MINISTRY OF HEALTH AND MEDICAL SERVICES

COVID-19 DAILY ADVISORY - FRIDAY, MARCH 27 2020

There are currently 5 confirmed COVID-19 cases in Fiji. The Government will advise the public as soon as possible should this change.

It is important to understand the difference between the Isolation and Quarantine processes.

• Isolation separates sick people with the disease from people who are not sick. People can be isolated at home, in a community isolation facility or at an isolation centre.

Who is to be isolated?
A person who is sick and has been exposed via
- travel to a high risk country in the last 14 days.
- direct contact with people who have been confirmed as infected;

• Quarantine separates people who are well but may have been exposed to the virus to see if they become sick. People will be quarantined at home for 14 days and are expected to practice strict social distancing and, importantly, to call the contact numbers provided below if they have any symptoms.

These processes and others outlined below are important in flattening the curve, preventing the spread of COVID-19.

What can I do to protect myself?
• 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 others
• Always cover your mouth with tissue or elbow when coughing or sneezing
• Do not share rumours and misinformation about COVID-19. 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 had contact with a confirmed COVID-19 case or a country affected by the virus in the last 14 days and develop a fever, cough or difficulty breathing immediately contact one of the numbers 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