



"The Greatest Enemy we face is not the Corona virus itself - it is the stigma that turns us against each other"

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EDITORIAL

The world has been hit hard by various catastrophes and on various vocations. Planet Earth is suffering from Climate Change, Terrorism and other man-made errors which is irreversible. With the recent wave of Corona virus, it has affected more than 170 countries. The virus that was started from the city of China, "Wuhan" has been reached to every corner of the world with no time.

Almost half of the world is lockdown with its citizens inside their houses. There is shortage of food and other utilities. Most importantly, the world leaders need to invest in health advancement, research and lab facilities in order to prepare ourselves for future boom.

Right now, we don't need nuclear weapons, war fleets, or air jets. We need medical equipment's that can save our lives from these dangerous viruses.

However, social media has played a major role in providing first-hand information about Corona virus and its prevention. In addition, there are multiple information's that are coming-up with no

authenticity. It really hard to differentiate between what to see and what not.

Scientists are working day and night in order to find the cure but due to complexities and outer layer of Corona virus, it is taking time. Everyone is looking towards the front-line soldiers "Doctors & Scientist" that has putted themselves in danger to save humanity and humankind. Hundred of doctors are found Corona positive because of contact with patients but they are serving people.

It is now clear that we are not prepare for the 21st century diseases that will kill million of people. We need to re-think that in order to protect your country, you need to invest in your health too instead of combat weapons.

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Corona Virus

Coronaviruses possess a distinctive morphology, the name being derived from the outer fringe, or “corona” of embedded envelope protein. Members of the family Coronavirus bride cause a broad spectrum of animal and human diseases. Uniquely, replication of the RNA genome proceeds through the generation of a nested set of viral mRNA molecules. Until 2003, coronaviruses attracted little interest beyond causing mild upper respiratory tract infections. This changed dramatically in 2003 with the zoonotic SARS-CoV and the more recent emergence of MERS-CoV has confirmed



the coronaviruses as significant causes of severe respiratory disease¹.

Coronavirus disease was first described in 1931, with the first coronavirus (HCoV-229E) isolated from humans in 1965. Until the outbreak of severe acute respiratory syndrome in late 2002, only two human coronaviruses (HCoV) were known – HCoV-229E and HCoV-OC43. Once the SARS coronavirus (SARS-CoV) had been identified, two further human coronaviruses were identified. Three groups of coronaviruses exist: group 1 (HCoV-229E and HCoV-NL63), group 2 (HCoVOC43 and HCoV-HKU1), group 3 (no human CoVs as yet). SARS-CoV is an outlier to all three groups, although some place it in group 2.

1. Christopher J. Burrell, ... Frederick A. Murphy, in Fenner and White's Medical Virology (Fifth Edition), 2017

Corona Virus & Pakistan

More than 27,000 deaths have been recorded globally, more than 15,000 of which are in Europe since the virus first emerged in December. More than 600,000 declared virus cases have been registered in 199 countries and territories of which at least 268,191 are in Europe, the worst-hit continent.

The number of confirmed COVID-19 cases in the country rose to 1,504 after more people tested positive in Sindh, Khyber-Pakhtunkhwa, Punjab, Islamabad Capital Territory and Balochistan. The province-wise break-up of the total number of cases as of 11:01pm, March 28, is as follows: -

The countries with the most deaths include Italy with 8,165 deaths out of 80,539 declared infections, Spain with 4,089 deaths out of 56,188 cases, mainland China with 3,295 deaths out of 81,285 cases, Iran with 2,234 deaths out of 29,406 cases, and France with 1,696 fatalities out of 29,155 cases

	Province	Cases Confirmed	Death(s)
Pakistan	Sindh	469	1
	Punjab	557	6
	Khyber Pakhtunkhwa	188	4
	Balochistan	138	1
	Islamabad	39	-
	Gilgit-Baltistan	111	1
	Azad Jammu & Kashmir	2	-

Prime Minister of Pakistan Imran Khan call upon nation to not panic, Pakistan is facing extremely financial crisis and we can't lockdown out cities. If we save our people from Corona Virus, they will die from hunger¹.

1. <https://www.aljazeera.com/news/2020/03/pakistan-pm-afford-shut-cities-coronavirus-200318065532802.html>

China Sends Medical Aid & Team to Pakistan to fight COVID-19



China and Pakistan have always helped one another during crisis and the friendship between both countries has always opened new doors of opportunities.

China has sent a plane of medical staff and supplies to help Pakistan in fighting the coronavirus.

China had previously sent ventilators and

masks to Pakistan, a key link in China's ambitious multi-billion-dollar One Road Project linking South and Central Asia with China. China is also a key military supplier for nuclear-armed Pakistan, having supplied the country with missiles capable of carrying atomic weapons.

Pakistan has shut down trade activities with both neighbor countries Iran and Afghanistan but is being under criticism for its initial careless response to the virus.

CORONAVIRUS Debunking Myths

MYTHS

Antibiotics are effective in treating the new coronavirus →

Herbal remedies and other drugs can help treat the new virus →

New coronavirus only affects older people →

Pets can spread the new coronavirus →

FACTS

Antibiotics only work against bacteria, not viruses

No specific medicine recommended for treatment, according to WHO

People of all ages can be infected by the virus

No evidence to suggest that pets can be infected with the new virus

Prevention

At this time, we do not know of a safe and effective vaccine, nor do we know if a safe and effective drug will work to eliminate the Covid-19 infection once it has occurred. In the absence of these, our best bet is based on prevention.

Many countries around the world are now experiencing different measures in an attempt to enforce social distancing to slow the spread of Covid-19. They range from ending mass gatherings, closing public spaces like leisure centres, pubs and clubs to closing schools and in

some places a total lockdown with people forced to stay indoors.

While self-isolation is a form of social distancing, there is an important distinction to be made. Self-isolation and quarantine are aimed at preventing people who are infected or are known to have had contact with people who are infected from passing on the virus. Social distancing is a wider measure aimed at stopping the kind of mixing of people that allows infections to spread through a population

Experience VS Quarantine



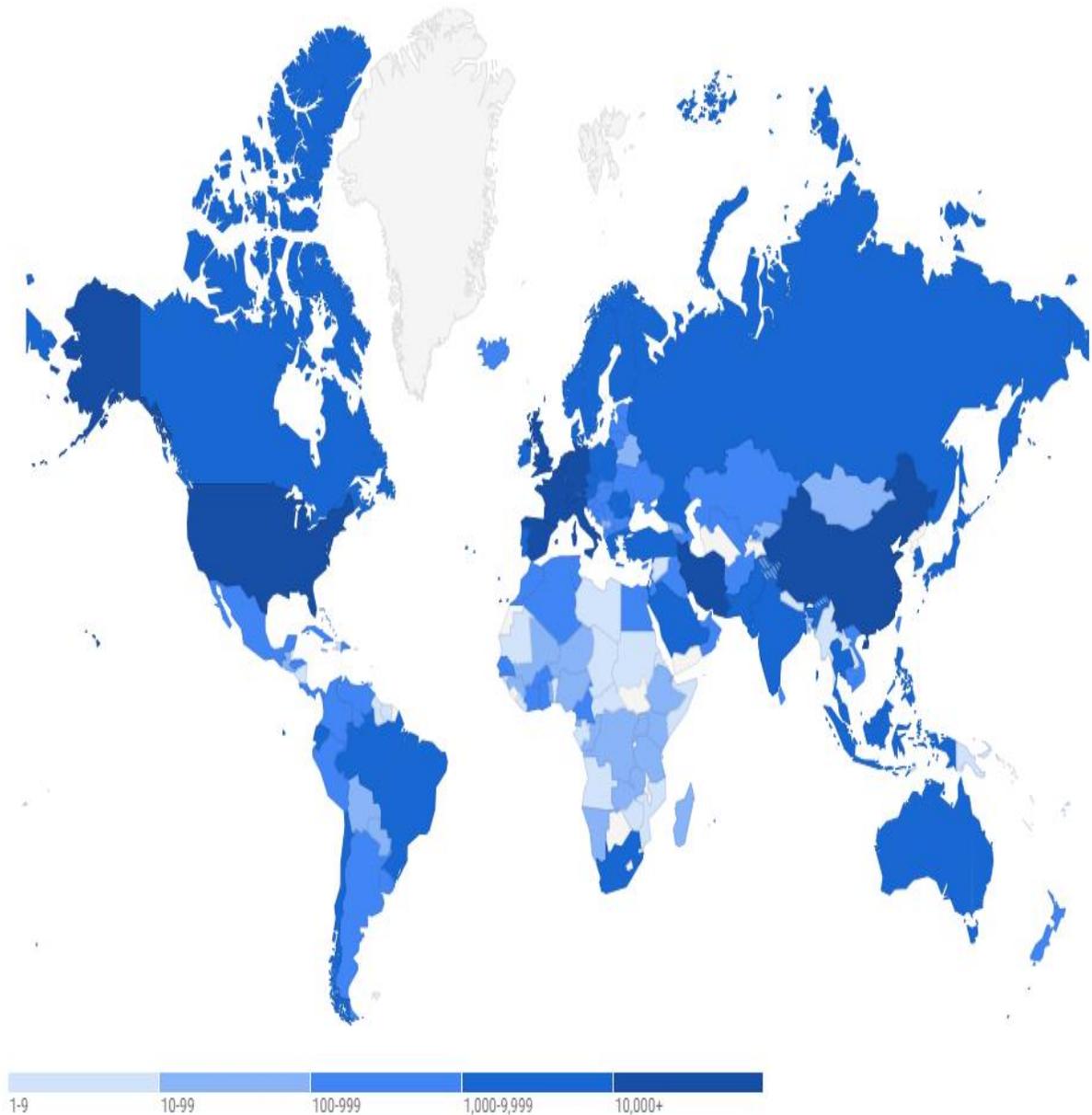
MAINTAIN SOCIAL DISTANCING

Maintain at least 1-meter (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Coronavirus (COVID-19) Map¹

Updated less than 30 minutes ago (March 29, 2020 | 10:42pm)



Disclaimer

This data changes rapidly, so what's shown may be out of date. Table totals may not always represent an accurate sum. Information about reported cases is also available on the World Health Organization site.

1. <https://google.com/covid19-map/?hl=en>

Quarterly Activities (Jan - Mar, 2020)

A series of 05 trainings sessions conducted at various Universities of Islamabad/Rawalpindi.



SDG Training participants of Young Women Leadership Conference



SDG Training participants of Bahria University (Islamabad Campus)



SDG Training participants of St. Paul's Church Sadder Rawalpindi



SDG Training participants of International Islamic University Islamabad



SDG Training participants of COMSATS University (Islamabad Campus)



Representatives from Pakistan Center for Philanthropy having meeting with various Civil Society Organization with HRDN-Peshawar Chapter



Awareness Seminar on Corona Virus with members of Peshawar Chapter



Meeting with H.E Ibrahim Y ala Al Madani (Jordanian Ambassador to Pakistan)

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