



# MINISTRY OF HEALTH AND MEDICAL SERVICES

## COVID-19 DAILY ADVISORY - WEDNESDAY, MARCH 25 2020

There are now four confirmed cases of COVID-19 in Fiji. The Government will advise the public as soon as possible should this change.

Like other respiratory illnesses, infection with COVID-19 can cause mild symptoms including a runny nose, sore throat, cough, and fever.

For some people it can be more severe and can lead to pneumonia or breathing difficulties. This disease is more serious and potentially fatal for older people, and people with pre-existing medical conditions (such as diabetes and heart disease) as they appear to be more vulnerable to becoming severely ill with the virus

This is why it is so important to protect yourself and your family and friends against COVID-19.

So what can you do to keep your loved ones safe?

- Clean your hands regularly with soap and water for 20 seconds. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

- Avoid touching your eyes, nose and mouth. Avoid physical contact such as shaking hands. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

- Practice physical distancing by at least two-metre distance between yourself and others.

- Always cover your mouth with a tissue or your elbow when coughing or sneezing. Why? Droplets spread this virus. Keeping physically distant and following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

- Do not share rumours and misinformation about COVID-19. Use credible sources such as the MHMS website ([www.health.gov.fj/](http://www.health.gov.fj/)) or official Facebook page, or the WHO website ([www.who.int](http://www.who.int)).

**Protect yourself.**

**Protect others.**

“Bula”

“Talofa”

During these times help stop the spread of COVID-19

Avoiding shaking hands, hugging and kissing

**Say hello with a wave and nod!**

World Health Organization  
Representative Office  
for the South Pacific

If you have been to a COVID-19 affected country in the last 14 days or been in close contact with someone that is infected with COVID-19 and develop a fever, cough, sore throat 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