

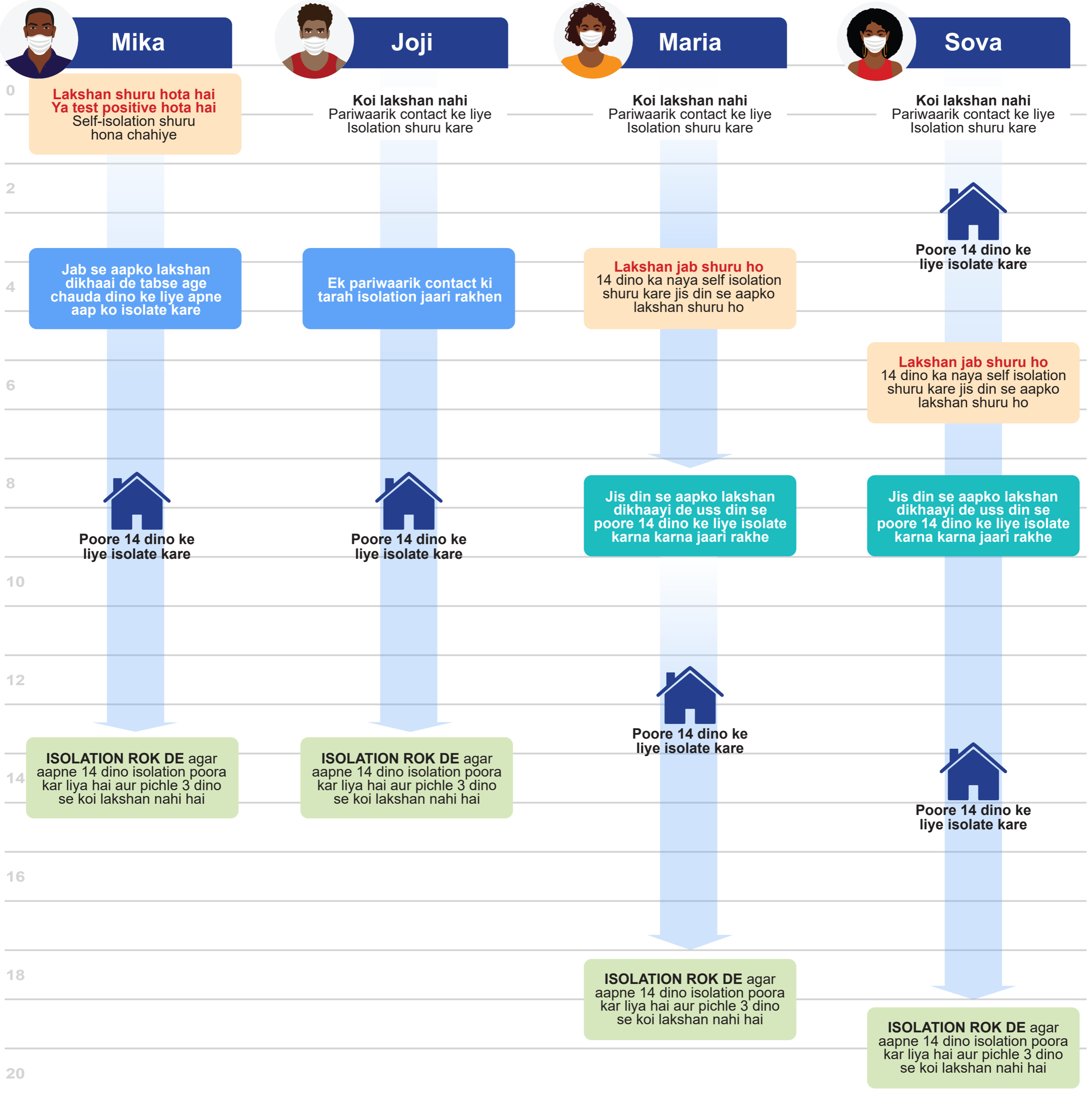


MINISTRY OF HEALTH
& MEDICAL SERVICES

Ghar Par Alagaav Ke Lie Ek Gaid

aur jaankaari ke liye health.gov.fj par jaaye

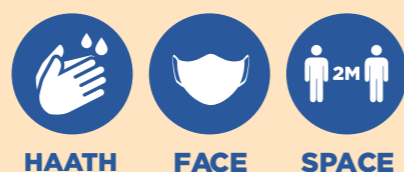
Is udaharan me Mika, Joji, Maria aur Sova ke saath rahta hai. Is pariwaar me Mika COVID-19 ka pahla mamla hai. Wohh aur ghar me anye log Mika ke lakshan ki shuruwaat hote hi ghar me alag rahna shuru karte hai(ya agar use koi lakshan nahi hai toh jis din uska test positive aata hai. Agar ghar me kisi ko COVID-19 se zyada khatra hai – khaas karke wohh log jo pachaas (50) saal se upar hai, aur un ko koi gambheer bimaari jaise ki diabetes, dil ki bimaari, kidney ki bimaari, asthma, motape ka shikaar ya garbwati hai – ko jald se jald hamari screening clinics jaakar test karana chahiye. Agar aapka test positive huwa toh hum dhyaan me rakhenge ki hamari health teame aapki turant dekhbhaal kare. **Poore 14 dino ke liye isolate kare**



Poore 14 dino ke liye isolate kare.
Aapko uss din se agle chaudha dino ke liye isolation me jana chahiye jabse aapke pariwaar ke pahle sadasya ko lakshan huwa.

Agar unhe koi lakshan nahi hai toh uss din se, khud ko poore 14 dino ke liye isolate kare jabse unhone apna test karwaya hai.

Isolate karne ka matlab hai:
Ghar par raho, kaam par, school ya public jagah par naa jao tatha public yatayaat ya taxi ka upyog na kare.



GAMBHEER COVID-19 EK MEDICAL APAATKAALIN HAI

Agar aapko inme se koi lakshan dikhe :

- Saans lene me takleef
- Seene me dard aur dabaao
- Pichle kuch dino se gambheer sar dard
- Nayi uljhan, jaagna ya utne me mushkil
- Chamde, hont ya nakhoon, peelee, grey aur neele rang ke ho jaana.

Toh jald se jald nazdeeki health centre jaaye

Suva-Nausori me nirdhaarit Swaasth Suvidha

- Suva**
- CWM Aspataal
 - Vodafone Arena me FEMAT Aspataal.

- Nausori**
- Nausori Health Centre
 - Wainibokasi Aspataal

165 PAR CALL KARE AGAR HEALTH FACILITY JAANE KE LIYE KOI SAADHAN NAHI HAI.