



# MINISTRY OF HEALTH AND MEDICAL SERVICES

## COVID-19 DAILY ADVISORY - SATURDAY, MARCH 21 2020

The number of confirmed COVID-19 cases in Fiji remains at one. As at 20 March 2020 there are no new cases of COVID-19 confirmed. The Government will advise the public as soon as possible should this change.

Following the confirmation of Fiji's first case of COVID-19 on Thursday 19 March, the Ministry of Health and Medical Services has stood-up two critical parts of the nation's COVID-19 Preparedness and Response Plan - tracing the close contacts of confirmed cases - and the set-up of fever clinics across Fiji.

As soon as a person tests positive COVID-19, just like with other contagious viruses such as measles, we undertake **contact tracing** to prevent the virus spreading further through the community.

As part of this process, we speak to the patient to identify anyone who might have had **close contact** with them during their infectious window.

If there are people who are considered as close contacts, who are at a higher risk, our contact tracing team follow up with them directly. If they begin showing symptoms, we assess them faster and take the right action - which includes isolating them in a medical facility and carrying out a COVID-19 test.

**Close contacts** are those who have had face-to-face contact with a confirmed case for a period more than 15 minutes, or those who have shared an enclosed space with a confirmed case for more than two hours.

We are not looking for people who the person may have passed on the street or in a shop, as the risk of passing on the virus in these situations is extremely low. Testing low-risk contacts will overwhelm our valuable testing resources.

If you know you have been in **close contact** with someone who has a **confirmed case** of COVID-19, do not wait for our teams to contact you - you need to self-quarantine in your home - this means having no close contact with any other person, including family. If you become unwell during that period, contact your nearest fever clinic or medical facility.

Another part of our response plan is the set-up of **fever clinics**, which are important to increase our capacity to identify possible illness, as well as protect our hospitals from the spread of the virus. The presence of a fever is one of the main COVID-19 symptoms.

Two of these clinics are now open in Lautoka with others being rolled-out across Fiji. If you are in Lautoka and have a fever you should go to the fever clinic - you don't need an appointment and can just turn up.

At the clinic you will be assessed by our nurses for your risk of COVID-19.

### Lautoka Fever Clinic Locations:

- Punjas Health Centre Carpark, Cakau Street
- Kamikamica Health Centre Carpark, Kamikamica Park
- Saturday - Sunday Hours: 8am-4pm
- Monday - Friday Hours: 8am-10pm

For all other medical issues other than a fever, go to your normal health clinic or hospital.

### 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/](http://www.health.gov.fj/)) or official Facebook page, or the WHO website ([www.who.int](http://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.**

Please call ahead using the following phone numbers before visiting a Health Facility, to reduce the risk of infecting other patients. **These numbers are only for people who have been in a COVID-19 affected country and develop symptoms, or who have had close contact with a person who is confirmed as having COVID-19. Please do not use these numbers for any other purpose.**

Central	2219905
Eastern	2219906
Western	2219907
Northern	2219908