



# MINISTRY OF HEALTH AND MEDICAL SERVICES

## COVID-19 DAILY ADVISORY - THURSDAY, MARCH 26 2020

There are currently 5 cases of COVID-19 confirmed in Fiji. The Government will advise the public as soon as possible should this change.

People returning from overseas and those who are advised to do so by the Ministry of Health must quarantine themselves for 14 days and monitor for symptoms of COVID-19 (fever, cough, sore throat, difficulty breathing).

Close contacts of people who are confirmed to have COVID-19 must also be quarantined in their home for 14 days after their last contact with the infectious person.

Being quarantined at home means that you need to stay at home for the full 14-day period. You cannot go to work, school, or public areas, such as shops, cafes or restaurants. You need to tell people not to visit you while you are quarantined.

Quarantine can feel lonely, it's important to take creative steps to maintain connection to loved ones by phone, social media and remember it's only 2 weeks.

If you need to travel to your home for quarantine (for example, traveling from the airport), you should use a personal mode of transport, such as a private car, to minimise exposure to others. If this is not possible and you need to use public transport, rideshare or taxi, you should avoid direct contact with other people (including other passengers, drivers and transport staff), cough/sneeze into your elbow, and wash your hands before and after you travel.

You do not need to wear a mask while you are inside your home unless you become unwell with symptoms and there are other people living or staying with you. The main symptoms of COVID-19 include fever, cough, sore throat, shortness of breath.

- 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.
  - Practice social distancing, maintain at least 2 metre distance between yourself and anyone else.
  - Always cover your mouth with a tissue or your elbow when coughing or sneezing
  - Do not spit or share glasses, bilos or cigarettes
  - 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)).

If you are traveling in from overseas OR you have been in close contact with a known COVID-19 case 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

### Do's & Don'ts: home quarantine

DO:	DON'T:
✓ Stay at home in a separate room to others. No visitors	✗ Go to work, preschool, school, or university
✓ Rest, hydrate and eat healthy foods	✗ Go to church or other places of worship
✓ Keep in touch with family and friends through social media, calls and text messages	✗ Catch taxis, buses or any other public transport
✓ Monitor your health for symptoms of: <b>Fever</b> <b>dry cough &amp; sore throat</b> <b>difficulty breathing</b>	✗ Participate in social or sports activities, family gatherings and weddings
✓ If you develop symptoms, call your health provider - they will give you instructions on next steps	✗ Share food, drinks, utensils, kava cups with others
	✗ Go to supermarkets, cafes, restaurants, markets or other such places



### Stop it, don't risk spreading it. Stay home!

Home quarantine is the best way to stop the spread of germs if you have been in contact with someone who is sick

Home quarantine means you must stay at home!

Friends, family and people from outside your household should not visit you for **14 days**

