till the mid April 2020 in all provinces of Pakistan. Afterwards a clear increased pattern is observed, see Chart.3, encircled region. In a matter of one week with soften interventions it is clearly seen that COVID-19 is spreading with higher momentum. As far as *LOCKDOWN* is concerned there is no option between YES and NO; social networking is a highly integrated action, a limited access triggers the whole society. A plenty of staple food is available in country and new harvest is in the market; with manageable food supply mechanism the foreseen problem of food scarcity can be handled. Government has already launched the biggest ever cash support scheme in country to help citizens in need. With the blessings of upcoming holy month of RAMADAN, traditionally Pakistani increase their charity which result in extra support to poor population faction in the country. The world renowned Muslim law doctors have announced decree in support of social distancing during the holy month of RAMADAN, people of Pakistan should realize the seriousness of COVID-19 outbreak and help each other to get through this pandemic. Prevention is the only cure in COVID-19 outbreak, with controlled social interaction Pakistan can take-over this pandemic.

Chart.3: Rate of change of COVID-19 cases in Provinces



Frequently Asked Questions

Do weather and climate determine where COVID-19 occurs?

No. There is currently no conclusive evidence that either weather (short term variations in meteorological conditions) or climate (long-term averages) have a strong influence on transmission. The SARS-CoV-2 virus which causes COVID-19 disease has been transmitted in all regions of the world, from cold and dry, to hot and humid climates.

SARS-CoV-2 is thought to be mainly transmitted directly from person-to-person through close contact, or through respiratory droplets produced when an infected person coughs or sneezes. People may be infected by touching exposed surfaces, but this is not thought to be a major transmission route. While temperature and humidity may influence how long the virus survives outside of the human body, this effect is likely to be small compared to the degree of contact between people.

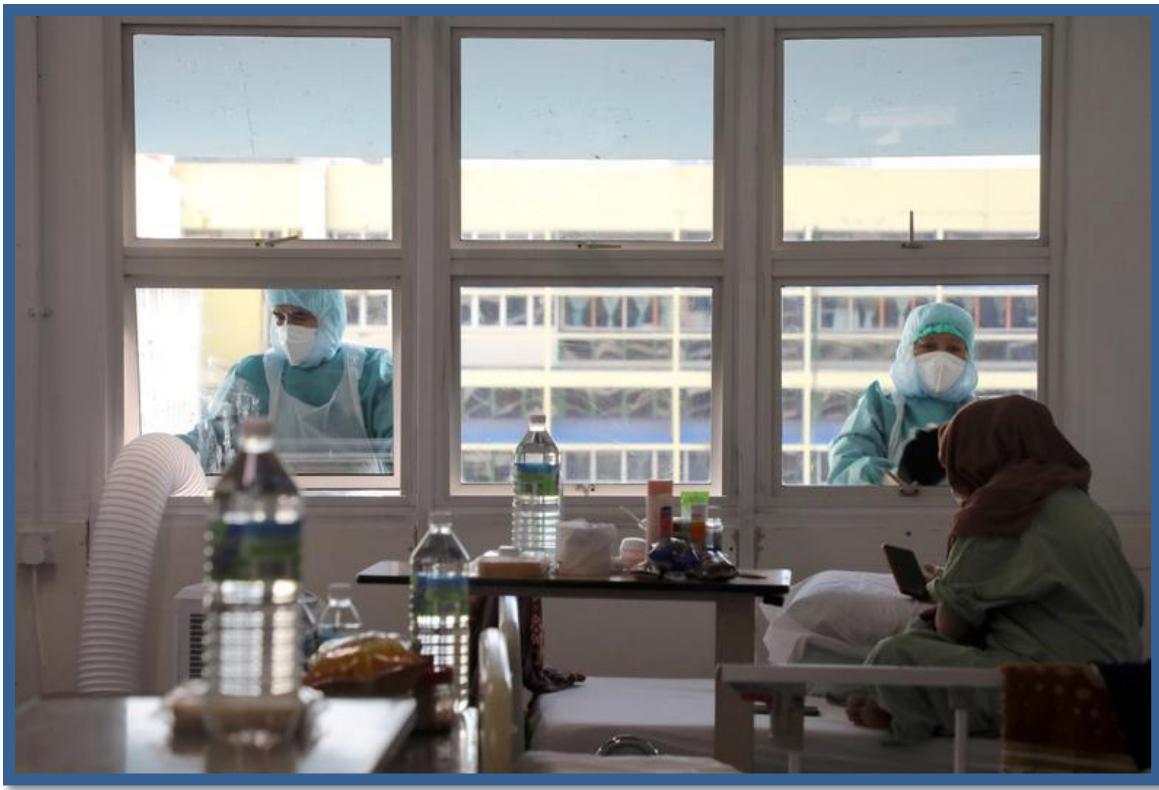
Physical distancing and washing hands are therefore essential to breaking the chain of transmission, and are the most effective way to protect yourself, in all locations and all seasons of the year.

Will climate change make COVID-19 worse?

There is no evidence of a direct connection between climate change and the emergence or transmission of COVID-19 disease. As the disease is now well established in the human population, efforts should focus on reducing transmission and treating patients.

However, climate change may indirectly affect the COVID-19 response, as it undermines environmental determinants of health, and places additional stress on health systems. More generally, most emerging infectious diseases, and almost all recent pandemics, originate in wildlife, and there is evidence that increasing human pressure on the natural environment may drive disease emergence. Strengthening health systems, improved surveillance of infectious disease in wildlife, livestock and humans, and greater protection of biodiversity and the natural environment, should reduce the risks of future outbreaks of other new diseases.

Source: World Health Organization



Workers wearing protective suits clean the windows outside the coronavirus ward at Kuala Lumpur Hospital, in Kuala Lumpur, Malaysia.



Health Staff posing outside a hospital—Getty Images

COVID-19: Timeline of a Pandemic (Feb. 28, 2020)

Feb. 28—WHO raises the global risk of spread of COVID-19 from “high” to “very high.”

“This is a reality check for every government on the planet. Wake up. Get ready. This virus may be on its way, and you need to be ready,” says Dr. Michael Ryan, executive director of the WHO Health Emergencies Programme, during a press conference. In recent days, 24 new cases originating from Italy have been reported in 14 countries, and 97 cases originating in Iran have been reported in 11 countries.

More than 20 vaccines are in development globally, and several therapeutics are in clinical trials, with results from those trials expected in a few weeks, WHO Director-General Tedros Adhanom Ghebreyesus says during a press conference. A WHO delegation for assisting with the outbreak in Iran has experienced delays because of “severe issues with getting flights and access to Iran right now,” Ryan says. The team is expected to arrive by March 1 at the earliest.

WHO officials say it is not yet time to declare a pandemic, adding that once one is declared, efforts will move away from containment to mitigation. “To declare a pandemic — it’s unhelpful to do that when you are still trying to contain a disease,” Ryan says. “China has clearly shown that this is not necessarily the natural outcome of this event if we take action, if we move quickly, if we do the things we need to do.”

According to Tedros, of the 46 countries that have reported cases, eight have not reported new cases over the past two weeks, 23 have reported only one case each, and a “good number” of those 23 countries have reported fewer than 10 cases.

“What containment is also doing is slowing down the virus. We’ve already seen in countries and quite sophisticated countries — who’ve had a rapid rise in cases in the last week — are having trouble coping with the clinical caseloads. And we need to keep this virus slowed down. Health systems

around the world — and I mean North and South — are just not ready,” Ryan says.

Research has shown that some people have recovered from COVID-19, tested negative for the virus, and then tested positive again. Further study is needed on whether there is a viable virus present in these individuals and whether these people are actually shedding live virus, says Kerkhove, during a press conference.

There are 36,117 people in China that have recovered from the disease, according to WHO.

Thirty-eight countries reported to WHO they've instituted travel restrictions, including travel bans of visitors from China or other countries reporting transmission of COVID-19, quarantine of foreigners, self-isolation of returning citizens and visa restrictions. There have been no trade restrictions.

Nigeria, New Zealand, Belarus, Mexico, Lithuania, Azerbaijan, Ireland, and Iceland report their first COVID-19 cases.

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

Experts' View

A great deal of what happens in the country in the immediate future will depend on how well or otherwise the challenges peculiar to the month of Ramazan are faced by the government and the people. The former will be tested for its ability to persevere with measures necessary to fight the coronavirus epidemic, and the latter will be required to prove their strength in preferring reason to emotion and narrow interest. And both need the will and capacity to deal effectively with the powerful pressure groups the month of fasting will throw up. (**I.A. Rehman, DAWN**)

The biggest prevailing myth is that we have a choice between life and livelihoods. These two cannot be separated in a pandemic. Lifting the lockdowns risks creating an uncontrollable spread of the disease, which will lock down the workforce and the economy in its own way — to far more damaging effect. (**Khurram Hasnain, DAWN**)

Experts' Opinion

Major relief packages for the poor and the vulnerable are in various stages of implementation although critics allege these packages are being used for party political purposes which, if true, would be unfortunate if not unprecedented. Social behavior including physical distancing, wearing masks, washing hands etc. is being counseled on a regular and nation-wide basis. However, the poorer classes are simply unable to observe many of these 'protocols' for obvious reasons. The religious lobby is also playing politics with the situation. The CJP indicated his disapproval of the way the crisis was being handled. (**Ashraf Jehangir Qazi, The News**)

At our present moment in history, more lies are possibly being told than at any other time outside a period of major war. Social media drives these forward to some extent. But it is shocking that people would spend hours researching conspiracy theories rather than researching more plausible reasons behind outbreaks such as Covid-19 or looking into strategies that could be used to overcome it and put the world back on track. The gullibility of people makes it too easy for leaders and conspiracy theorists to lie and be believed. (**Kamila Hayat, The News**)

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

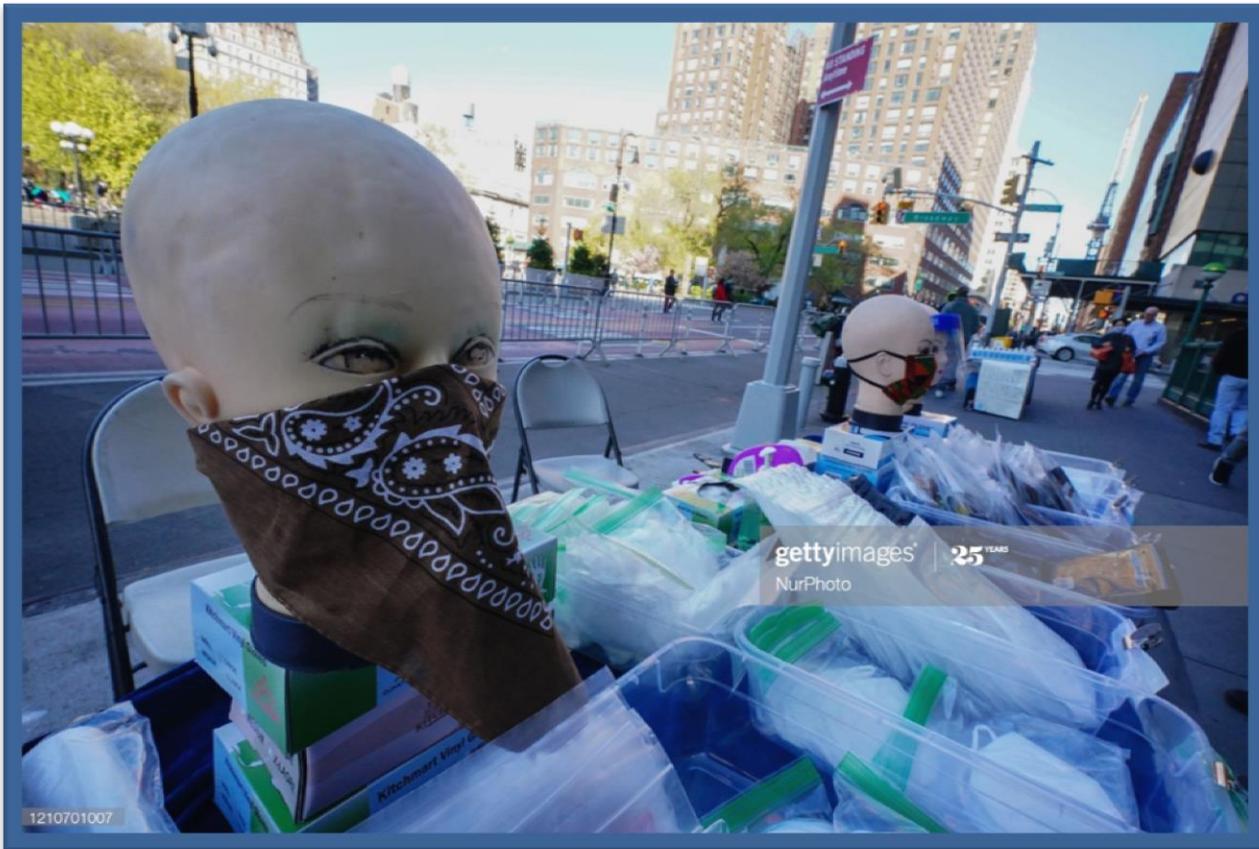
To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



#Coronavirus #COVID19

9 March 2020



A view of a vendor selling sanitizing products—Getty Images

COVID-19 READS

1. **The Real Reason to Wear a Mask**
<https://www.theatlantic.com/health/archive/2020/04/dont-wear-mask-yourself/610336/>
2. **Adding A Nylon Stocking Layer Could Boost Protection From Cloth Masks, Study Finds**
<https://www.npr.org/sections/goatsandsoda/2020/04/22/840146830/adding-a-nylon-stockings-layer-could-boost-protection-from-cloth-masks-study-find>
3. **The all-in-one guide to wearing masks during the COVID-19 pandemic**
<https://www.accuweather.com/en/health-wellness/guide-to-wearing-masks-during-covid-19-pandemic/722613>
4. **COVID-19 and the rising costs of social distancing: 'We've seen a real escalation'**
<https://nationalpost.com/news/canada/covid-19-rising-costs-of-social-distancing>
5. **Latest COVID-19 projections from Columbia University show mid-May Spike if social distancing is relaxed**
<https://techcrunch.com/2020/04/22/latest-covid-19-projections-from-columbia-university-show-mid-may-spike-if-social-distancing-is-relaxed/>
6. **COVID-19: 5G broadband conspiracy 'a hoax with no technical basis', UN telecoms agency**
<https://news.un.org/en/story/2020/04/1062362>
7. **Ousted vaccine expert battles with Trump team over his abrupt dismissal**
<https://www.politico.com/news/2020/04/22/hhs-ousts-vaccine-expert-as-covid-19-threat-grows-201642>
8. **Covid-19 Highlights Trump's Malignant Narcissism — And Proves Americans Will Survive Despite Him**
<https://theintercept.com/2020/04/22/trump-coronavirus-governors/>
9. **23 confirmed COVID-19 cases at Teresian House Center in Albany**
<https://cbs6albany.com/news/coronavirus/23-confirmed-covid-19-cases-at-teresian-house-center-in-albany>
10. **The Reason Hospitals Won't Let Doctors and Nurses Speak Out**
<https://www.nytimes.com/2020/04/21/opinion/coronavirus-doctors-nurses-hospitals.html>
11. **Health care workers seek to flatten COVID-19's 'second curve'—their rising mental anguish**
<https://www.sciencemag.org/news/2020/04/health-care-workers-seek-flatten-covid-19-second-curve-their-rising-mental-anguish#>
12. **'It's going to be around a long time': What we've learned from the first discovered COVID-19 cases**
<https://www.usatoday.com/story/news/nation/2020/04/22/coronavirus-going-around-long-time-expert-says/3009409001/>

Idea by VC PIDE, Dr. Nadeem Ul Haque
Prepared by:

Dr. Zulfiqar Ali Kalhoro, Dr. Saud Ahmed Khan, Dr. Hassan Rasool
Dr. Ahsan ul Haq Satti, Dr. Amena Urooj, Ms. Fizzah Khalid Butt
and Fahd Zulfiqar