



MINISTRY OF HEALTH AND MEDICAL SERVICES

COVID-19 UPDATE - ACT NOW TO PROTECT EVERYONE

Fiji remains COVID-19 free as of Tuesday, March 16 - but everyone must act now to help strengthen Fiji's resilience and protect our most vulnerable in the face of the global pandemic.

This means all Fijians should take extra hygiene steps and practice social distancing to help protect those most at risk from the virus.

The Fijian Ministry of Health and Medical Services says 54 tests have now been done on suspected COVID-19 cases in Fiji – all have returned a negative result. 35 of these tests were done locally.

The WHO says there are now at least 168,019 cases with 6,610 cases from 148 countries or territories. MHMS leads the Government-wide response to COVID-19, with stringent preventative measures being taken.

A key part of these measures is encouraging the public to take extra hygiene steps to limit the spread of disease and help protect those most vulnerable to COVID-19.

Among the most vulnerable are older people aged over 60 - but the group also includes younger people with pre-existing conditions such as diabetes, heart disease and hypertension.

So it is not just your grandparents you will be saving - it is also younger family members or friends who need protecting.

You should wash your hands regularly with soap for 20 seconds or with alcohol sanitiser and stop touching your face. Cover your mouth with elbow or tissue before sneezing or coughing and throw away tissue afterwards. Do not leave the home if you are unwell.

It is also time to stop shaking hands or hugging others. As the Honourable Prime Minister says, "Simply share a 'bula' from a safe distance and limit in-person contact as much as possible."

These are vital steps we can all take to stop the spread of COVID-19 and other infectious diseases. The MHMS also urges the public not to share rumours and misinformation. We will tell you as soon as possible once we have a confirmed case. Use credible sources such as the MHMS website (<http://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