



MINISTRY OF HEALTH AND MEDICAL SERVICES

COVID-19 DAILY ADVISORY - MONDAY, MARCH 23 2020

The number of confirmed COVID-19 cases in Fiji remains at two. There are no new cases of COVID-19 confirmed since the Prime Minister's address on Saturday. The Government will advise the public as soon as possible should this change.

The concept of 'social distancing' is a vital way to limit the spread of COVID-19. In short, it means keeping at 1-2 metres away from others to avoid spreading the virus.

So now is the time to keep your distance from others - keep 1-2 metres away from others and don't shake hands or hug. Simply share a 'bula' instead.

If Fijians follow this practice, it will slow any spread of COVID-19 and give our health services a better chance of being able to properly treat those who fall ill.

Here are some sums to show the impact of 'social distancing':

If an infected person comes into contact with people as normal, the disease can spread to 406 people after just 30 days.

But if that person limits their physical contact by half, then 15 people will be infected over 30 days. But if they limit their social interactions by 75 per cent, the disease will infect an average of 2.5 people over 30 days.

The graphic below shows just how much 'social distancing' can limit the spread of COVID-19 and stop our health facilities being overwhelmed.



What can I do to protect myself against COVID-19?

- Clean your hands regularly and thoroughly with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth.
- Maintain at least one-metre distance between yourself and anyone who is coughing or sneezing.
- Always cover your mouth with a tissue or your elbow when coughing or sneezing
- Do not share rumours and misinformation about COVID-19. Use credible sources such as the MHMS website (www.health.gov.fj/) or official Facebook page, or the WHO website (www.who.int).

If you have been to a COVID-19 affected country in the last 14 days and develop a fever, cough or difficulty breathing immediately contact one of the numbers listed below.

If you need to see a doctor please call ahead, using the following phone numbers, before visiting to reduce the risk of infecting other patients.

- Central 2219905
- Eastern 2219906
- Western 2219907
- Northern 2219908

Credit: Robert A.J. Signer Ph.D., Assistant professor of Medicine at the University of California, San Diego
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