

### What is COVID-19?

COVID-19 is an infectious disease caused by the virus SARS-CoV-2. It causes a mild respiratory illness in most people. However, some people will develop severe COVID-19, which can be a life threatening illness. Anyone can develop severe COVID-19, however, the elderly, persons with existing health conditions, including diabetes, hypertension, obesity, asthma and heart disease are at higher risk of severe COVID-19.

### How is the virus spread?

The virus is spread via respiratory droplets - when an infected person coughs or sneezes, tiny particles are released and can be breathed in by another person who is close by. It can also be spread by aerosols, which are even smaller particles, that can stay in the air longer, especially in confined spaces such as rooms with poor air circulation. It can also be spread if a person touches a surface contaminated with the virus e.g. door handle, tap, and then touches their nose, mouth or eyes

Generally, the virus is spread when a person is in close contact with a sick person, for example living in the same household or workplace. This is why it is important to keep yourself safe by listening and following the advice you are being given.

### What are the severe symptoms of COVID-19?

Some of the severe symptoms of COVID-19 include trouble breathing, ongoing chest pain or pressure, severe headache for a few days, feeling confused or an inability to stay awake or wake up, pale, grey or blue coloured skin, lips or fingernails.

If you or someone you are quarantining with experiences any of these severe signs of COVID-19, they need to immediately go to the nearest health facility or hospital OR call 165 for transport assistance. Severe COVID-19 can be life threatening and immediate medical care provides the best chances of recovery.

### Advice for severe COVID-19 symptoms – Suva Nausori Containment Zone

In the Suva-Nausori Containment Zone, people with severe COVID-19 are still dying at home, or they are coming to a medical facility in the late stages of severe illness. Severe COVID-19 is a medical emergency, and a delay in receiving appropriate medical treatment reduces your chance of recovering from the disease.

We need all Fijians to know the severe symptoms of COVID-19, which include the following:

- Difficulty breathing
- Persistent pain or pressure in the chest
- Severe headache for a few days
- New confusion, inability to wake or stay awake
- Pale, grey, or blue-coloured skin, lips or nail beds

In the Suva-Nausori Containment zone we have identified health facilities specifically designated to receive people with symptoms of severe COVID-19. If you or a loved one live in the Suva-Nausori Containment Zone and have any of these severe symptoms please go immediately to the designated health facilities listed below.

- Colonial War Memorial Hospital (CWMH)
- FEMAT Hospital, Vodafone Arena

Individuals in Nausori with severe symptoms should go to:

- Nausori Health Centre
- Wainibokasi Hospital

Call 165 if you are unable to travel to a medical facility.

### Important Numbers

Severe COVID-19 Emergency Line ...	165
Lifeline Fij .....	1543 or 132454
24 Hour Child Helpline.....	1325
Domestic Violence Helpline.....	1560
Empower Pacific .....	5626
COVID-19 Helpline .....	58

### For more information:

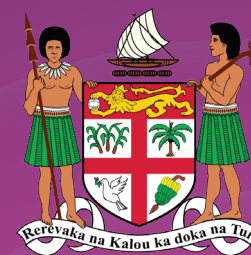
Please visit the Ministry of Health & Medical Services website @ [www.health.gov.fj](http://www.health.gov.fj)

OR

stay updated with our social media pages:

Facebook: MOHFiji | Instagram: @fiji.health

Dinem House, Amy St. Suva, Fiji Islands



MINISTRY OF HEALTH  
& MEDICAL SERVICES

# COVID – 19 INFORMATION FOR HOME QUARANTINE AND HOME- BASED CARE

## Who is this information for?

This information is being provided for anyone who has been in close contact (a primary contact) with someone who has COVID-19.

It is important that you follow these instructions, as it will help protect you, your family and your community, by reducing the risk of the virus spreading if you are infected with COVID-19.

Staying in quarantine is important because if you are infected with COVID-19, you can spread it to others even before you feel sick or show symptoms. Some people who get COVID-19 may also not get any symptoms (called asymptomatic), this means that a person can carry the virus and spread it to others without even knowing they are infected.

## What is home quarantine?

Home quarantine means you stay at home, separate yourself from others who may live in your home and monitor your health for 14 days.

People from outside your household, including family and friends should not visit you. You should also try and limit contact with members of your household.

## What does primary contact mean?

- You were within 2 metres of someone who has COVID-19
- You were in a confined space with someone who has COVID-19 for at least an hour
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them) who has COVID-19
- You shared eating or drinking utensils, grog or taki with someone who has COVID-19
- Someone with COVID-19 sneezed, coughed, or somehow got respiratory droplets on you

## What are the symptoms of COVID-19?

- Common COVID-19 symptoms include cough, runny nose (congestion), sneezing, fever, fatigue (extreme tiredness), headache, aches and pains, red eyes, diarrhea, sore throat, loss of taste or smell and rash on the skin

## What should you do while in home quarantine?:

If you are asked to do home quarantine and you live with others, you should:

- Stay at home – do not leave for any reason unless you need to visit a health facility.
- Stay in a separate well-ventilated single room, or if not possible, keep at least 2 metres distance from all other household members.

- If possible, avoid being in communal areas (lounge room, kitchen).
- Do not share food or eating utensils, dishes, bedding and other household items with the other members of your household. Try to separate the utensils, bedding and other household items you will use from other members of the house.
- Regularly wash hands with soap and water or use an alcohol-based hand sanitizer, especially before and after eating and using the toilet.

Closely monitor your health and call 158 if you develop any symptoms of COVID-19.

## How long do I need to stay in home quarantine?

You are required to stay in home quarantine for:

- 14 days from the last day you were in close contact with the person who had/has COVID-19. It can take up to 14 days to develop symptoms and/or test positive for COVID-19;
- Until you have tested negative for COVID-19 and are cleared by the Ministry of Health and Medical Services.

It is important that you are tested for COVID-19, especially if you develop symptoms at any point during your quarantine period.

### **Any resident in Suva – Nausori containment zone experiencing COVID-19 symptoms, and/or who has been in close contact with a known COVID-19 case, please take the following steps:**

- 1) Immediately isolate yourself from others, including other members of your household if possible.
- 2) Where possible, visit the nearest screening clinic for a COVID-19 swab. Please wear a mask that covers your mouth and nose and keep a safe physical distance of 2 metres from others.
- 3) Please avoid using public transport to travel to the screening clinic. If you cannot avoid using public transport, please ensure to wear a mask that covers your mouth and nose at all times and maintain physical distance from others.

Screening clinics will remain open for members of the public to access COVID-19 screening services. Getting tested will ensure that not only will you receive the proper treatment, but also help reduce the risk of the virus spreading to others.

Refer to information in this brochure for a guide to self-quarantine.

**For all other areas in Fiji** - A member of the contact tracing team will contact you and advise when you should start and end your quarantine period. You will also be informed when the health team will come to test you.

## I live with others. Do they also need to home quarantine?

Ideally you should not home quarantine with others. However, if there is no other option and you have to home quarantine with other members of your household, your household members will remain in quarantine with you. This means that no member of your household should leave the residence during this period.

## What if I cannot easily separate myself from other members of my household e.g. there are many members of my household sleeping in one or more rooms?

If you are unable to keep yourself away from other household members, the health team may require your whole household to quarantine for the whole 14 days.

## What can other members of my household do to protect themselves whilst I am in home quarantine?

- Avoid contact with the person who is in home quarantine.
- Wash their hands regularly with soap and water or use a hand sanitizer,
- Nominate only one-member of your household or someone outside the home to help with dropping off food and other essentials. Ensure they practice COVID-safe practices when they leave home and are in public spaces.
- Wear a mask each time they leave home.
- Clean and disinfect frequently touched surfaces in your house, like door handles and light switches .

## How do I explain to my employer/school/other that I cannot attend during the quarantine period?

If you are quarantined, you will be provided a medical exemption from school, work or other activities. For those in the Central Division, please request this service, via email to [suvasubdivisioncc@gmail.com](mailto:suvasubdivisioncc@gmail.com)

For other divisions, please contact 158 or your nearest health facility.

It is important to also look after your health and wellbeing while in quarantine.

Try to keep yourself self-occupied with hobbies and interests that do not require you to leave your compound. Read, talk on the phone with your family and friends who do not live with you. Try to carry out gentle exercises while in your room or within your compound. Eat well, stay hydrated and have a good rest.