

PIDE COVID-19 NEWSLETTER

May 04, 2020 No. 30

WHO CORONAVIRUS
DISEASE 2019 (COVID-19)
SITUATION REPORT-103

Total (new) cases in last 24 hours

Globally

3267184 cases (91 977) 229 971 deaths (5799)

Western Pacific Region

150 403 cases (1565) 6166 deaths (39)

European Region

1 492 024 cases(30 620) 140 586 deaths (2386)

South-East Asia Region

60 490 cases (3402) 2256 deaths (82)

Eastern Mediterranean Region

194 991 cases (6406) 7741 deaths (143)

Region of the Americas

1 340 591 cases (48 674) 72 196 deaths (3109)

African Region

27 973 cases (1310) 1013 deaths (40)



Frontier Corps (FC) personnel distribute food among the people during a government-imposed nationwide lockdown in Quetta—Getty Images

Global News

- Scientists say people cannot be infected twice.
- Coronavirus deepens risks for migrant workers in the Gulf.
- As coronavirus lockdown eases, Italians fear bleak future.
- People are falsely testing positive for a second time due to dead lung cells, says WHO expert.
- Almost half of England's doctors may be buying their own protective equipment or relying on donations, survey says.
- Excess US deaths hit 37,100 in pandemic's early days, far more than previously known: Washington Post.
- Japan's Abe to extend national state of emergency until May 31: local broadcaster.
- British Pakistanis at higher risk of contracting and dying of Covid-19, finds study.

Global Response

- Tanzania under fire from WHO for lackluster response to COVID-19 pandemic.
- 'Nothing attractive': Warren Buffett's Berkshire sells ALL stakes in US airlines, reports \$50bn Q1 loss amid Covid-19 shutdown.
- 'We don't care about coronavirus': Thousands attend mass prayer in Afghanistan during Ramadan.
- Russia records its highest daily rise in coronavirus cases with 10,633 new cases.
- Churches in Germany are open for Sunday services for the first time since the lockdown began last month.
- Thailand has reopened parks and small shops as authorities begin a phased easing of restrictions.
- UK PM Johnson outlines five 'key tests' Britain must satisfy before adjusting its lockdown measures.
- France set to impose 14-day coronavirus quarantine for travelers.

Local News

- Stats show COVID-19 has penetrated into our homes, says Murtaza Wahab.
- Sindh, Punjab report new cases; nationwide tally jumps to 19,855.
- Doctors worry about undiagnosed Covid-19 patients.
- Cambridge introduces new grading system in lieu of May/June exams.
- Post-May 9 strategy to be decided after meeting PM, NCC meeting.
- Covid-19 not as fatal in Pakistan as in other countries: Asad Umar.
- Jhagra says 1,338 Covid-19 tests conducted in KP yesterday, 16pc higher than previous record.
- Balochistan reports 36 new coronavirus cases.
- 252 Pakistanis stranded in Sudan flown to Karachi via PIA.

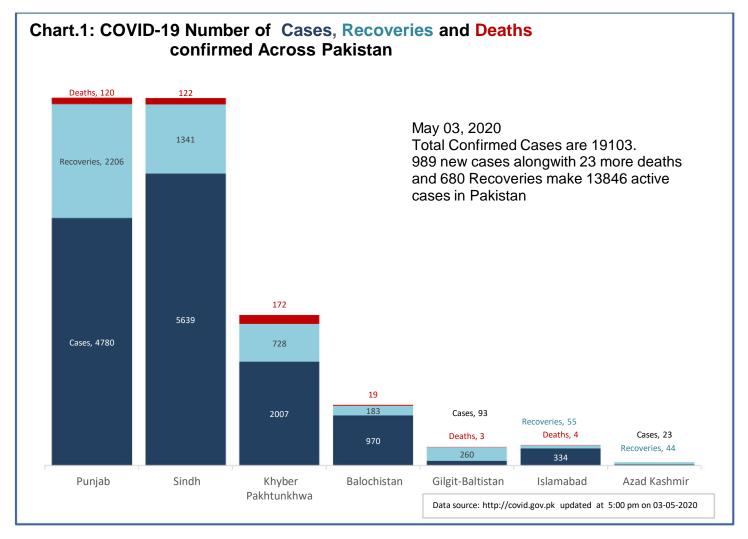
Local Response

- No one knows how long corona will linger on: PM launches package for jobless.
- Murad Ali Shah orders COVID-19 seroprevalence studies in two Karachi UCs.
- As COVID-19 risks grow, doctors ask president for help.
- Punjab govt extends utility stores' timings from 9am to 8pm.
- Sindh CM orders 1,000-bed quarantine centre at PAF Museum in Karachi.
- Karachi transporters warn Sindh govt of operating vehicles on May 5.
- Number of recoveries nears 5,000 as Pakistan reports 64 new recovered cases.
- Sindh govt conditionally allows 35 export-oriented factories to resume operations.
- Govt to announce interest-free loan scheme for small businesses: Hammad Azhar.

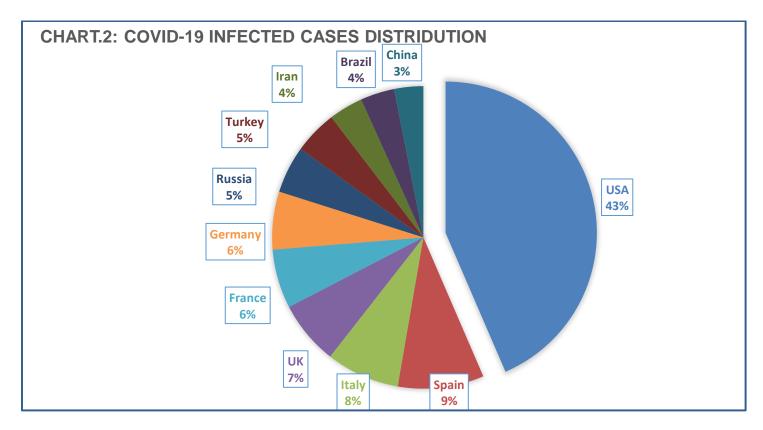


A man reads the Holy Quran in front of shuttered shops in Karachi—*Getty Images*

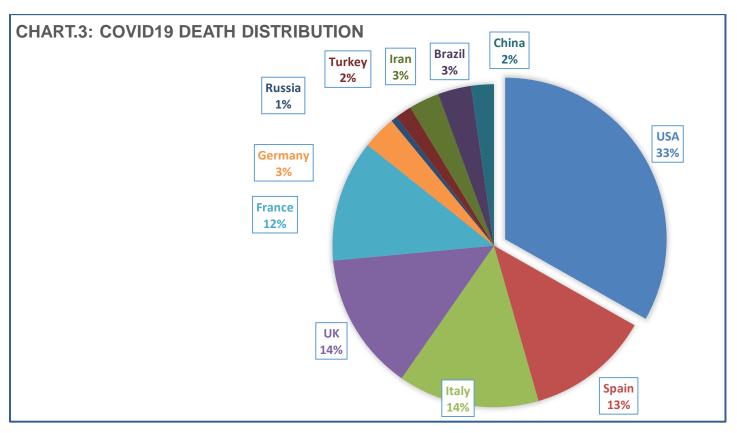
During the last 24 hours, 989 new cases have been confirmed by different laboratories, bringing the national tally to 19103. Eleven deaths from KP, five from Punjab, four from Sindh and three from Balochistan have been reported in the last 24 hours. There are a total 440 deaths and 4817 recoveries across the country, see Chart.1.



Out of 3,50,196 total infected cases of COVID-19, 43% cases are from US, 9% from Spain, 8% from Italy, 7% from UK and 6% from France and Germany. While Turkey has 5% and Brazil and Iran have 4%. All other countries have less than 3%, See Chart.2.



The total deaths with COVID-19 are 2,45,050. Out of these 33% from USA, 14% from Italy and UK, 13% from Spain, 12% from France, 3% from Germany, Iran and Brazil 2% Turkey, see Chart.3.



Covid-19 and the resulting stress and anxiety among the younger generation

There can be many aspects on the basis of which, one can interpret the whole picture of the ongoing health crisis. The psychological impact of Covid-19 is more prevalent in the younger age class probably due to the horrifying and unending news of death and diseased across the world. In addition, there is an inbuilt longing for the 'future good' in human nature more generally in the contextual sense of material or spiritual good. And, in the case of Covid-19, what the future holds is certainly more vague than clear.

The reorientation of daily routine can be another parameter in the yardstick approach for gauging mental conditions of a population. The notion of sudden desire for freedom after such a long break behind the closed doors is justifiable, but the constant scene of police and military authorities roaming everywhere is creating an environment of eternal jail without boundary walls.

Most importantly the long-term prospects which are associated with Corona virus by the health professionals are an indication towards longer temporal span of the pandemic.

Nevertheless, given the great leaps in virology and molecular biotechnology can prove an antidote to chaos, if it is able to procure a vaccine within short time frame against the novel corona virus.

Despite the continual extension in lockdowns, there is a ray of 'hope' at the end of tunnel, and we are going to emerge stronger *Insha'Allah*.

(Written by Tabish Ayaz; a student at Department of Environmental Economics)

Frequently Asked Questions

Can COVID-19 be caught from a person who has no symptoms?

COVID-19 is mainly spread through respiratory droplets expelled by someone who is coughing or has other symptoms such as fever or tiredness. Many people with COVID-19 experience only mild symptoms. This is particularly true in the early stages of the disease. It is possible to catch COVID-19 from someone who has just a mild cough and does not feel ill.

Some reports have indicated that people with no symptoms can transmit the virus. It is not yet known how often it happens. WHO is assessing ongoing research on the topic and will continue to share updated findings.

How can we protect others and ourselves if we don't know who is infected?

Practicing hand and respiratory hygiene is important at ALL times and is the best way to protect others and yourself.

When possible maintain at least a 1 metre (3 feet) distance between yourself and others. This is especially important if you are standing by someone who is coughing or sneezing. Since some infected persons may not yet be exhibiting symptoms or their symptoms may be mild, maintaining a physical distance with everyone is a good idea if you are in an area where COVID-19 is circulating.

What should I do if I have come in close contact with someone who has COVID-19?

If you have been in close contact with someone with COVID-19, you may be infected.

Close contact means that you live with or have been in settings of less than 1 metre from those who have the disease. In these cases, it is best to stay at home.

However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek medical help. When you attend the health facility wear a mask if possible, keep at least 1 meter distance from other people and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice.

If you do **not** live in an area with malaria or dengue fever please do the following:

• If you become ill, even with very mild symptoms you must self-isolate

- Even if you don't think you have been exposed to COVID-19 but develop symptoms, then self-isolate and monitor yourself
- You are more likely to infect others in the early stages of the disease when you
 just have mild symptoms, therefore early self-isolation is very important.
- If you do not have symptoms, but have been exposed to an infected person, selfquarantine for 14 days.

If you have definitely had COVID-19 (confirmed by a test) self-isolate for 14 days even after symptoms have disappeared as a precautionary measure – it is not yet known exactly how long people remain infectious after they have recovered.

Source: World Health Organization



Members of an NGO spray disinfectant at a church during lockdown—Getty Images

COVID-19: Timeline of a Pandemic (March 06, 2020 — March 10, 2020)

March 6 — The U.K. announces a £46 million (\$59.9 million) package for the COVID-19 response, funded by the country's international development budget. It includes funding for the development of a vaccine and a rapid diagnostic test.

WHO says there are more than 200 clinical trials registered that look at different therapeutics to treat COVID-19, as well as traditional Chinese medicine, according to Dr. Maria Van Kerkhove, technical lead of the WHO Health Emergencies Programme.

Slovakia, Bhutan, Peru, Costa Rica, Columbia, Cameroon, and Togo report first cases of COVID-19.

- March 7 The number of COVID-19 cases surpasses 100,000. Malta, Moldova, Paraguay, and the Maldives report first cases of COVID-19.
- March 8 Over 100 countries report cases of COVID-19. Bulgaria and Bangladesh report first cases of COVID-19.
- March 9 WHO moves closer to declaring the COVID-19 outbreak a pandemic.
 "Now that the virus has a foothold in so many countries, the threat of a pandemic has become very real," Tedros says during a press conference.
 WHO experts say they are concerned about how the world will respond to that declaration potentially causing an abandonment of efforts to control the spread of the virus.

"Will the reaction to the word [pandemic] be: Let's fight? Let's push this disease back? Or will the reaction to the word be: Let's give up," asks Dr. Michael Ryan, executive director of the WHO Health Emergencies Programme. Albania, Cyprus, Burkina Faso, and Panama report first cases of COVID-19.

March 10 — The Coalition for Epidemic Preparedness Innovations, or CEPI, is investing a further \$4.4 million for vaccine development efforts against COVID-19, bringing the organization's total investments to \$23.7 million. The money will be used to help Novavax and the University of Oxford in their vaccine development work.

The Bill & Melinda Gates Foundation, Wellcome, and Mastercard commit up to \$125 million to speed up the response to the COVID-19 epidemic by developing and scaling up treatments, with a focus on making products broadly available and affordable.

UK health minister Nadine Dorries tests positive for COVID-19.

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

Experts' View

THE Covid-19 pandemic has halted life as we know it but has also brought the world closer in facing a common enemy. Most of us follow similar routines — marked by fear, anxiety and frustration that are almost unprecedented in their intensity. (**Muhammad Amir Rana**, DAWN)

The unhappiness, as some claim, is because power and resources are not being devolved to the very grass roots. This can easily be addressed by the PTI ordering immediate local bodies elections in the provinces it or its allies control. Whether we keep faith with our parliamentary system (I, for one, see no reason not to as it guarantees national cohesion and unity), or keep lusting after a US-style presidency, there can be no denying the rights of the federating units. (Abbas Nasir, DAWN)

Experts' Opinion

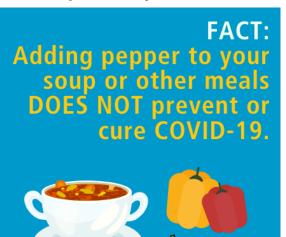
Pakistan has no ethical guidelines yet at a national level addressing these issues. The Centre of Biomedical Ethics and Culture, SIUT has developed, with input from key stakeholders in public and private healthcare institutions, concise Covid-19 guidelines providing a contextualised ethical framework for allocation of scarce resources. (Farhat Moazam, DAWN)

In a crisis like this, terrorist outfits and proscribed organizations can revive their social work and charity operations if not closely monitored. Great vigilance has to be practised by the administration, police and CTDs to prevent proscribed organizations from raising funds under the garb of helping the poor and the destitute. These terrorist outfits engage in such activities to win the hearts of people, and to demonstrate their executive ability to carry out large operations like state institutions. They seek to rival the state in its functions, and aim for creating a state within the state. (Shahzada Sultan, The News)

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

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19.

The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.





#Coronavirus

#COVID19



A daily wage labourer sits on the road's median as he breaks fast amid lockdown in Karachi—Reuters

COVID-19 READS

- 1. Will the Coronavirus Create a More Progressive Society or a More Dystopian One? https://www.newyorker.com/news/our-columnists/will-the-coronavirus-create-a-more-progressive-society-or-a-more-dystopian-one
- 2. Cholera and coronavirus: why we must not repeat the same mistakes

 https://www.theguardian.com/society/2020/may/01/cholera-and-coronavirus-why-we-must-not-repeat-the-same-mistakes
- 3. How Society Will Change as the Coronavirus Crisis Abates
 https://besacenter.org/perspectives-papers/coronavirus-society-changes/
- 4. Latest coronavirus figures for confirmed cases and hospital deaths in East Sussex https://www.hastingsobserver.co.uk/health/coronavirus/latest-coronavirus-figures-confirmed-cases-and-hospital-deaths-east-sussex-2763809
- 5. This man came home from the hospital to die. His son found a way to keep him alive https://edition.cnn.com/2020/05/02/health/coronavirus-uk-elderly-patient-intl-gbr/index.html
- 6. Profits and Pride at Stake, the Race for a Vaccine Intensifies https://www.nytimes.com/2020/05/02/us/politics/vaccines-coronavirus-research.html
- 7. What happens if a coronavirus vaccine is never developed? It has happened before https://edition.cnn.com/2020/05/03/health/coronavirus-vaccine-never-developed-intl/index.html
- 8. Crowded Prisons Are Festering 'Petri Dishes' For Coronavirus, Observers Warn https://www.npr.org/sections/health-shots/2020/05/01/848702784/crowded-prisons-are-festering-petri-dishes-for-coronavirus-observers-warn
- 9. How coronavirus precautions hurt these eight NFL draft prospects
 https://www.espn.in/nfl/draft2020/story/ /id/29109794/how-coronavirus-precautions-hurteight-nfl-draft-prospects
- 10. Coronavirus precaution: 10 ways to make sure you do not catch the disease https://economictimes.indiatimes.com/news/politics-and-nation/coronavirus-in-india-10-ways-to-make-sure-you-dont-catch-the-disease/articleshow/74488435.cms?from=mdr
- 11. How the coronavirus is hampering enforcement of California's air pollution rules https://www.latimes.com/environment/story/2020-05-01/coronavirus-california-air-pollution-enfocement
- 12. Coronavirus Offers a Clear View of What Causes Air Pollution
 https://www.wsj.com/articles/coronavirus-offers-a-clear-view-of-what-causes-air-pollution-11588498200

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