



PIDE COVID-19 NEWSLETTER

May 22, 2020

No. 38

WHO CORONAVIRUS DISEASE 2019 (COVID-19) SITUATION REPORT-121

SITUATION IN NUMBERS

Total (new) cases in last 24 hours

Globally

4 789 205 cases (57 804)

318 789 deaths (2 621)

Western Pacific Region

169 955 cases (777)

6 780 deaths (15)

European Region

1 928 799 cases (19 207)

169 033 deaths (1 035)

South-East Asia Region

156 211 cases (7 450)

4 971 deaths (191)

Eastern Mediterranean Region

361 902 cases (5 153)

10 303 deaths (154)

Region of the Americas

2 105 670 cases (22 782)

125 843 deaths (1 176)

African Region

65 956 cases (2 435)

1 846 deaths (50)



Muslims pray during the Laylat al-Qadr, while practicing social distancing, following the outbreak of the coronavirus, at the Holy Kaa'ba—Reuters

Global News

- Virus in India different from one that originated in Wuhan: scientists
- Iran says 10,000 of its health workers infected with coronavirus.
- Global coronavirus cases surpass 5 million.
- Covid-19 could push up to 60 million people into poverty: World Bank.
- WHO reports most cases in a day as global tally nears 5 million.
- US pharma company reports some success in Covid-19 vaccine trial on mice and guinea pigs.
- Poorest countries need more help in addition to debt moratorium: German chancellor.

Global Response

- New safety protocols in place as Emirates decides to resume operations.
- UNHCR shows concern about Rohingya amid the coronavirus crisis.
- Protesters place fake body bags outside White House to protest against easing restrictions.
- Australian states squabble over reopening domestic borders.
- Trudeau puts on face mask, Canadians urged to do same.
- Wuhan officially bans eating wild animals.
- Apple, Google release technology for pandemic apps

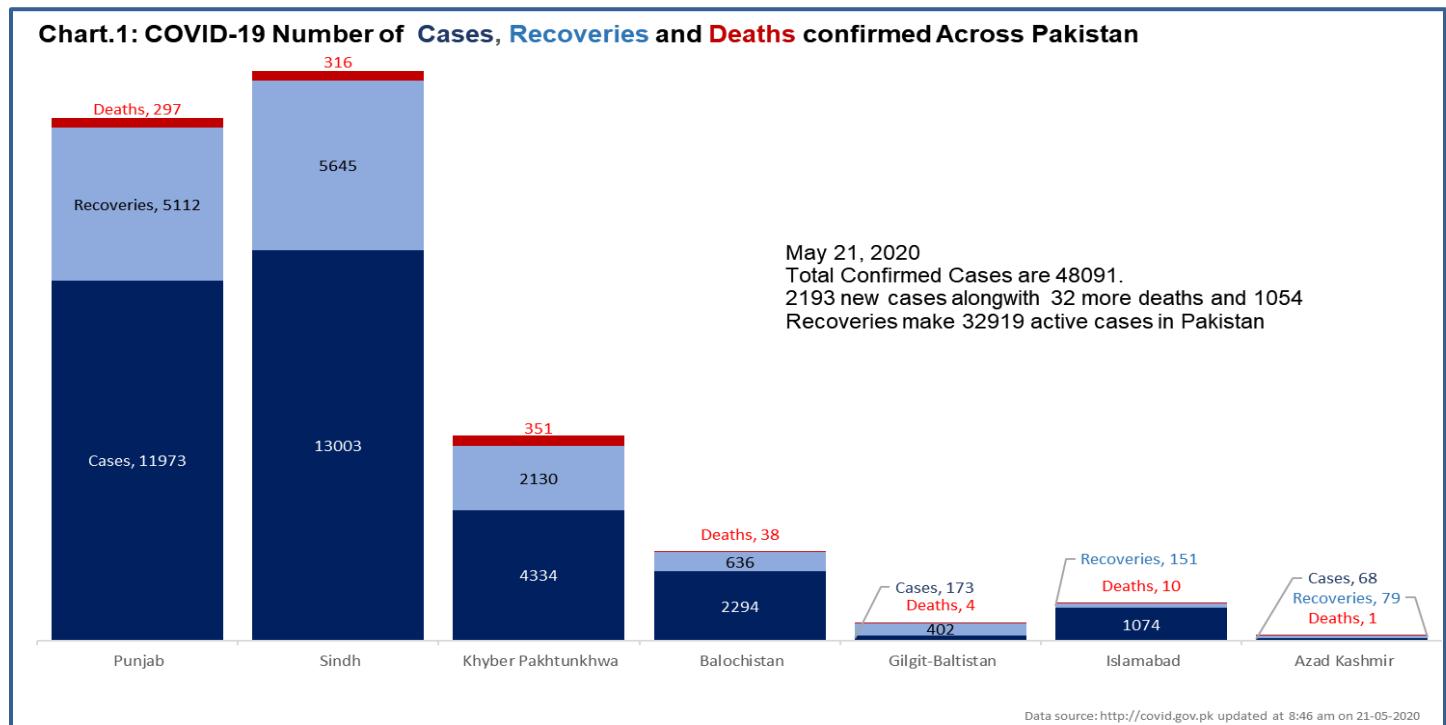
Local News

- In South Asia, Pakistan has highest number of coronavirus cases and deaths per million
- Chances of false negative test results higher than false positive, says Sindh CM.
- 1,054 recoveries recorded in the country as cases continue to rise.
- Former Balochistan governor dies at Karachi hospital after testing positive for Covid-19.
- Gen Bajwa calls on PM Imran to discuss overall Covid-19 situation in the country.
- FM Qureshi discusses Covid-19 response with EU ambassador.

Local Response

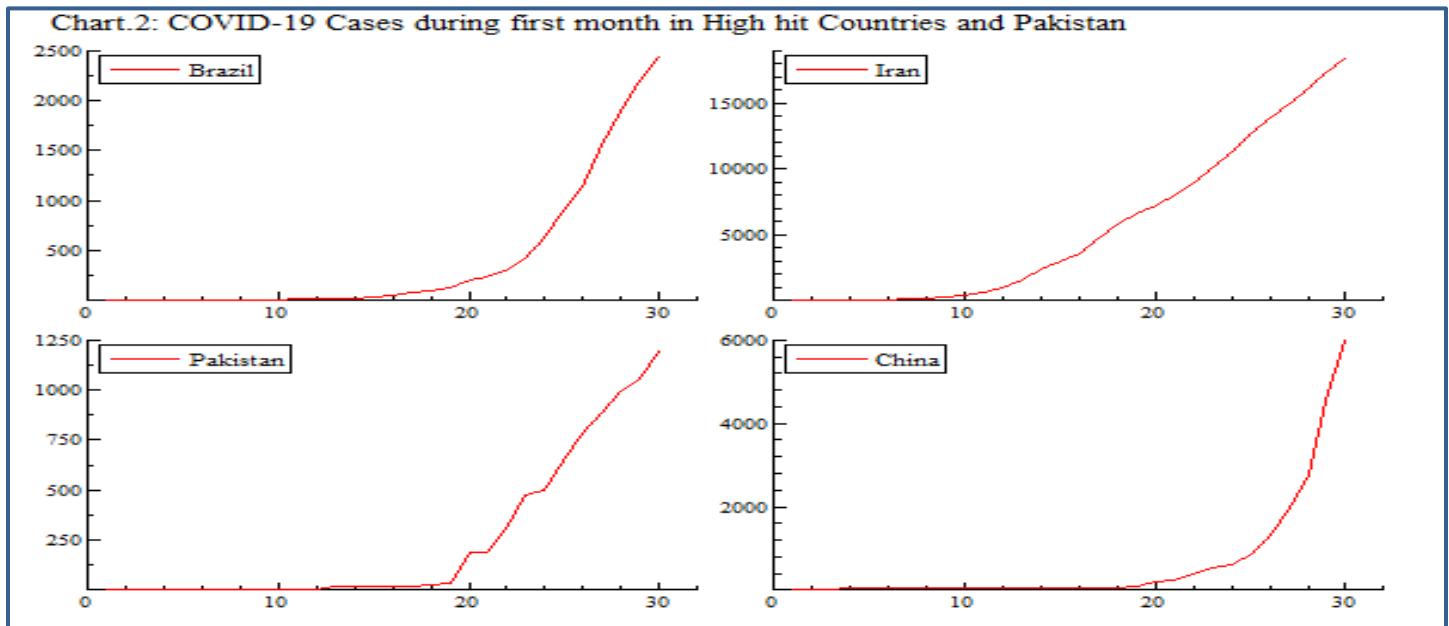
- Circular debt: Govt. carves out plan to reduce capacity charges.
- CM Sindh urges people to celebrate Eid with simplicity this year.
- Corona Relief Tigers Force distributes food in Lower Dir.
- Sindh's Covid-19 tally nears 20,000 after 960 new cases reported in a day.
- Sindh govt to provide compensation package to doctors, says Murad Ali Shah.
- LHC throws out appeal to open parks, recreational spots on Eid.
- Millions would have starved if lockdown wasn't lifted: PM Imran.

During the last 24 hours, 2193 new cases have been confirmed by different laboratories, bringing the national tally to 48091. Seventeen deaths from Sindh, eight from Punjab, six from KP and one from Islamabad have been reported in the last 24 hours. There are a total 1017 deaths and 14155 recoveries across the country, see Chart.1.

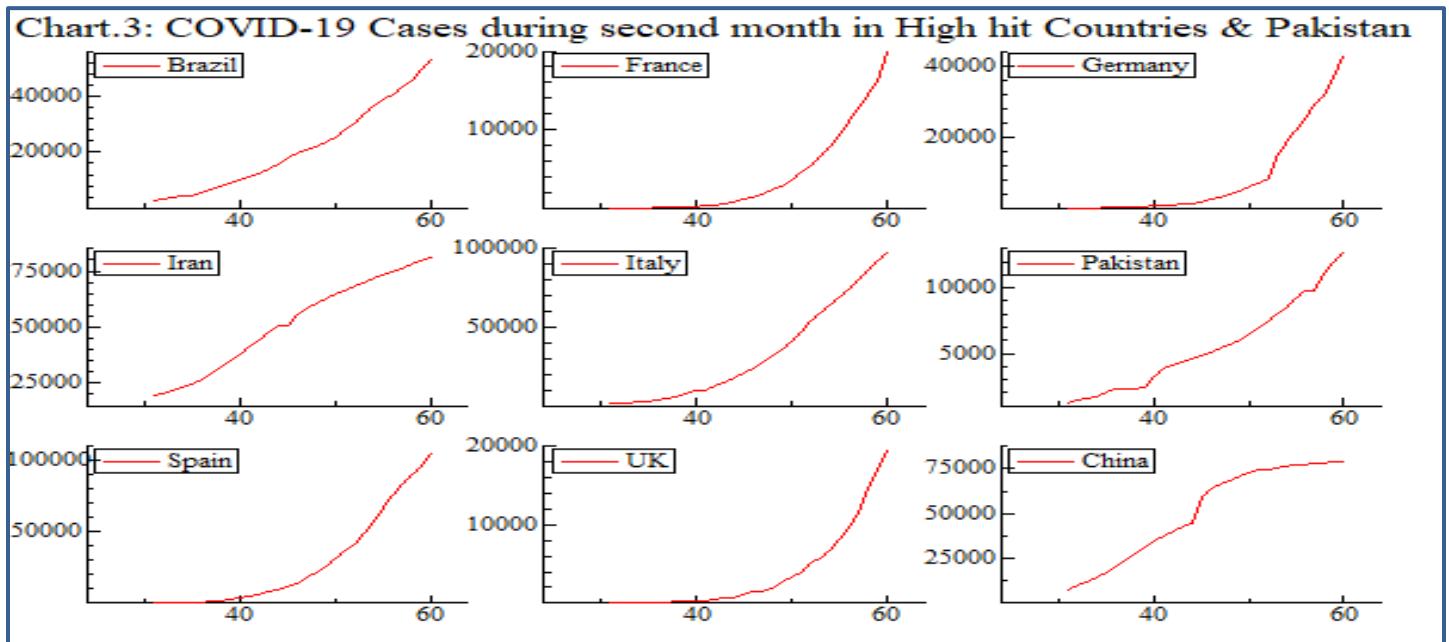


It's about three months (86 days) since first COVID-19 case reported in Pakistan on 26 Feb 2020. After about a month since the first COVID-19 case reported, a provincial lockdown was imposed in Pakistan on 24 March 2020. Amid pressure from local businessmen and clergymen the lockdown was eased on 15 April 2020, the government intervention further eased on 12 May 2020 during ongoing holy month Ramadan and on 20 May 2020 Supreme Court of Pakistan ordered to open mega malls for one week till Eid-ul-Fitr. As of now the COVID-19 cases are about to touch the fifty thousand in Pakistan. A month-wise comparative analysis of COVID-19 cases since the first case reported in high hit countries and Pakistan reveals a relative picture of pandemic spread in Pakistan. For comparison purpose data is taken since the first COVID-19 case reported in each country however calendar dates are different. The analysis of first thirty days revealed that in most of European countries under study and USA the number of COVID-19 infected cases was less than 20, except for Spain where it was 66 at the end of first month since the first COVID-19 case reported in these countries. In Pakistan the number of COVID-19 cases was about 1200 since

the first case reported, which is even higher than Italy during first thirty days. China reported about 6000, Brazil reported 2433, while Iran was at highest with more than 18000 COVID-19 cases since the first case reported, see Chart.2.

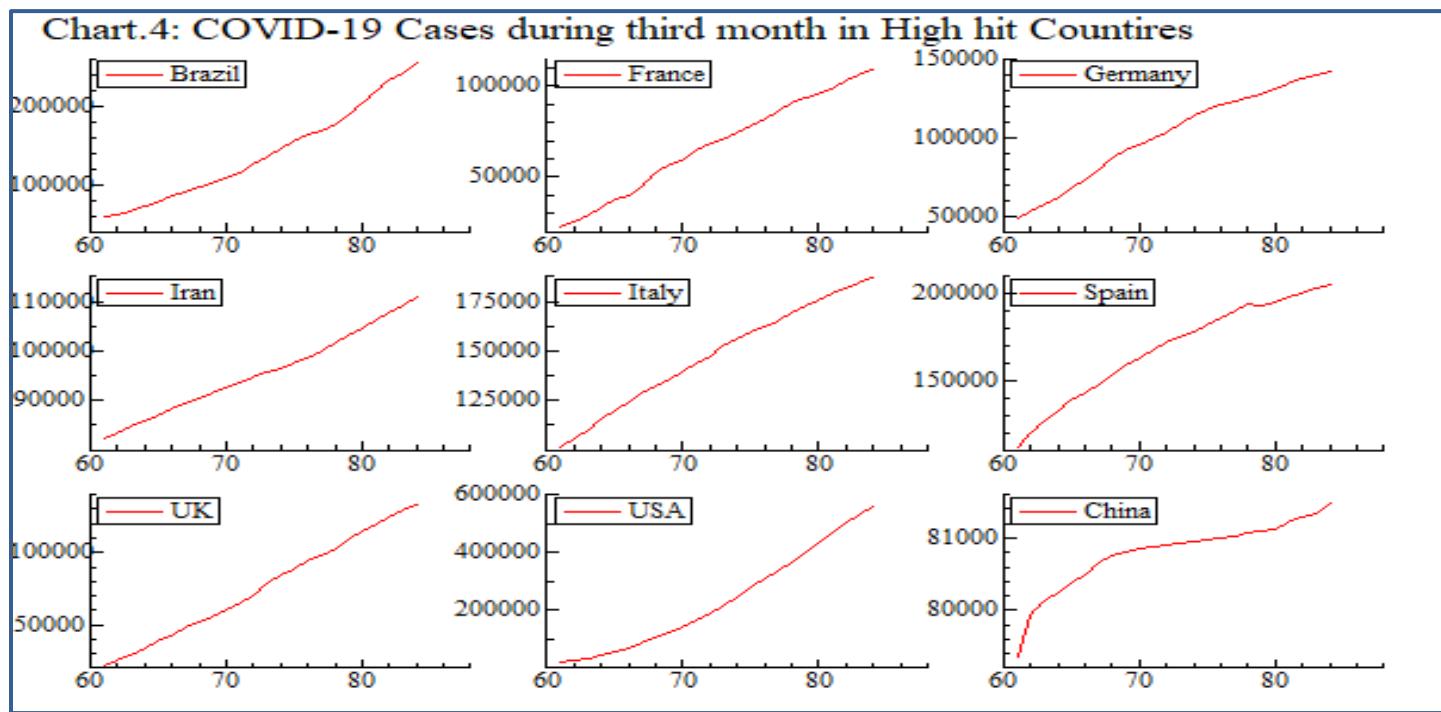


In the next thirty days the scenario is completely changed, COVID-19 infected cases increased exponentially in European countries under study where Spain become the hardest hit country amongst with 104267 cases; Pakistan remained least amongst with 12723 cases, see Chart.3. This is the period when Pakistan was mostly in lockdown, in first thirty days Pakistan reported more COVID-19 cases than USA, Italy and other European countries.



During third month since the first COVID-19 case reported in high hit countries the number of cases increased exponentially, but in Pakistan since the first case reported number of COVID-19 cases doesn't increase exponentially. In the third month since the first COVID-19 case reported, USA is the highest hit country with more than half a million cases, see Chart.4. During this period China shows point of inflection and number of cases reported in China are less than in Europe. During third month the number of COVID-19 infected cases in Pakistan reached about forty eight thousand which is about three times the cases reported during second month.

A simple analysis validates the effectiveness of timely taken decision in Pakistan; yes lockdown worked. COVID-19 is a contagious disease with no vaccine to date, the only cure is preventive measures. With controlled social contacts, Pakistan may control the spread of COVID-19 pandemic. With general public awareness the spread can be controlled, in the presence of strong social bond and inherent best societal traditions, Pakistan can achieve point of inflection much earlier than USA and other European countries.



Frequently Asked Questions

I am safe, but I am suffering from mental / sexual / social / long-term physical health problems because of violence. Is there anyone who can help me during COVID-19?

As much as possible, reduce sources of stress:

- Maintain contact with and seek support from family and friends via phone, email, text, etc.
- Try to maintain daily routines and make time for physical activity and sleep.
- Use relaxation exercises (e.g. slow breathing, meditation, progressive muscle relaxation, and grounding exercises) to relieve stressful thoughts and feelings.
- Engage in activities that in the past have helped with managing adversity.
- Seek information about COVID- 19 from reliable sources and reduce the time spent consuming news (for example, 1-2 times per day, rather than every hour).

Seek care from a trained health provider for symptoms and conditions including injuries that need medical attention. Due to restrictions on movement, and pressure on health systems, it may be difficult to access healthcare in person at this time. In this case, find out what is available in your locality and seek alternatives, including information and support offered by phone or online.

If you are currently receiving healthcare and support for violence-related issues this could continue during COVID-19 – this could even be by phone or online if feasible and appropriate for your health needs.

I have harmed or am worried about harming or hurting my partner (and children) with my words or actions. How can I stop?

- If you feel yourself getting angry or very annoyed, step away into another room if you can, or outside for a deep breath.
- Count to ten and breathe in and out until you feel calmer. Count down from 10, or do anything else that may help you stay calm.
- Talk to a trusted friend, relative, or religious leader and if necessary seek help from local health services or specialized services if available.
- Recognize that everyone in your family is experiencing stress during this time.
- Demonstrate kindness and patience in your words and actions.
- Eliminate or reduce your alcohol consumption as much as possible.

The current measures to address the COVID-19 pandemic, such as restrictions on movement, as well as financial instability caused by the crisis, are likely to add to your stress. This is normal, and you can control how you react. Take measures to ensure you manage your stress in a way that is respectful and safe to you and your family. Try to be kind to yourself, your partner, children and anyone else in the family.

Source: World Health Organization

COVID-19: Timeline of a Pandemic (March 26, 2020 — March 27, 2020)

March 26—The African continent does not have the manufacturing capacity to produce health machines such as ventilators and respirators, says Dr. Matshidiso Moeti, WHO regional director for Africa, during a press conference, noting that the continent is dependent on Western countries and countries in Asia, including China and India.

"We would need to rely very much on these types of countries that have really strong industrialization and production capacity immediately, urgently, and see if they can manufacture in sufficient numbers," she says. "We need global solidarity so that those countries that don't have the production capacity can also be enabled to import, working with partners, some of these key items that are needed to support their own response to the outbreak."

There is also a need for conversations with African countries on repurposing existing manufacturing facilities to produce these machines, says Dr. John Nkengasong, director of the Africa Centres for Disease Control and Prevention, during the press conference. This could include manufacturing facilities in South Africa, Egypt, Morocco, and Tunisia "It's a conversation that needs to start now, and start urgently," he says.

G-20 country leaders, after their virtual summit, release a statement outlining commitments in fighting the pandemic, such as sharing timely and transparent information, strengthening health systems globally, and protecting front-line health workers. The countries call upon WHO to assess gaps in pandemic preparedness and report to a meeting of finance and health ministers in the coming months, aimed at establishing a global initiative on pandemic preparedness and response.

Cases in the U.S. surpass those in China and Italy — making it the new epicenter of the pandemic.

Anguilla reports first cases of COVID-19.

March 27—The African Development Bank launches a \$3 billion social bond to help the continent manage the economic and social impact of COVID-19. It is the largest social bond ever launched in international capital markets and

the largest U.S. dollar benchmark ever issued by the bank. WHO announces that the first patients will shortly be enrolled in Norway and Spain in a trial called the Solidarity Trial, comparing the effectiveness of four different drugs or drug combinations against COVID-19. "This is a historic trial that will dramatically cut the time needed to generate robust evidence about what drugs work," says WHO Director-General Tedros Adhanom Ghebreyesu during a press conference. More than 45 countries are contributing to the trial.

In a conference call focused on how COVID-19 is impacting sexual and reproductive health, Chris Purdy, president and CEO at DKT International, says he wants to "ring the alarm bell" about what is coming. "In every single link of the supply chain we are seeing disruption. This disruption, I fear, is going to result, if things aren't addressed quickly, in more stock outs, shortages and a lack of access in coming months," he says.

U.K. Prime Minister Boris Johnson tests positive for COVID-19.

In a scientific brief, WHO reiterates respiratory droplets and indirect contact with surfaces or objects used by an infected person are still the main routes of transmission for SARS-CoV-2. The agency says a recent experimental study detailing virus persistence in the air does not reflect normal human cough conditions.

Airborne transmission may be possible in procedures that generate aerosols including endotracheal intubation, bronchoscopy, open suctioning, administration of nebulized treatment, manual ventilation before intubation, turning the patient to the prone position, disconnecting the patient from the ventilator, noninvasive positive-pressure ventilation, tracheostomy, and cardiopulmonary resuscitation.

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

Experts' Opinion

AMID the pandemic, there are frequent reminders that SARS-CoV-2 is far from the only virus we need to worry about. Beyond the cholera and malaria and various other biological phenomena that routinely scythe through substantial segments of humanity in various parts of the world, there are the psychological epidemics that frequently take their toll. (**Mahir Ali, DAWN**)

We must prepare our society to learn how to survive and grow in the digital world. Social media can be used to create as well as prevent disruption. It depends on us if we can exploit the disruption; tomorrow we might be victims of the same disruption. Today's chaos of convenience might become a disadvantage tomorrow. Chaos can change sides anytime. (**Ahmad Jawad, THE NEWS**)

COVID-19 is testing the efficacy and response of governance systems, besides intensifying the debate on the effectiveness of authoritarian and democratic regimes. A lockdown focuses mainly on curtailing the right to movement; hence authoritarian regimes have the edge in imposing restrictions. In Western democracies, a sense of responsibility has resulted in little effort to impose such restrictions. (**Mohammad Ali Babakhel, DAWN**)

If the government does not move toward an informed, intelligent, aggressive policy response for protecting our children's learning and mental health, the twin shocks of school closures and reduced household earning will have irreversible long-term costs to human capital in Pakistan. (**Hassan Sattar, THE NEWS**)

The first part of our national challenge is to not only prepare our schools for re-opening to the best of our abilities but to also comprehend why schools resuming education is important for a country like ours. The reasons why education should not be disrupted, but rather enhanced in the wake of these times is because Pakistan already has a high primary and secondary school dropout rate, and surveys indicate that if education is disrupted, it may become five times more likely that children will not go back to school. This in itself is problematic, as young adults and children contribute largely to our demographic and lie in the pyramid of productivity. (**Talaiha Chughtai, DAWN**)



Students wearing protective face masks stand on social distancing marks before entering a classroom at a primary school in Jumet, Belgium—Reuters



A passenger puts on a facemask on her child while waiting for their train to depart as train services resumed—Getty Images



A worker sprays disinfectant in a mosque before the Friday Congregation—*Getty Images*



People gather to shop ahead of the Eid defying social distancing—*Getty Images*

COVID-19 READS

1. **How To Keep Yourself Sane During Coronavirus Pandemic**
<https://nayadaur.tv/2020/05/how-to-keep-yourself-sane-during-coronavirus-pandemic/>
2. **The Business Of Anti-Lockdown Politics**
<https://nayadaur.tv/2020/05/business-of-anti-lockdown-politics/>
3. **Coronavirus leaked from a lab? Blame capitalism, not China**
<https://www.aljazeera.com/indepth/opinion/coronavirus-leaked-lab-blame-capitalism-china-200519133348487.html>
4. **Patience, sacrifice and zakat: An Islamic response to coronavirus**
<https://www.aljazeera.com/indepth/opinion/patience-sacrifice-zakat-islamic-response-coronavirus-200414132512318.html>
5. **Coronavirus lockdown: The Indian migrants dying to get home**
<https://www.bbc.com/news/world-asia-india-52672764>
6. **State of anarchy**
<https://www.dawn.com/news/1558447/state-of-anarchy>

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