

# PAKISTAN MEDICAL ASSOCIATION



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July 27, 2020

## CORONA HEALTH ALERT

Pakistan Medical Association (PMA) is satisfied over the latest Coronavirus situation in Pakistan, although the severity of the disease has decreased and number of cases have declined, many beds and ventilators are vacant in hospitals, all these good indicators are the mercy of Almighty God. It does not mean that **we should get complacent**; in fact it has been observed in so many countries that virus had hit back and that second phase was even harder than the previous one and so many people were infected and died. According to a very recent survey the world has set a new record of 284,661 patients found positive in **one day on July 23, 2020**, which is very alarming. **Therefore we should remain vigilant because corona still exists in Pakistan and new cases are emerging on daily basis.** So, many unreported cases still exist, people do not go for Corona Testing and doctors are also diagnosing on clinical grounds. People have better awareness now and they go to quarantine or isolate themselves immediately at home because of that they're less critical patients in Pakistan. The ICU and HDU beds at corona designated hospitals are mostly vacant. According to the National Command and Operation Center (NCOC) till now 274,289 patients have been found positive for coronavirus out of which 241,000 Patients were recovered and so far 5,842 People have lost their lives due to Coronavirus. On a latest statement of Dr. Zafar Mirza, Special Assistant to Prime Minister on Health, rate of positive cases of Coronavirus has decreased from 23% to 6 – 7% and there is 80% decrease in number of deaths.

**Now we fear that due to our negligence coronavirus cases may increase in next two weeks after EID.** We should learn lesson from our previous experiences, people have neglected SOPs during Eid-ul-Fiter and as a result miserably large number of patients reported and deaths toll rouse to alarming extent. **PMA suggests to the government that the strict implementation of SOPs to control the spread of Coronavirus.** It has been observed that **local administration is least bothered or helpless about enforcing SOPs in the Cattle Markets.** Cattle vendors and buyers are seen without mask, Children and elderly are visiting these markets without any fear and restriction and nobody is being checked for fever at entry points of these markets. This state of affairs is very alarming.

In this regard PMA appreciates Islamabad administration for taking measures to enforce SOPs in cattle markets. The administration is conducting Coronavirus test of cattle vendors to reduce the chances of surge in Covid-19 cases in the Capital Territory. They are ensuring that every person in the markets is wearing mask. They have also banned children and elderly for visiting cattle markets.

**PMA suggests that like Islamabad, SOPs should be implemented strictly in cattle markets throughout Pakistan to avoid spread of Coronavirus.**

This is very unfortunate that the government has failed to prevent small cattle markets established in different places of the cities of Pakistan. People are gathering in crowd at these markets, which could become a source of spread of coronavirus. **We again request government to immediately abolish all the small cattle markets established on streets and roads inside the cities.** PMA warns that the situation of Covid-19 could worsen during our upcoming festivals of Eid-ul-Azha, Independence Day, Muharram and Rabi-ul-Awal if the government does not implement SOPs thoroughly and people do not follow the SOPs.

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**Pakistan Medical Association also suggests that all educational institutes should be opened after monitoring the severity of Covid-19. Corona test (antibodies test) of all the staff including van drivers and attendants should be done before opening of educational institutes because one infected person can spread the disease to the whole institution.** If these institutes are allowed to open then administration will have to follow SOPs. Social distancing, wearing mask and regularly washing / sanitizing hands must be strictly implemented in all institutes. This is the right time for teachers to teach the primary and secondary level students to maintain hygiene at personal and community level.

Public should not be blamed for neglecting Sops because it is the responsibility of the government to implement SOPs.

We also request General Public to adopt Preventive measures to avoid coronavirus.

### **SOPs for general public to avoid coronavirus:**

1. Buyers and seller of sacrificial animals should follow SOPs at cattle markets.
2. Minimum people should visit cattle market positively.
3. Elderly and children should not be allowed to visit the cattle market.
4. Everybody present at slaughtering of sacrificial animals should wear mask and remain at distance from each other.
5. Remains of animals should be disposed properly and Calcium Hydroxide (lime powder) should be sprinkled to clean the place after scarifying the animal.
6. Do not shake hand and hug.
7. Keep social distance everywhere.
8. Avoid going to bazaar and other crowded places.
9. People should sanitize or wash their hands with soap properly after regular intervals.
10. Contact immediately qualified doctor if symptoms appear like Cough, Fever, Flu, Headache, Body-ache, Stomach-ache or Diarrhea, loss of appetite, losing sense of smell and taste.
11. Do not touching your Eyes, Nose and Mouth until you have washed / sanitise your hands.
12. Avoid EID gatherings like Lunch, Dinner or any other party.

Dr. S.M.Qaisar Sajjad  
Secretary General  
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