



# MINISTRY OF HEALTH AND MEDICAL SERVICES

## COVID-19 DAILY ADVISORY - TUESDAY, APRIL 1, 2020

### #TogetherWeCan

Fiji currently has 5 confirmed cases of COVID-19. The Fijian Government will inform the public as soon as possible should this change.

As the whole world battles to control the spread of COVID-19, the Fijian Government has been proactively putting in place measures to ensure that the spread of the virus is contained.

These measures include establishing fever clinics at strategic locations throughout the country, closing our borders, quarantining travellers and checking on their health status, setting up isolation facilities, tracing all contacts of confirmed cases, enabling testing for COVID-19 in our FCDC, banning mass gatherings, banning inter-island passenger travel and having a curfew in place from 10pm to 5am.

While the Fijian Government has done all this for you, we need you to do somethings for us.

#### **Is there a cure for COVID-19?**

At this stage there is no cure for COVID-19. While many nations are racing against time to develop a vaccine as quickly as possible, there are still no vaccines available for the coronavirus. To date, there are also no specific medicines recommended by the doctors or health practitioners to prevent or treat COVID-19.

In light of this, the Fijian Ministry of Health and Medical Services is urging the members of the public to be vigilant and not indulge in any business, activities or transactions that claim to have a cure for the virus. But you can help yourself by staying healthy – do regular exercise and eat plenty of fresh fruits and vegetables.

If you come into contact with a person infected with COVID-19 or feel a fever or any of the symptoms of COVID-19, you can call our 24/7 toll free helpline 158.

#### **So what should you do in your everyday life to prevent the transmission of COVID-19?**

Members of the public are strongly advised to maintain safe physical distance of 1 to 2 metres between each other, wherever they are. This can help stop the transmission of the virus from one person to another.

Avoid meeting people or joining mass gatherings where maintaining the physical distance between you and the person next to you can become a challenge.

While standing in the queues at banks, bus stands or supermarkets, ensure you maintain a safe distance between the person standing either in front or behind you.s

An infected person may not show the symptoms of the coronavirus days after he or she is infected. If that infected person goes out in the public and comes into contact with people as normal, the disease can spread to 406 people in just a matter of 30 days.

By maintaining a safe physical distance of 1 to 2 metres, you are being a responsible person. By maintaining a safe physical distance of 1 to 2 metres, you could break the chain of transmission from one person to another.

#### **Quarantining or isolating yourself**

If you are advised to self-quarantine for 14 days you must stay at home. The virus takes 2 – 14 days to show symptoms, so self-quarantine is to keep you and others safe if you may have been exposed to the virus either by being with someone who has COVID-19 or visiting another country.

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 and are expected to practice strict physical distancing while under quarantine.

If you have symptoms of COVID-19, that is a fever, dry cough or shortness of breath, you should quickly isolate yourself. This means you should keep yourself away from your family, friends and loved ones to prevent the risk of transmitting the virus to them and call the Fijian Ministry of Health and Medical Services toll free helpline 158 to seek further advice.

#### **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
- Avoid sharing utensils, bottles, bilo and cigarettes
- Do not spit
- Maintain at least one-metre distance between yourself and anyone who is coughing or sneezing
- 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 MoHMS website (<http://www.health.gov.fj/>) or official Facebook page, or the WHO website ([www.who.int](http://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 and cough or difficulty breathing immediately contact the Toll-Free line 158 for further advice.