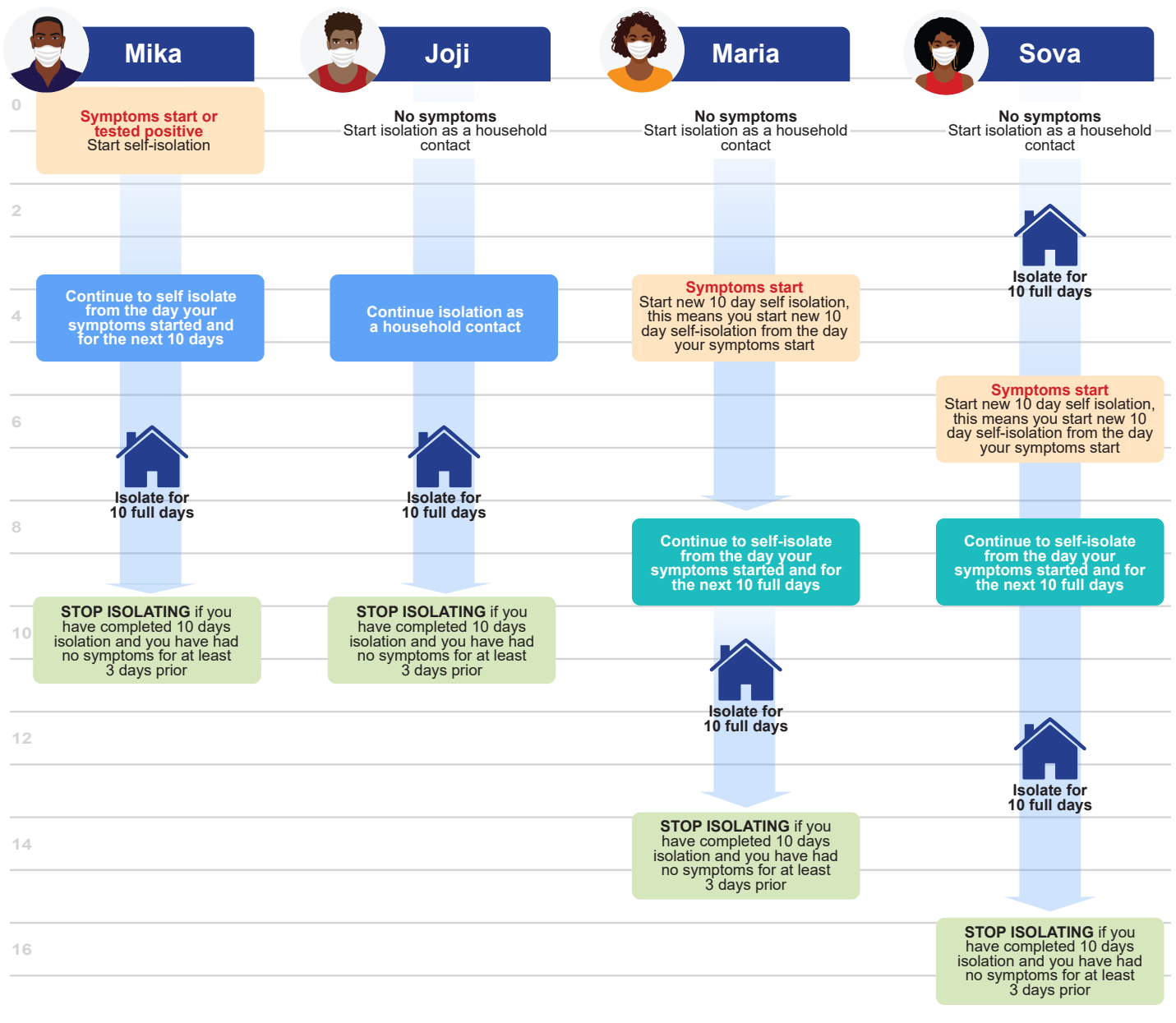


# A guide for self-isolating at home

for more information visit [health.gov.fj](https://health.gov.fj)

In this example, Mika lives with Joji, Maria and Sova. Mika is the first case of COVID-19 in this household. He and everyone in the household begin self-isolating from the day Mika's symptoms start (or if he had no symptoms, from the date of his positive test). If someone in the household is at high risk of severe COVID-19 – in particular individuals over 50 years, have a chronic illness such as diabetes, heart disease, kidney disease, asthma, are obese, or are pregnant – we need them to visit one of our screening clinics and get tested. If you test positive, then we will ensure you are provided immediate care by our health teams.



**Self-isolate for 10 full days.**  
You need to self-isolate from the day the first person in your household started symptoms and for the next 10 full days.

If they do not have symptoms, self-isolate from the day of their test and for the next 10 full days.

**Self-isolate means:**  
Stay home and do not go to work, school, or public areas and do not use public transport or taxis.



## SEVERE COVID-19 IS A MEDICAL EMERGENCY

If you experience any of the following symptoms:

- 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

Seek immediate medical treatment or call 158 for assistance.