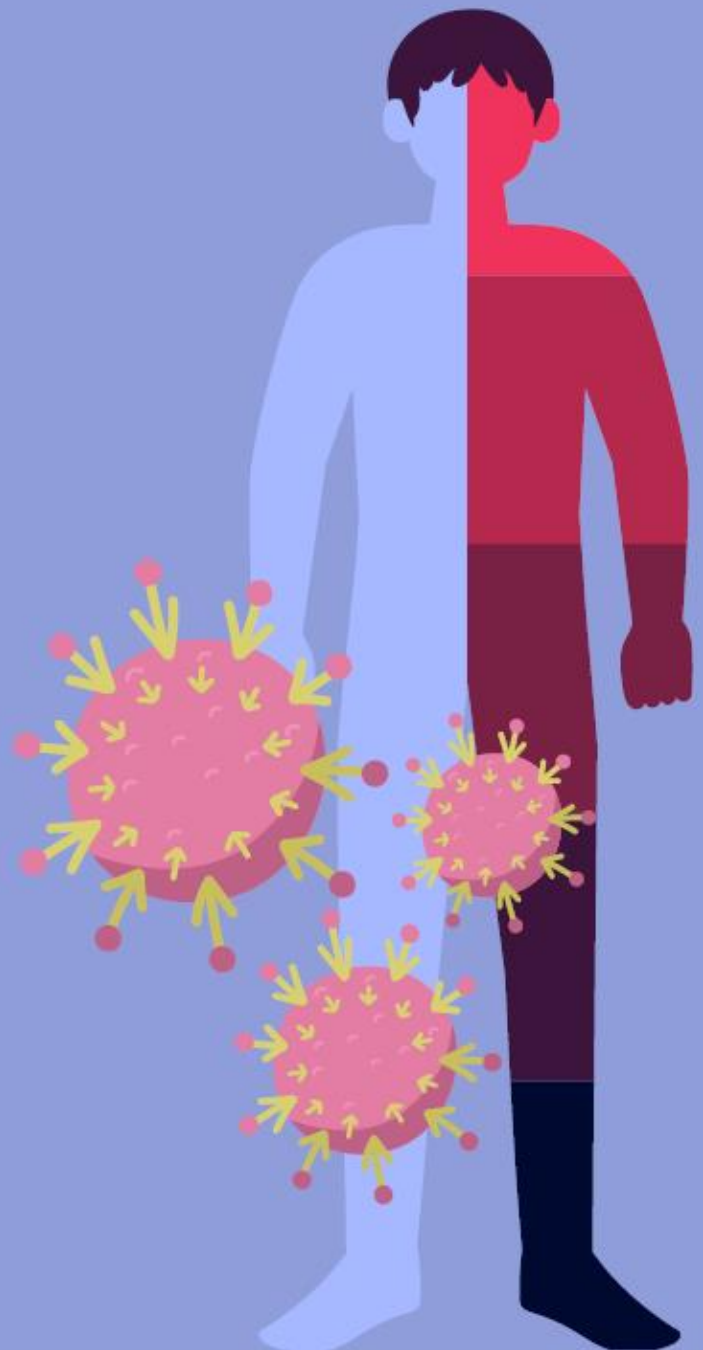


Infectious Diseases

Gallup Pakistan Releases Findings from Infectious Diseases Survey



Infectious Disease in Pakistan: High Awareness, Low Vaccination Rates — and Persistent Environmental Risks

94% Are Aware of COVID-19 and Malaria, 51% Do Not Use Mosquito Nets, and Only 46% of Adults Report Receiving All EPI Vaccines

The latest report by Gallup Pakistan explores the public's awareness, behaviours, and experiences related to infectious diseases in Pakistan. Based on a nationally representative mobile survey of over 1000 adults, the Infectious Disease Surveillance (IDS) study captures how Pakistanis perceive, experience, and manage infectious diseases—from malaria and tuberculosis to COVID-19 and HIV.

Dr. Sara Gilani, Health Consultant at Gallup Pakistan comments 'This report offers crucial insights into public awareness, self-reported cases, and health-seeking behaviour related to infectious diseases in Pakistan. While awareness is encouraging, there are clear gaps in adult immunization, antibiotic use practices, and environmental risk factors. Regular, nationally representative surveys like this are essential for guiding policy and strengthening disease prevention efforts.'

The full report on Infectious Diseases in Pakistan can be accessed [here](#).

These are some of the key findings of the Infectious Diseases in Pakistan Survey:

1. 94% are aware of malaria and COVID-19; 80% awareness for mumps—the lowest among all diseases.
2. 8% of respondents report a malaria diagnosis in the past year—highest among all diseases.
3. 66% of adults have not received the polio vaccine; 86% have not received the MMR vaccine.
4. 57% report being bitten by mosquitoes; 53% face poor sanitation.
5. 72% did not use antibiotics in the past year; 77% of users got a doctor's prescription.
6. 51% never sleep under a mosquito net—raising vulnerability to dengue and malaria.
7. 68% of children reportedly received all routine immunizations.
8. 21% report regular contact with infected individuals—posing a transmission risk.

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Infectious Disease in Pakistan:

High Awareness, Low Vaccination Rates — and Persistent Environmental Risks

Health Status

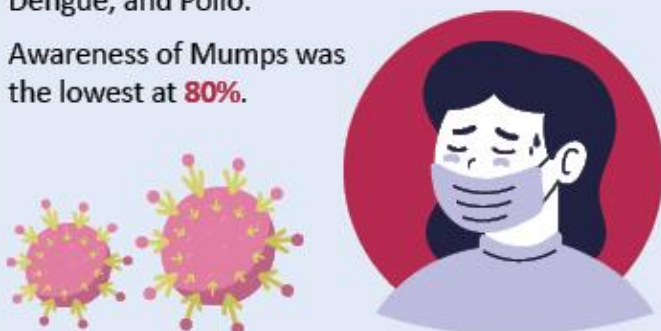
24% of the Respondents rate their health as Excellent, 26% as Very Good, 18% as Good, 20% as Fair, and 12% as Bad. Men ranked higher than women by 9% in rating their health excellent, 23% respondents above 50 ranked their health as poor



Awareness of Infectious Diseases:

94% of respondents were aware of major infectious diseases such as COVID-19, Malaria, Dengue, and Polio.

Awareness of Mumps was the lowest at 80%.



Risk Behaviors & Hygiene Practices:

21% of respondents regularly come into contact with infected individuals.

5% reuse injection needles and fail to dispose of them properly.

Additionally, 7% regularly share a toothbrush, 6% share a razor, and 3% engage in blood transfusions from unverified or risky sources.



Vaccination Rates:

69% of adult respondents received the COVID-19 vaccine



88% were vaccinated for tuberculosis (BCG)



66% had not received the Polio vaccine,



86% had not received the MMR vaccine



Additionally, 46% of respondents have received all the vaccinations listed on the EPI card. Please note that the adults may not remember which vaccines they may have received as a child. It also shows lack of awareness about different vaccine names.

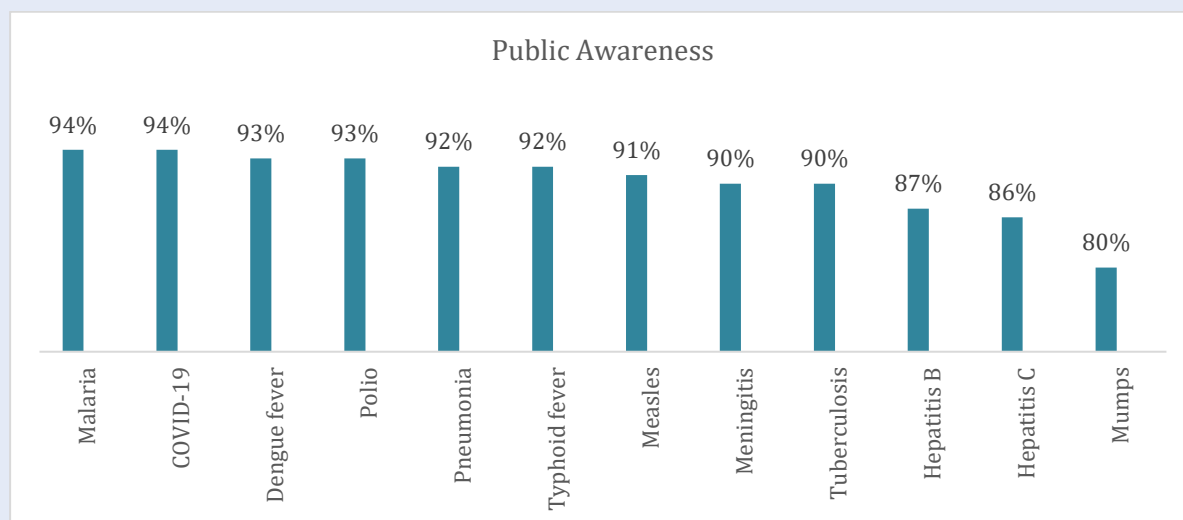
Healthcare Access & Barriers:

73% Visit a Healthcare Provider only when they are sick

35% respondents cite financial constraints as the main barrier when accessing healthcare; followed by long waiting times and lack of time at 16% each; Cultural barriers ranks the last at 4%.

1. Public Awareness High — But Some Diseases Remain Overlooked

The survey shows encouraging awareness levels for major diseases like COVID-19 (94%), malaria (94%), dengue (93%), and polio (93%). However, awareness drops to 87% for Hepatitis B and just 80% for mumps. Urban respondents and those aged 30–50 consistently show higher awareness across diseases.



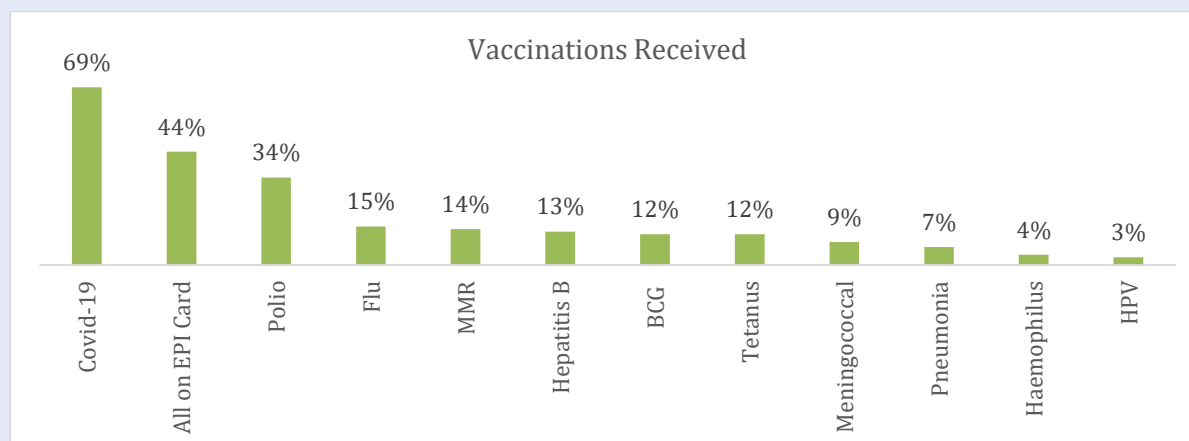
Source: Gallup Pakistan, Infectious Disease Surveillance Survey Wave 1 (2024–2025)

2. Vaccination Gaps Reflect Limited Adult Immunization

Despite high awareness, actual vaccine coverage among adults is low:

- Only 69% report having received the COVID-19 vaccine.
- Just 14% have received the MMR vaccine, and 13% the Hepatitis B vaccine.
- 66% say they have **not** received the polio vaccine.
- Only 44% of adults say they have received **all vaccines listed on the EPI card**.

Among children, immunization rates are slightly better—68% reportedly received all routine vaccines—but awareness of individual vaccine names remains low among parents.



Source: Gallup Pakistan, Infectious Disease Surveillance Survey Wave 1 (2024–2025)

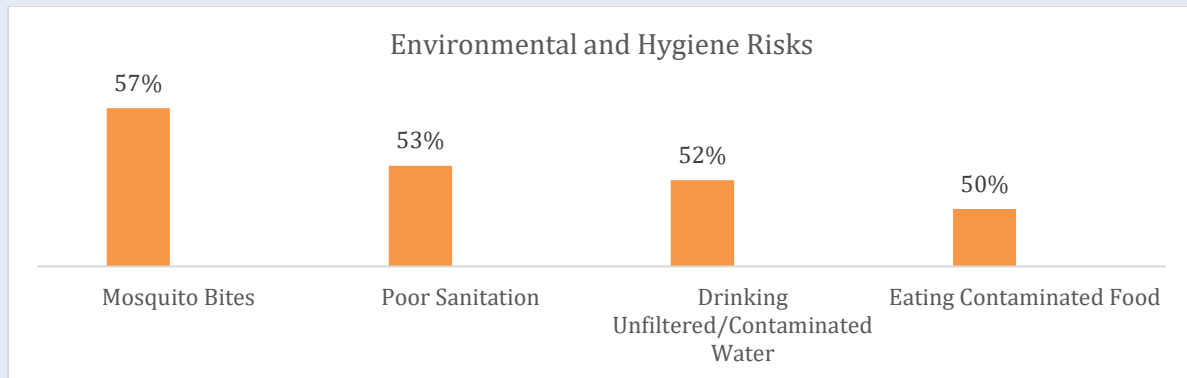
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3. Environmental and Hygiene Risks Persist

Infectious disease vulnerability is amplified by poor living conditions:

- 57% report regular mosquito bites.
- 53% cite poor sanitation (e.g., lack of clean water or soap).
- 52% drink unfiltered or contaminated water, and 50% report eating contaminated food.

Despite high awareness of hygiene benefits, only 52% consistently treat their drinking water, and 51% never sleep under mosquito nets—critical in malaria and dengue prevention.



Source: Gallup Pakistan, Infectious Disease Surveillance Survey Wave 1 (2024–2025)

4. Risk Behaviours and Treatment Practices

While only a small percentage of respondents admit to engaging in risky behaviors like reusing needles (5%) or sharing razors (5%), 21% report regular close contact with infected individuals—a major mode of disease transmission.

On treatment:

- 72% did not use antibiotics in the past year.
- Of those who did, 77% were prescribed antibiotics by a doctor.
- 51% took them for three days or less—often below recommended durations.
- Only 28% believe antibiotics should be used as long as prescribed.



Source: Gallup Pakistan, Infectious Disease Surveillance Survey Wave 1 (2024–2025)

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HIV Perceptions Remain Shrouded in Silence

Fewer than half of respondents have ever heard of HIV, and a majority believe that stigma surrounding the infection leads to social isolation and hinders access to treatment. Additionally, 10% report personally knowing someone affected by HIV, underscoring the urgent need for improved surveillance and greater access to prevention and treatment services.

Methodology

The survey was conducted by Gallup Pakistan via mobile phone interviews from September 2024 to February 2025, with a nationally representative sample of 1000+ adults. Margin of error: $\pm 3-5\%$ at 95% confidence level.

About Gallup Pakistan: Gallup Pakistan is a leading public opinion and social research organization dedicated to providing reliable data on societal issues. This study is part of its commitment to informing public discourse on legal and social matters in Pakistan.

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