

AKHBAR : BERITA HARIAN

MUKA SURAT : 2

RUANGAN : MUKA DUA

RABU, 1 APRIL 2020 BH

Muka Dua

Penularan COVID-19

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Fasa kedua PKP tempoh kritikal, mustahak

Penentu Malaysia berjaya atau tidak putus rantai penularan wabak

Putrajaya: Tempoh dua minggu Perintah Kawalan Pergerakan (PKP) yang memasuki fasa kedua hari ini, adalah tempoh kritikal dan mustahak bagi menentukan Malaysia berjaya atau tidak memutuskan rantai penularan wabak COVID-19.

Ketua Pengarah Kesihatan, Datuk Dr Noor Hisham Abdullah, berkata kesan kejayaan itu bagaimanapun amat berkait rapat dengan tingkah laku dan kerjasama orang ramai dalam mematuhi arahan kerajaan sepanjang PKP dikuatkuasakan.

"PKP fasa kedua akan mula dikuat kuasa esok (hari ini) hingga 14 April dan beberapa kawasan juga sudah diisytiharkan sebagai

lokasi Perintah Kawalan Pergerakan Diperketatkan (PKPD).

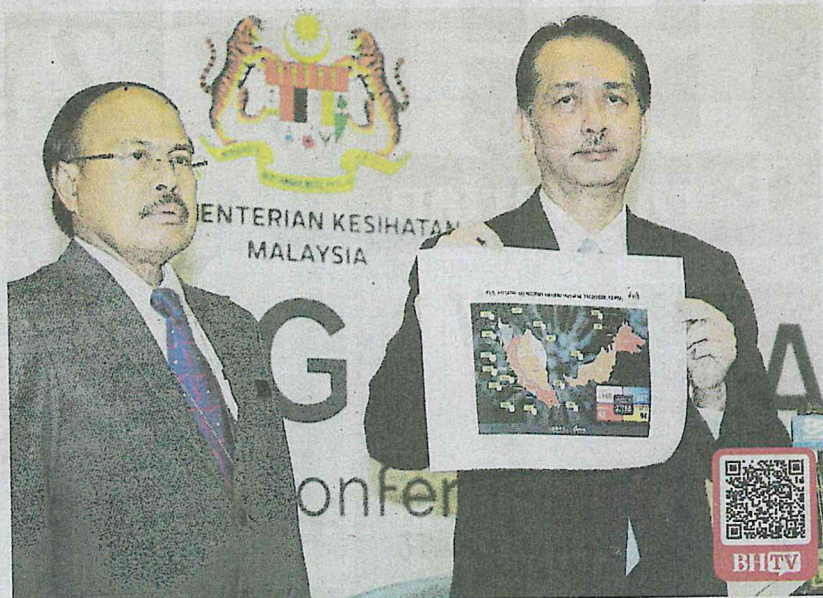
"Namun, tempoh dua minggu yang seterusnya ini adalah mustahak di mana akan menentukan sama ada tindakan yang diambil kerajaan setakat ini memberi impak yang diharapkan," katanya pada sidang media harian COVID-19, di sini, semalam.

Sehubungan itu, Noor Hisham berkata, Kementerian Kesihatan mengingatkan orang ramai agar duduk di rumah serta mengamalkan etika kebersihan diri seperti kerap membasuh tangan dan jarakkan diri antara satu sama lain.

"Sekiranya bergejala, gunakan penutup hidung dan mulut. Makan secara sihat dengan menyediakan menu sihat dan seimbang. Jalani gaya hidup yang aktif dengan melakukan aktiviti fizikal atau senaman ringan.

"Bagi mereka yang merokok, gunakan peluang ini untuk berhenti merokok," katanya.

Beliau berkata, berdasarkan statistik selepas dua minggu pelaksanaan fasa pertama PKP,



Dr Noor Hisham menunjukkan carta kes positif mengikut negeri setakat 31 Mac ketika sidang media harian COVID-19 di Putrajaya, semalam. Turut sama, Timbalan Ketua Pengarah Kesihatan (Perubatan), Datuk Dr Rohaizat Yon. (Foto Mohd Fadli Hamzah/BH)

trend jumlah kes baharu yang dilaporkan setiap hari dan jumlah kes harian, terus meningkat dan kadang kala mendarat.

Sementara trend bagi pesakit yang sembuh dan dibenarkan pulang setiap hari, turut meningkat.

"Selain itu, statistik turut menunjukkan terdapat dua kumpulan usia masyarakat paling tinggi dijangkiti COVID-19 berbanding kumpulan usia yang lain.

"Bagi kumpulan usia yang pertama ialah di antara 26 hingga 30 tahun, dan kumpulan usia kedua pula ialah 56 hingga 60 tahun.

"Faktor kumpulan usia yang muda itu kita rasa mungkin dalam kalangan pelajar atau mereka yang baru kembali dari luar negara atau pun mereka sering keluar walaupun dalam tempoh PKP."

"Bagi kumpulan kedua, kita lihat mereka sebagai ketua keluarga yang selalu keluar untuk membeli barang dan sebagainya dan mungkin dijangkiti ketika itu," katanya.

Terdahulu, dalam hantaran Facebooknya awal pagi semalam, Noor Hisham turut menegaskan rakyat adalah penentu utama dalam menghentikan pandemik COVID-19 di negara ini.

Katanya, setiap rakyat mempunyai peranan dalam memerangi penularan COVID-19 dengan mematuhi PKP agar berada di rumah masing-masing.

Katanya, masyarakat juga memainkan peranan penting dalam meratakan lekuk penularan COVID-19 bagi membolehkan sistem

kesihatan lebih banyak masa dan kapasiti untuk menampung keperluan penjagaan kesihatan mereka.

"Walaupun situasi semasa ini adalah suatu pengalaman yang baharu, sektor kesihatan sudah merancang dan bersedia siaga untuk menghadapi sebarang kemungkinan.

"Dengan pembabitkan petugas daripada semua peringkat, kami melakukan yang terbaik demi memastikan keselamatan semua pihak. Sememangnya kesihatan anda tetap menjadi keutamaan kami," katanya.

Sementara itu, Menteri Kanan (Keselamatan), Datuk Seri Ismail

Sabri Yaakob, berkata keputusan sama ada PKP dilanjutkan sehingga fasa ketiga atau keempat, bergantung kepada pematuhan rakyat terhadap perintah itu.

Pada sidang media selepas Mesyuarat Khas Menteri-Menteri Mengenai Pelaksanaan Perintah Kawalan Pergerakan di Bangunan Perdana Putra, semalam, kerajaan katanya, memahami kehendak rakyat yang mahu menjalani kehidupan biasa semula berbanding ketika ini.

"Esok (hari ini) PKP fasa kedua akan dilaksanakan dan ramai yang bertanya apakah akan diteruskan menjadi PKP fasa ketiga dan keempat atau sehingga bulan puasa (Ramadan).

"Saya tahu ramai rakyat mahukan kembali kepada kehidupan biasa.

"Yang boleh memastikan tiada PKP fasa ketiga atau keempat adalah bergantung kepada tuan-tuan dan puan-puan, jika kita terus patuh kepada SOP (prosedur operasi standard) dan arahan kerajaan," katanya.

Ramadan dijangka bermula 24 April ini, kira-kira seminggu selepas PKP fasa kedua tamat, iaitu pada 14 April ini.

Kerajaan mengisytiharkan PKP bermula 18 Mac lalu selama dua minggu sehingga semalam, dalam usaha memutuskan rantai penularan COVID-19.

Bagaimanapun, Perdana Menteri, Tan Sri Muhyiddin Yassin dalam perutusan khasnya baru-baru ini mengumumkan PKP dilanjutkan sehingga 14 April ini.

Ibadat & Fadilat

Daripada Abu Saïd al-Khudri RA katanya, Rasulullah SAW bersabda, "Apabila seorang di antara kamu menguap, maka hendaklah ia meletakkan tangannya ke mulut kerana sesungguhnya syaitan akan masuk ke mulut sekiranya tidak ditutup ketika menguap."
(HR at-Muslim)

KAWASAN	SUBUH	ZUHUR	ASAR	MAGHRIB	ISYAK
Kangar	6:09	1:25	4:29	7:29	8:39
Alor Setar	6:09	1:25	4:27	7:29	8:38
P. Pinang	6:09	1:25	4:25	7:29	8:38
Ipoh	6:07	1:23	4:23	7:26	8:35
Kuala Lumpur	6:05	1:20	4:22	7:23	8:33
Shah Alam	6:05	1:20	4:22	7:23	8:33
Johor Bahru	5:57	1:12	4:16	7:14	8:23
Kuantan	6:00	1:15	4:17	7:17	8:27
Seremban	6:04	1:18	4:22	7:21	8:30
Bandar Melaka	6:03	1:17	4:21	7:21	8:30
Kota Bharu	5:58	1:17	4:20	7:22	8:27
K. Terengganu	5:58	1:14	4:14	7:18	8:27
Kota Kinabalu	5:08	12:22	3:23	6:25	7:35
Kuching	5:32	12:46	3:51	6:49	7:58

Masyarakat juga memainkan peranan penting dalam meratakan lekuk penularan COVID-19 bagi membolehkan sistem kesihatan lebih banyak masa dan kapasiti untuk menampung keperluan penjagaan kesihatan mereka.

Dr Noor Hisham Abdullah, Ketua Pengarah Kesihatan

AKHBAR : BERITA HARIAN

MUKA SURAT : 4

RUANGAN : NASIONAL

4

RABU, 1 APRIL 2020 BH

Nasional

Penularan COVID-19

6 lagi kematian, 140 kes baharu

Jumlah kumulatif positif jangkitan 2,766 kes

Putrajaya: Sebanyak 140 kes baharu COVID-19 dilapor setakat jam 12 tengah hari semalam, sekali gus menjadikan jumlah kumulatif kes yang positif di negara ini 2,766 kes.

Ketua Pengarah Kesihatan, Datuk Dr Noor Hisham Abdullah, berkata terdapat enam lagi kematian akibat wabak itu direkodkan semalam, dengan jumlah kumulatif kematian terkini sebanyak 43 kes iaitu 1.55 peratus daripada jumlah keseluruhan kes.

Beliau berkata, sehingga semalam terdapat 58 kes yang sudah pulih sepenuhnya dan dibenarkan

pulang menjadikan kes kumulatif sudah sembuh sebanyak 537 kes atau 19.4 peratus dari keseluruhan jumlah kes, setakat ini.

"Sehingga kini, seramai 94 kes yang positif sedang dirawat di Unit Rawatan Rapi (ICU) dan daripada jumlah berkenaan 60 kes memerlukan bantuan pernafasan," katanya pada sidang media harian perkembangan terkini COVID-19, semalam.

Dr Noor Hisham berkata, kes kematian ke-38 (kes pesakit ke-2,269) adalah wanita warganegara Malaysia berumur 48 tahun dan mempunyai latar belakang penyakit darah tinggi yang juga kontak kepada kes ke-2,750.

Wanita itu dirawat di Hospital Tuanku Ja'afar, Negeri Sembilan pada 25 Mac lalu dan disahkan meninggal dunia pada 30 Mac, jam 4.04 petang.

"Bagi kes kematian ke-39 (kes ke-2,626), ia membabitkan lelaki warganegara Malaysia berusia 69 tahun yang mempunyai latar belakang penyakit kencing manis dan darah tinggi.

"Beliau mempunyai sejarah perjalanan ke Arab Saudi dan meninggal dunia pada 27 Mac di rumah beliau, sebelum jenazahnya dibawa ke Hospital Kuala Lumpur (HKL)," katanya.

Dr Noor Hisham berkata, bagi kes kematian ke-40 (kes ke-2,627), mangsa seorang lelaki warganegara Malaysia berusia 69 tahun yang mempunyai latar belakang penyakit kencing manis dan darah tinggi.

"Beliau dirawat di Hospital Enche' Besar Hajjah Khalsom, Johor dan disahkan meninggal dunia pada 26 Mac jam 1.03 tengah hari. "Bagi kes kematian ke-41 (kes

pesakit ke-1275) membabitkan lelaki warga Indonesia berumur 40 tahun serta dirawat di Hospital Umum Sarawak pada 20 Mac, dan disahkan meninggal dunia pada 31 Mac pada jam 1.38 pagi. Itu adalah kematian pertama direkodkan membabitkan warga asing di negara ini," katanya.

Beliau berkata, kes kematian ke-42 (kes ke-2,628) ialah lelaki warganegara Malaysia berusia 81 tahun dan mempunyai latar belakang penyakit jantung.

"Beliau dirawat di Pusat Perubatan Universiti Malaya (PPUM) pada 27 Mac dan disahkan meninggal dunia pada 31 Mac jam 7.09 pagi.

"Kes kematian ke-43 (kes pesakit ke-2,629) adalah lelaki tempatan berumur 73 tahun dan mempunyai latar belakang penyakit kencing manis dan jantung.

"Beliau dirawat di Hospital Tengku Ampuan Rahimah, Klang

pada 29 Mac dan disahkan meninggal dunia pada 30 Mac pada jam 4.30 petang," katanya.

Dalam perkembangan sama, Dr Noor Hisham mendedahkan seramai 36 kanak-kanak berusia lima tahun ke bawah dan sembilan bayi bawah setahun dijangkiti wabak berkenaan.

"Kanak-kanak ini dalam keadaan stabil. Faktor dijangkiti berkemungkinan membabitkan kes indeks contohnya jemaah tabligh yang pulang ke rumah dan telah menjangkiti keluarga masing-masing.

"Mungkin juga faktor keluarga, seperti dalam kes gelombang pertama kanak-kanak dijangkiti ketika melancong," katanya.

Sementara itu, Dr Noor Hisham menerusi akaun Twitternya memaklumkan kumpulan pertama pesakit COVID-19 di Hospital Tuanku Bainun, Ipoh sembuh dan dibenarkan pulang.



BHQV

Kadar kematian akibat pandemik hanya 1 peratus

Kuala Lumpur: Kadar kematian akibat wabak COVID-19 di negara ini hanya satu peratus daripada jumlah yang disahkan positif berbanding jumlah kematian di seluruh dunia sebanyak empat peratus.

Menteri Kesihatan, Datuk Seri Dr Adham Baba, berkata kadar peratusan yang rendah itu antaranya disebabkan kerajaan sudah membuat persediaan awal serta menyediakan ubat terbaik untuk merawat COVID-19.

Dr Adham, berkata kaedah rawatan yang sistematik turut menyumbang kepada angka kematian yang rendah di negara ini.

"KKM juga buat persediaan awal dengan minta farmasi menyediakan ubat yang berkualiti dan mampu merawat COVID-19. "Setakat ini, jumlah kumulatif pesakit yang disahkan positif COVID-19 adalah 2,626 kes, bagaimanapun, angka kematian dicatatkan hanya satu peratus daripada jumlah itu," katanya pada program Selamat Pagi Malaysia di sini, semalam.

Beliau berkata, sehingga kelmarin, kes baharu adalah 156 kes, manakala 64 pesakit sedang dirawat di unit rawatan rapi (ICU).

"Jumlah pesakit memerlukan alat bantuan pernafasan pula adalah sebanyak 64 kes," katanya.

Ketika ditanya keluhan orang ramai yang memaklumkan sukar



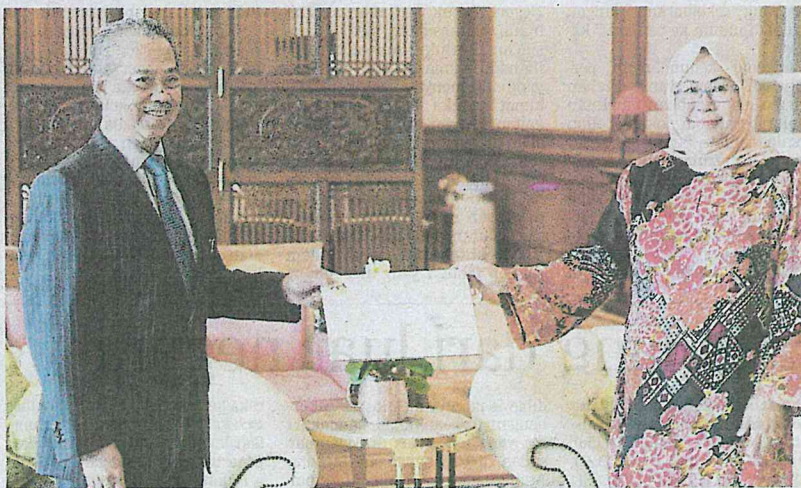
Kaedah rawatan yang sistematik

turut menyumbang angka kematian yang rendah di negara ini. KKM juga buat persediaan awal minta farmasi sedia ubat berkualiti.

Dr Adham Baba, Menteri Kesihatan

mendapat bekalan penutup muka, Dr Adham, berkata usaha itu sedang dipergiatkan.

"Terdapat usaha untuk menambah bekalan penutup muka selain menurunkan harga siling kepada RM1.50 berbanding RM2 diumumkan sebelum ini," katanya.



Mulyiddin menyerahkan surat pelantikan sebagai Penasihat Khas kepada Perdana Menteri mengenai Kesihatan Awam kepada Dr Jemilah di Putrajaya, semalam. (Foto Bernama)

Dr Jemilah jadi Penasihat Khas PM

Putrajaya: Perdana Menteri, Tan Sri Mulyiddin Yassin bersetuju melantik Tan Sri Dr Jemilah Mahmood sebagai Penasihat Khas kepada Perdana Menteri mengenai Kesihatan Awam.

"Beliau bertanggungjawab menasihati Perdana Menteri mengenai dasar dan inisiatif berhubung kesihatan," kata Dr Jemilah kepada Perdana Menteri dalam sidang media semalam.

Dr Jemilah mempunyai pengalaman dalam bidang perubahan dan pembangunan manusia langsung dalam peringkat nasional dan antarabangsa.

Beliau sebelum ini Presiden

Persatuan Bantuan Perubatan Malaysia (MERCY Malaysia) dan Setiausaha Bahagian Persekutuan Antarabangsa Palang Merah dan Bulan Sabit Merah.

Beliau dipilih pemenang ASEAN Prize 2019 iaitu anugerah bergengsi rantau ASEAN bagi mengiktiraf pencapaian individu atau organisasi dalam memupuk identiti dan semangat serantau ke arah pembangunan Komuniti ASEAN menjelang 2025.

Dr Jemilah adalah pemegang Ijazah Sarjana Muda Perubatan dan Sarjana dalam bidang Obstetri dan Ginekologi dari Universiti Kebangsaan Malaysia.

Sementara itu, Ketua Pengarah Kesihatan, Datuk Dr Noor Hisham Abdullah, berkata pelantikan itu tepat pada masanya dan yakin Dr Jemilah boleh membawa perubahan besar kepada penjagaan kesihatan di negara ini.

"Tahniah kepada Dr Jemilah atas pelantikan sebagai Penasihat Khas Kesihatan Awam kepada Perdana Menteri.

"Pelantikan Dr Jemilah tepat pada masanya. Saya percaya kita boleh membawa perubahan besar kepada penjagaan kesihatan di Malaysia," katanya menerusi Facebook. **BERNAMA**

AKHBAR : BERITA HARIAN

MUKA SURAT : 8

RUANGAN : NASIONAL

8

RABU, 1 APRIL 2020

Nasional



Kakitangan Jabatan Kesihatan Wilayah Persekutuan Kuala Lumpur dan Putrajaya tiba di Menara City One.

Penularan COVID-19

Sebahagian penghuni Menara City One selesai jalani saringan

Kediaman jadi lokasi ketiga diletakkan bawah PKPD

Kuala Lumpur: Penghuni yang menginap di kira-kira 500 unit kondominium di Menara City One, Jalan Munshi Abdullah, di sini, selesai menjalani saringan COVID-19 selepas kawasan kediaman itu diletakkan bawah Perintah Kawalan Pergerakan Diperketatkan (PKPD).

Tinjauan *BH* di kawasan itu, petang semalam, mendapati kerja saringan dilakukan kira-kira 20 petugas daripada Jabatan Kesihatan Wilayah Persekutuan Kuala Lumpur dan Putrajaya, bermula jam 2 petang.

Petugas kesihatan yang lengkap dengan pakaian pencegahan dilihat mula memasuki kediaman itu secara berkumpulan untuk mengambil sampel penghuni.

Sebelum itu, beberapa penduduk di kediaman terbabit yang dilihat berada di pekarangan ba-

ngunan dan cuba bergerak keluar diarah pihak berkuasa masuk ke unit masing-masing.

Penghuni yang kebanyakan warga asing itu bukan sahaja dilarang keluar, malah orang luar termasuk pelawat turut tidak dibenarkan melepasi pintu kawalan keselamatan.

Wartawan yang membuat liputan sejak pagi juga tidak dibenarkan melepasi garisan keselamatan yang dipasang polis di pekarangan bangunan.

Sebaliknya, wartawan hanya boleh melihat pergerakan keluar masuk petugas dan penghuni

pada jarak kira-kira 50 meter.

Bagaimanapun, khidmat penghantaran makanan dibenarkan sehingga ke pintu kawalan menyebabkan beberapa penduduk kelihatan turun mendapatkan barangan yang dipesan.

Kerja saringan yang bermula sejak malam kelmarin, dijangka selesai lewat malam tadi sebaik semua penghuni diambil sampel untuk tujuan saringan.

Menara City One menjadi lokasi ketiga PKPD, selepas kawasan Batu 21 hingga Batu 24 Sungai Lui, Hulu Langat dan Simpang Renggam, Kluang, Johor.

Ada kaitan kluster tabligh

Putrajaya: Ketua Pengarah Kesihatan, Datuk Dr Noor Hisham Abdullah, berkata kes COVID-19 yang dilaporkan di Menara City One, ada kaitan dengan kluster perhimpunan jemaah tabligh di Masjid Sri Petaling.

Katanya, kes indeks di bangunan itu menghadiri perhim-

punan di Masjid Sri Petaling sebelum menjangkiti 12 ahli keluarganya di bangunan itu.

"Selepas itu kes meningkat dengan mendadak sehingga 17 kes menjadikan bangunan berkenaan dikenakan PKPD," katanya pada sidang media harian jangkitan COVID-19 di Putrajaya.

Anggota Angkatan Pertahanan Awam Malaysia turut melakukan kawalan di Menara City One.
(Foto Aswadi Alias/BH)



Sementara itu, tinjauan awal pagi sehingga petang mendapati kawasan kediaman itu dikawal ketat polis serta anggota Angkatan Tentera Malaysia (ATM) yang ditugaskan mengawal pergerakan individu dan kenderaan di sekitar kawasan itu.

Beberapa laluan termasuk Jalan Munshi Abdullah, Jalan Masjid India dan laluan masuk menerusi Jalan Tun Abdul Rahman juga ditutup kepada kenderaan awam.

BH turut difahamkan, banyak kediaman di Menara City One dihuni ribuan pekerja asing dengan satu kediaman ada yang menempatkan sehingga 15 penghuni.

Situasi ini menyebabkan risiko jangkitan COVID-19 lebih cepat merebak jika langkah pencegahan segera tidak dilakukan termasuk PKPD.

PKPD di Menara City One itu dilaksanakan berikutan nasihat Kementerian Kesihatan (KKM) susulan pengesanan 17 kes positif COVID-19 di menara terbabit setakat semalam.

Lokasi itu mempunyai 3,200 penghuni di 502 unit kondominium dan premis perniagaan di menara terbabit.



Anggota polis dan tentera menghalau seorang penduduk yang degil.

AKHBAR : BERITA HARIAN
 MUKA SURAT : 12
 RUANGAN : NASIONAL

Nasional

RABU, 1 APRIL 2020 **BH**

Penularan COVID-19

KKM beri garis panduan operasi nyah cemar

Kementerian turut pastikan penggunaan bahan kimia dilulus WHO

Putrajaya: Operasi nyah cemar yang dijalankan pihak berkuasa tempatan (PBT) dibuat tanpa merujuk kepada Kementerian Kesihatan (KKM).

Mengulas dakwaan kononnya proses nyah cemar tidak mengikut prosedur operasi standard (SOP) KKM, Ketua Pengarah Kesihatan, Datuk Dr Noor Hisham Abdullah, berkata pihaknya akan memberi garis panduan, termasuk penggunaan bahan kimia diluluskan Pertubuhan Kesihatan Sedunia (WHO).

"Mungkin selepas ini kita akan berkomunikasi dan berhubung dengan pihak terbabit serta memberi panduan untuk kerja pembersihan atau nyah cemar di kawasan berkenaan. Selain itu, kita juga akan nasihatkan pihak terbabit apa yang boleh dibuat dan tidak sepanjang proses terbabit."

"Mereka laksanakan lebih awal, KKM akan beri garis panduan contohnya menggunakan bahan kimia diluluskan WHO serta laksanakan operasi terbabit," katanya pada sidang media harian COVID-19, di sini, semalam.

Dr Noor Hisham berkata demikian ketika diminta mengulas



Bekas Timbalan Ketua Pengarah Kesihatan mendakwa operasi nyah cemar di jalan raya hanya pembaziran. (Foto BERNAMA)

kenyataan bekas Timbalan Ketua Pengarah Kesihatan, Prof Datuk Dr Lokman Hakim Sulaiman, yang mempertikaikan proses nyah cemar yang dijalankan.

Dr Lokman dilaporkan berkata, beliau amat terkejut apabila melihat satu klip video baru-baru ini mengenai operasi nyah kuman apabila cecair disemur ke atas permukaan jalan raya.

Katanya, tindakan menyemburkan cecair nyah kuman di jalan raya itu sebagai satu pembaziran dan wang dikeluarkan itu lebih baik digunakan untuk membeli peralatan perlindungan diri (PPE).

Sementara itu, Dr Noor Hisham berkata, Malaysia sedang

berbincang dengan Amerika Syarikat (AS) untuk menggunakan peralatan mengesan wabak COVID-19 dalam tempoh singkat seperti digunakan negara berkenaan.

Katanya, peralatan canggih itu sebenarnya dibuat di kilang di Pulau Pinang, namun disebabkan kilang berkenaan mempunyai kontrak dengan AS, ia secara tidak langsung memberi halangan kepada Malaysia untuk memperoleh alat yang sama.

"Kita dimaklumkan ada satu syarikat di Pulau Pinang yang mengeluarkan alat perubatan canggih berkenaan yang dapat mengesan jangkitan COVID-19 dalam tempoh tidak sampai se-

tengah jam, tetapi kilang terbabit ada kontrak dengan Amerika Syarikat dan kita akan bincang (dengan negara terbabit) supaya Malaysia juga diberi peluang menggunakan peralatan terbabit," katanya.

Dr Noor Hisham berkata, sehingga kini sebanyak 39,663 ujian pengesanan COVID-19 sudah dilaksanakan, daripada jumlah berkenaan sehingga semalam (kelmarin) sebanyak 2,626 individu positif wabak berkenaan.

"Individu yang negatif ialah sebanyak 28,580, manakala yang masih menunggu keputusan sama ada mereka dijangkiti COVID-19 atau tidak ialah sebanyak 8,457 individu," katanya.

AKHBAR : SINAR HARIAN

MUKA SURAT : 1

RUANGAN :



“ Ada golongan muda yang dijangkiti wabak berkenaan, kebanyakannya baru pulang dari luar negara.” - Kata Ketua Pengarah Kesihatan, Datuk Dr Noor Hisham Abdullah pada sidang media harian Covid-19 di Putrajaya semalam

KES COVID-19 DI MALAYSIA

2,766

JUMLAH KES

140

KES BAHARU

43

KES KEMATIAN

537

KES PULIH

JUMLAH KES SELURUH DUNIA

801,400

SERING KELUAR RUMAH PUNCA UTAMA DIJANGKITI COVID-19

STATISTIK Kementerian Kesihatan menunjukkan dua kumpulan umur rakyat Malaysia iaitu antara 26 hingga 30 tahun dan 56 hingga 60 tahun adalah yang paling tinggi dijangkiti koronavirus (Covid-19).

Bagi kumpulan umur antara 56 hingga 60 tahun, ia disebabkan mereka ialah ketua keluarga dan mungkin dijangkiti ketika keluar dari rumah untuk urusan membeli barang keperluan.

Golongan muda pula dijangkiti ketika mereka keluar dari rumah dan bergaul dengan ramai orang sepanjang Perintah Kawalan Pergerakan (PKP). Dilaporkan terdapat sebanyak 180 kes positif dikesan melibatkan golongan itu.

Kerajaan telah mengisytiharkan PKP yang bermula pada 18 Mac dan berakhir semalam tetapi Perdana Menteri, Tan Sri Muhyiddin Yassin telah mengumumkan perintah tersebut dilanjutkan kepada 14 April 2020.



GAMBAR/HASAN

AKHBAR : SINAR HARIAN

MUKA SURAT : 4

RUANGAN : MEMERANGI WABAK COVID-19

Pertambahan enam kematian Covid-19

PUTRAJAYA - Enam kematian berkaitan Covid-19 dilaporkan ke Pusat Kesiapsiagaan dan Respons Tindak Cepat (CPRC) Kementerian Kesihatan (KKM) semalam.

Ketua Pengarah Kesihatan, Datuk Dr Noor Hisham Abdullah berkata, dengan pertambahan jumlah itu, kumulatif bagi kes kematian meningkat kepada 43 kes.

Menurutnya, kes kematian ke-38 melibatkan seorang perempuan berumur 48 tahun yang merupakan kes positif ke-2,269 dan merupakan kontak kepada kes ke-2,750.

"Pesakit telah dirawat di Hospital Tuan-ku Jaafar, Negeri Sembilan pada Rabu lepas dan disahkan meninggal dunia jam 4.04 petang kelmarin," katanya di sini semalam.

Beliau berkata, kes kematian ke-39 melibatkan kes positif ke-2,626 yang merupakan seorang lelaki berumur 69 tahun dan meninggal dunia di rumahnya pada 27 Mac 2020 sebelum jenazah dibawa ke Hospital Kuala Lumpur.

Menurutnya, kes kematian ke-40 melibatkan kes positif ke-2,627 iaitu lelaki berusia 69 tahun yang dirawat di Hospital Enche' Besar Hajjah Khalsom, Johor dan disahkan meninggal dunia jam 1.03 petang pada 26 Mac.

Katanya, kes kematian ke-41 melibatkan warga Indonesia yang berumur 40 tahun dan pesakit positif ke-1,275. Pesakit itu dimasukkan ke Hospital Umum Sarawak pada 20 Mac 2020 dan disahkan meninggal dunia jam 1.38 pagi semalam.

"Kematian ke-42 iaitu kes positif ke-2,628 melibatkan warga emas berusia 81 tahun dan dirawat di Pusat Perubatan Universiti Malaya pada 27 Mac sebelum disahkan meninggal dunia 7.09 pagi tadi (semalam)," katanya.

Sering keluar rumah punca mudah dijangkiti

Kumpulan umur 56 hingga 60 tahun paling ramai dijangkiti disebabkan tanggungjawab sebagai ketua keluarga

Oleh **TUAN BUQHAIKHAH TUAN MUHAMAD ADNAN**

PUTRAJAYA



Dr Noor Hisham menunjukkan carta kes positif mengikut negeri di Malaysia setakat 31 Mac 2020 pada sidang akhbar di Putrajaya semalam.

Golongan berumur 56 hingga 60 merupakan kumpulan yang paling ramai dijangkiti koronavirus (Covid-19) di negara ini dengan 182 kes.

Ketua Pengarah Kesihatan, Datuk Dr Noor Hisham Abdullah berkata, antara faktor golongan tersebut dijangkiti virus adalah disebabkan tanggungjawab sebagai ketua keluarga.

"Mungkin mereka ialah ketua rumah yang sering keluar (untuk urusan keluarga)," katanya pada sidang akhbar di sini semalam.

Menurutnya, golongan yang berusia 26 hingga 30 tahun merupakan yang kedua tertinggi dijangkiti virus berkenaan.

"Sebanyak 180 kes positif dikesan melibatkan golongan ini," katanya.

Beliau berkata, golongan muda itu dijangkiti Covid-19 kemungkinan sering keluar dari rumah walaupun ketika Perintah Kawalan Pergerakan (PKP).

Sementara itu, Dr Noor Hisham berkata, sebanyak sembilan bayi di bawah umur 12 bulan dan 50 kanak-kanak berusia antara 13 bulan hingga 10 tahun dijangkiti wabak berkenaan.

"Bagaimanapun, keadaan mereka stabil dan setakat ini tiada yang dirawat

di unit rawatan rapi (ICU) mahupun memerlukan bantuan pernafasan," katanya.

Mengulas mengenai Perintah Pengawasan dan Pemerhatian di Rumah, beliau berkata, sebanyak 75 hingga 80 peratus menunjukkan kepatuhan.

"Kita dapati ada antara mereka yang masih melanggar perintah tersebut," katanya.

Justeru, katanya, kerajaan akan menampatkan mereka di pusat kuarantin.

"Jika sebelum ini mereka yang tiba dari luar negara dan negatif ujian saringan Covid-19 diarahkan menjalani Perintah Pengawasan dan Pemerhatian di Rumah, namun sekarang kita akan tempatkan mereka di pusat kuarantin sehingga 14 hari," katanya.

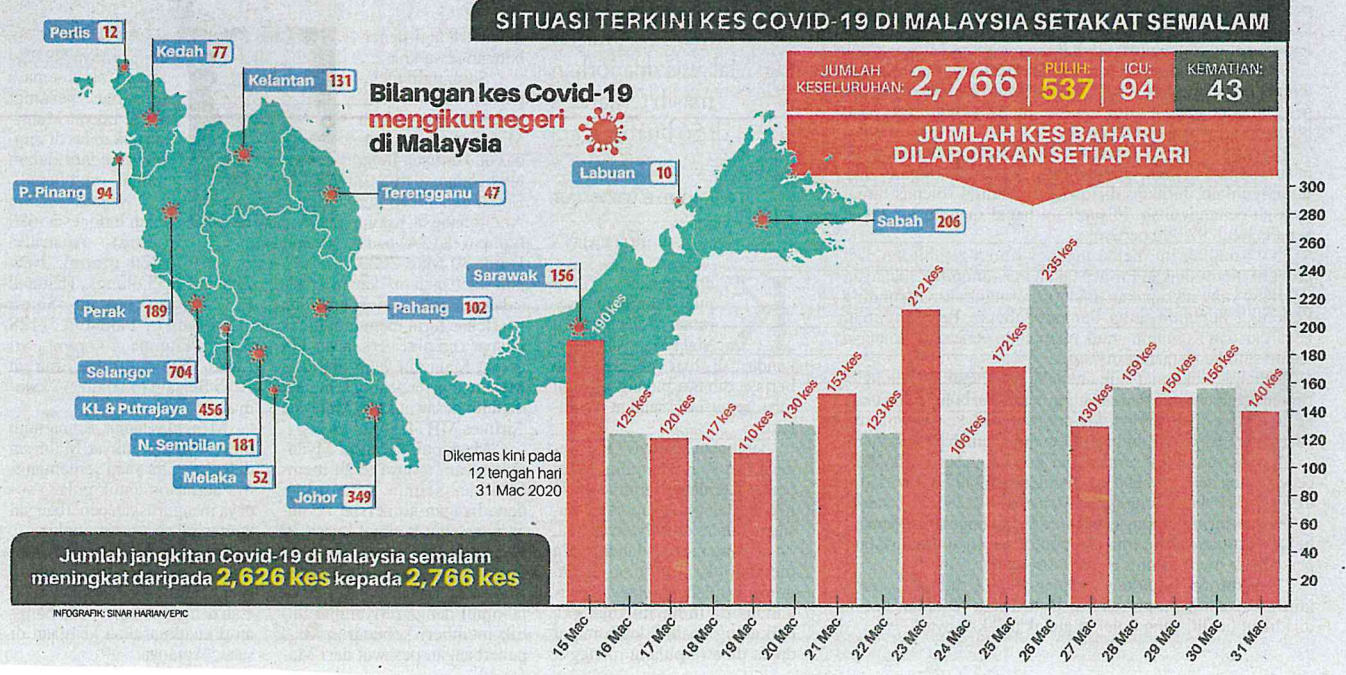
Menurutnya, terdapat individu yang berada di bawah pengawasan tersebut tidak menyedari dijangkiti Covid-19.

"Namun mereka telah melanggar perintah tersebut dengan berhubung secara rapat dengan individu lain dan keluar dari rumah," katanya.

Beliau berkata, sebanyak 334 pusat kuarantin telah disediakan bagi tujuan itu di seluruh negara.

"Ini bagi membendung penularan jangkitan Covid-19," katanya.

SITUASI TERKINI KES COVID-19 DI MALAYSIA SETAKAT SEMALAM



AKHBAR : HARIAN METRO

MUKA SURAT : 6

RUANGAN : LOKAL



Catat 43 kematian

Putrajaya: Pusat Kesiapsiagaan dan Tindak Cepat Krisis Kebangsaan (CPRC) menerima pertambahan enam kematian berkaitan jangkitan virus Covid-19.

Ketua Pengarah Kesihatan Datuk Dr Noor Hisham Abdullah (*gambar*) berkata, justeru jumlah kumulatif kes kematian 43 kes atau 1.55 peratus daripada jumlah keseluruhan 2,766 kes.

Berikutan perincian kematian semalam:

- Kes kematian ke-38 (kes ke-2269), perempuan warga Malaysia berumur 48 tahun dan mempunyai latar belakang penyakit darah tinggi. Kontak kepada kes ke-2,750. Dirawat di Hospital Tuanku Jaafar, Negeri Sembilan pada 25 Mac dan disahkan meninggal dunia 30 Mac, jam 4.04 petang.

- Kes kematian ke-39 (kes ke-2,626), lelaki warga Malaysia berumur 69 tahun. Mempunyai latar belakang penyakit kencing manis dan darah tinggi serta sejarah perjalanan ke Arab Saudi. Meninggal dunia pada 27 Mac di rumah dan jenazah beliau

dibawa ke Hospital Kuala Lumpur.

- Kes kematian ke-40 (kes ke-2,627), lelaki warga Malaysia berumur 69 tahun. Mempunyai latar belakang penyakit kencing manis dan darah tinggi. Dirawat di Hospital Enche' Besar Hajjah Khalsom, Johor dan disahkan meninggal dunia 26 Mac jam 1.03 petang.

- Kes kematian ke-41 (kes ke-1,275) lelaki warga Indonesia berumur 40 tahun. Dirawat di Hospital Umum Sarawak pada 20 Mac dan disahkan meninggal dunia pada 31 Mac jam 1.38 pagi.

- Kes kematian ke-42 (kes ke-2,628), lelaki warga Malaysia berumur 81 tahun dan mempunyai latar belakang penyakit jantung. Dirawat di Pusat Perubatan Universiti Malaya pada 27 Mac 2020 dan disahkan meninggal dunia pada 31 Mac jam 7.09 pagi.

- Kes kematian ke-43 (kes ke-2,629), lelaki warga Malaysia berumur 73 tahun dan mempunyai latar belakang penyakit kencing manis dan penyakit jantung.

Pesakit keluar wad makin meningkat

Putrajaya: Kementerian Kesihatan Malaysia (KKM) mendapati trend jumlah kes baharu dilaporkan setiap hari terus meningkat dan kadang kala mendarat.

Ketua Pengarah Kesihatan Datuk Dr Noor Hisham Abdullah berkata, jumlah kes harian yang dibenarkan pulang dari wad pula meningkat saban hari.

Katanya, data itu menunjukkan kesan daripada aktiviti dijalankan oleh KKM dan pelbagai agensi dalam tempoh sebulan kebelakangan ini.

"Namun begitu, tempoh dua minggu yang seterusnya adalah mustahak.

"Ia akan menentukan sama ada tindakan

diambil oleh kerajaan setakat ini memberi impak diharapkan.

"Ini sememangnya berkait rapat dengan tingkah laku masyarakat dalam mematuhi Perintah Kawalan Pergerakan (PKP)," katanya.

Beliau berkata demikian pada sidang media harian Covid-19 di Putrajaya semalam.

Menurutnya, statistik juga menunjukkan terdapat dua kumpulan umur masyarakat yang paling tinggi kes positif Covid-19 berbanding kumpulan umur lain.

Mengulas lanjut, katanya, dua kumpulan umur itu adalah dalam lingkungan 26 sehingga 30 tahun dan juga 56 sehingga 60 tahun.

Peluang perokok berhenti merokok

Putrajaya: "Bagi perokok, gunakan peluang ini untuk berhenti merokok.

"Bukan perokok boleh 'speak out' kepada ahli keluarga yang merokok supaya semua bebas bahaya rokok dan asap rokok."

Itu antara nasihat Ketua Pengarah Kesihatan Datuk Dr Noor Hisham Abdullah berkaitan Perintah Kawalan Pergerakan (PKP) fasa kedua yang akan mula berkuat kuasa hari ini hingga 14 April ini berikutan penularan virus Covid-19.

Menurutnya, beberapa lokasi juga sudah diisytihar sebagai lokasi PKP Diperketatkan.

"Seperti dimaklumkan, tempoh dua minggu akan datang ini adalah amat penting di mana kerjasama semua pihak diperlukan bagi memastikan rantaian jangkitan Covid-19 dapat diputuskan.

"Justeru, Kementerian Kesihatan Malaysia (KKM) ingin menasihatkan orang ramai untuk duduk di rumah sambil mengamalkan etika kebersihan diri.

"Misalnya kerap membasuh tangan dan jarakkan diri antara satu sama lain. Sekiranya mempunyai gejala, gunakan penutup hidung dan mulut.

"Selain itu, orang ramai juga dinasihatkan mengamalkan beberapa perkara seperti makan secara sihat dengan

menyediakan menu sihat dan seimbang," katanya.

Menurutnya, antara gaya hidup sihat lain ialah kurangkan pengambilan gula, garam dan lemak manakala lebihkan pengambilan buah dan sayur.

Katanya, orang ramai juga dinasihatkan menjalani gaya hidup yang aktif dengan melakukan aktiviti fizikal atau senaman ringan.

"Bagi mereka yang merokok, gunakan peluang ini untuk berhenti merokok.

"Pupuk minda yang positif diri sendiri dan juga ahli keluarga.

"Amalkan teknik relaksasi yang betul dan tenangkan minda dalam menjalani kehidupan seharian," katanya.

Beliau berkata, sekiranya diperlukan khidmat nasihat, orang awam boleh menghubungi Virtual Health Advisory dari jam 8.30 pagi hingga 5 petang setiap hari selain mengikuti sesi siaran langsung Facebook KKM dari jam 10 pagi hingga 10.30 pagi dan DoctorOnCall dari jam 3 petang hingga 3.30 petang yang akan diadakan dari Isnin hingga Jumaat.

"KKM akan terus memantau perkembangan kejadian jangkitan ini melalui segala maklumat yang diperolehi dan akan dimaklumkan kepada rakyat dari semasa ke semasa," katanya.

AKHBAR : HARIAN METRO

MUKA SURAT : 10A

RUANGAN : LOKAL

Saring seluruh penduduk

Kuala Lumpur: Lebih 20 kakitangan Jabatan Kesihatan Wilayah Persekutuan Kuala Lumpur dan Putrajaya tiba di Menara City One di Jalan Munshi Abdullah di sini pada jam 1.50 tengah hari, semalam.

Mereka hadir bagi membuat saringan Covid-19 terhadap penghuni di situ yang diarahkan jalani Perintah Kawalan Pergerakan Diperketatkan (PKPD).

PKPD dilaksanakan berikutan nasihat Kementerian Kesihatan Malaysia (KKM) susulan pengesahan 17 kes positif Covid-19 di menara itu dan diumumkan Menteri Kanan (Keselamatan), Datuk Seri Ismail Sabri Yaakob kelmarin.

Menara itu mempunyai 3,200 penghuni yang menginap di 502 unit kondominium serta premis perniagaan.

AKHBAR : SINAR HARIAN

MUKA SURAT : 14

RUANGAN : MEMERANGI WABAK COVID-19

KKM bincang dengan pengeluar kit ujian canggih

PUTRAJAYA - Kementerian Kesihatan (KKM) sedang mengadakan perbincangan dengan syarikat pengeluar kit ujian di Pulau Pinang yang mempunyai kecanggihan dapat mengesan coronavirus (Covid-19) dalam masa setengah jam.

Ketua Pengarah Kesihatan, Datuk Dr Noor Hisham Abdullah berkata,

syarikat berkenaan mempunyai kontrak dengan Amerika Syarikat.

"KKM sedang mengadakan perbincangan untuk melihat bagaimana kita turut berpeluang menggunakan teknologi canggih ini," katanya.

Menurutnya, ketika ini KKM sedang menggunakan teknik Real-Time Reverse Transcription-Polymerase

Chain Reaction (rRT-PCR).

"Kalau ketepatannya bagus, kita akan buat tempahan 200,000," katanya.

Beliau berkata, KKM mempunyai 46 makmal di seluruh negara bagi menampung ujian saringan Covid-19.

"Kemampuan kita adalah 11,750 ujian sehari dan akan meningkatkan keupayaan sehingga 16,500," katanya.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 2

RUANGAN : NEWS / NATION

WEDNESDAY, APRIL 1, 2020 • NewStraitsTimes

INST LEADER

Managing mental health

How to turn distressed lives around

THERE is a lot of fear going around. Covid-19, the disease, is causing most of it. But there is a subtler cocktail of distress that only trained eyes can spot. Fear creates fear, says consultant clinical psychologist Professor Datuk Dr Mat Saat. Then American president Franklin D. Roosevelt, though not a psychologist, understood this well when he soothed the souls of his countrymen facing a depression of another sort — The Great Depression — with these words in his inaugural address in 1932: “The only thing we have to fear is fear itself — nameless, unreasoning, unjustified terror which paralyses needed efforts to convert retreat into advance.” Malaysians need some such soothing now more than ever.

We may not be able to quantify the distress people are facing under the Movement Control Order (MCO), but past experience elsewhere does indicate it to be severe for some. A research letter released early (July 2020) by the American Centres for Disease Control and Prevention (CDC) titled “Mental Health Crisis during Covid-19 Pandemic, China” lets us into the pain and anguish of many. Let us not forget that Wuhan, where it all started, was under a complete lockdown for two months. Our MCO is mild in comparison. And the Severe Acute Respiratory Syndrome was just seven years old for them. This and the lack of psychological support compounded the fear of fear. If we learn anything from the Wuhan experience, the research letter seems to say, is this:

Whatever we do... the goal should be to manage stress and stay positive.

Public mental health interventions should be formally integrated into public health preparedness and emergency response plans. We agree. So does Dr Mat.

The Health Ministry offers a psychological first aid for those who want one, but more needs to be done. There are a few reasons for this. Firstly, Malaysians, like other Asians, do not like to be identified with anything even remotely connected with mental distress. Secondly, loved ones, too, do not advise consultation because of perceived stigma. Thirdly, cost is prohibitive for many. Finally, the ratio of psychiatrists to Malaysians is dismal. The World Health Organisation says our ratio should be 1:10,000, but ours is 1:200,000. That is 1.27 psychiatrists per 100,000 Malaysians, however we slice these professionals.

But do not despair as help is around. There is the Health Ministry's first-aid line (though, in times like this, calls may take time to be put through) and non-governmental organisations, such as Befrienders, extending their help. Or one could follow the advice of professionals like Dr Mat. Whatever we do, he says, the goal should be to manage stress and stay positive. How do we do that? Two strategies — macro and micro — are needed. At the macro level, he recommends four steps. One, create and follow a daily routine that stays undisturbed. Two, stay virtually connected. Remember, we are social beings, social distancing notwithstanding. Three, maintain a healthy lifestyle — good food, right amount of exercise and ample rest. Fourthly, have trust that there is enough of everything to go on with life.

At the micro level, there are four steps, too. Firstly, examine what the worries are. Are they real or imagined? Assess what abilities one has to cope with the worries. Secondly, focus on what can be done. Thirdly, keep a diary as this enables the tracking of one's emotions and status of health. What gets measured, gets managed. Finally, watch or listen to what pleases the heart. Movies and music may just be the medicine for these troubling times.

NEWS / Nation

REPORTS BY: Adib Povera, Nuradzimmah Daim, Audrey Dermawan, Veena Babutal, Adrian David, Dawn Chan, Kalbana Perimbanayagam, Hana Naz Harun, Nor Ain Mohamed Radhi, Teh Athira Yusof, Khairah N. Karim, Rahmat Khairulrijal, Meera Murugesan, Hanna Hussein, Loong Wai Ting, T.N. Alagesh, Olivia Miwil, Zahratuthayat Mat Arif and Mohd Basyir

COVID-19 UPDATE

'NEXT 2 WEEKS WILL SHOW IF GOVT'S ACTIONS ARE EFFECTIVE'

Everyone's cooperation needed to break virus transmission chain, says Health D-G

PUTRAJAYA

THE next two weeks will determine if the actions taken by the government to break the Covid-19 chain are effective, Health director-general Datuk Dr Noor Hisham Abdullah said yesterday.

He said there was a trend of new cases continuing to be reported after the first two weeks of the Movement Control Order (MCO).

“We have seen that the number of daily cases has increased and sometimes plateaued, while the number of discharged patients increases day after day.”

“This data shows the efficacy of the actions taken by the Health Ministry and other agencies in the past month,” he said at a press conference here yesterday.

He reminded people that the next two weeks were crucial and that everyone's cooperation was needed to ensure that the virus' chain of transmission could be broken.

He also said statistics showed that two age groups had among the highest number of Covid-19 cases; those between 26 and 30, and those between 56 and 60.

“For the younger age group, perhaps they are students who had just returned from overseas or who were always out, even during the MCO.”



“We have seen that the number of daily cases has increased and sometimes plateaued, while the number of discharged patients increases day after day.”

DATUK DR NOOR HISHAM ABDULLAH
Health director-general

“The other group could be the heads of households who went out to buy groceries and contracted the virus while they were out,” he said.

Up to 6pm yesterday, there were six new deaths and 58 more patients had recovered and were discharged from hospitals.

“Of the cases undergoing treatment in hospital, 94 are in Intensive Care Units, and 60 of them require breathing assistance.”

He said the death toll stood at 43 and there were 140 new cases, bringing the tally of infections to 2,766.

One of the six new deaths was a 40-year-old Indonesian, who was a lecturer at Universiti Malaysia



Civil Defence Force personnel patrolling Menara City One in Jalan Munshi Abdullah, Kuala Lumpur, yesterday. PIC BY ASWADI ALIAS

Sarawak. He was treated at Sarawak General Hospital and died at 1.38am yesterday.

This, said Dr Noor Hisham, was Malaysia's first recorded foreign Covid-19 death.

He said health authorities were working with the police to track down 87 Malaysians who went to Sulawesi, Indonesia, to attend a religious gathering that was eventually cancelled.

The 87 who travelled to Sulawesi, he said, were at high risk of contracting the virus.

“We are trying to get more information. We have identified the 87 persons.”

“We are working with the police to track them.”

On the Enhanced MCO at Menara City One in Jalan Munshi Abdullah, Kuala Lumpur, Dr Noor Hisham said there were 17 Covid-19 cases, and they were related to an index case who attended the tabligh gathering at Masjid Jamek Sri Petaling.

“The index case had infected 12 family members. Three apartments were involved.”

“Because of the rapid increase of cases in the building, our decision was to enforce the Enhanced MCO.”

He confirmed that medical officers had started screening residents there last night.

“We are making sure all apartments are screened. They are being screened in stages.”

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Nation / NEWS

3



Police: Make sure your children are at home

KUANTAN: Parents have been reminded to keep an eye on their children during the Movement Control Order to avoid arrests.

Pahang police chief Datuk Abd Jalil Hassan said parents should be responsible for their children and their whereabouts.

"Make sure the children are at home and not disobeying the MCO as they could be arrested.

"Please monitor your children as the police will further enforce the MCO to ensure that no one leaves their homes.

"Inspections will not only be conducted in town areas or housing settlements, but also in rural areas, Felda settlements, 'lorong tikus' (illegal routes) and state borders. Checks at Orang Asli settlements showed that the community has been complying with the MCO."

He said this after attending a blood donation drive organised by the armed forces and police at Sri Panching Camp here yesterday.

He said since the MCO was enforced, 24 individuals had been charged in court for violating the

law and they had been handed fines amounting to RM1,000, and six months' prison.

Jalil said police and the armed forces have set up 42 round-the-clock roadblocks in the state and they would be increased at more locations in stages.

"To date, between 95 per cent and 99 per cent of the people in Pahang have complied with the MCO, which has been an outstanding achievement.

"I would like to advise the head of the family, who is allowed to go out to buy things, to buy daily essentials online as more premises have started offering their services online to make it easier for people to do their grocery shopping."

He said 46 members of the Pahang police contingent have been categorised as Patient Under Investigation for Covid-19 and were undergoing a 14-day self-quarantine at their homes.

He said to date, three policemen from the tabligh cluster had tested positive for Covid-19 and were being treated at Tengku Ampuan Afzan Hospital here.

ENHANCED MOVEMENT CONTROL ORDER (EMCO)	TOTAL NO OF PEOPLE AFFECTED	DURATION	PURPOSE OF EMCO:	AUTHORITIES CONTROLLING EMCO AREAS:	MEDICAL BASE:
	10,688	14 days	To prevent Covid-19 infection from spreading out of the areas and to enable authorities to trace the cases from house to house in an effort to curb the spread of the deadly infection.	Royal Malaysia Police (PDRM), the Malaysian Armed Forces (ATM), the Civil Defence Force (APM) and the People's Volunteer Corps (Rela).	At entry and exit points of the areas/building

FIRST EMCO KLUANG, JOHOR



AREAS AFFECTED:
 1: Kampung Dato' Ibrahim Majid, Simpang Renggam
 2: Bandar Baharu Dato' Ibrahim Majid, Simpang Renggam

EFFECTIVE DATE: March 27- April 9

NO. OF PEOPLE AFFECTED: 3,570 (650 families)

NO. OF POSITIVE COVID-19 CASES: 61

DURING EMCO: All locals and visitors in both areas are not allowed to leave their houses and no one is allowed to enter the two areas. Business activities are also halted. Basic food for 14 days will be provided for all locals by the Community Welfare Department.

REASON FOR EMCO: Out of 83 positive Covid-19 cases, 61 cases came from the two areas. According to a resident, the spread started from a wedding ceremony and tahlil in Bandar Baru Dato' Ibrahim Majid in which two people who have been detected positive of the deadly infection attended. (Source BH)

FOR ENQUIRIES: Affected residents can call 07-7735224 / 07-7722434

SECOND EMCO SUNGAI LUI, HULU LANGAT



AREAS AFFECTED: Batu 21-Batu 24

EFFECTIVE DATE: March 30-April 13

NO. OF AFFECTED PEOPLE: 3,918 (700 households) in seven villages, two of which are Orang Asli settlements and five Malay villages.

NO. OF POSITIVE COVID-19 CASES: 71

DURING EMCO: Movement between people and visitors stopped and those in the area are forbidden to leave their homes. All business activities are halted and the roads connecting to the area are closed off. Basic food for 14 days will be provided for all locals by the Community Welfare Department.

REASON FOR EMCO: 71 positive Covid-19 cases were reported from 274 students at the Maahad Tahfiz An-Nabawiyah tahfiz school at Batu 23, Sungai Lui.

FOR ENQUIRIES: Affected residents can call 03-89254809 or 03-89114200.

THIRD EMCO JALAN MUNSHI ABDULLAH, KL



AREA AFFECTED: Menara City One condominium

EFFECTIVE DATE: March 31- April 13

NO. OF AFFECTED PEOPLE: 3,200 (502 residential and commercial units)

NO. OF POSITIVE COVID-19 CASES: 17

DURING EMCO: Non-residents are prohibited from entering the area and residents are prohibited from exiting the building. Residents can order food deliveries, but it must be dropped off at the security lobby. Entry and exit points of the building will be sealed off.

REASON FOR EMCO: 17 confirmed positive Covid-19 cases reported in the building.

FOR ENQUIRIES: Affected residents can call 03-2694 3243 / 03-4026 7222 or 013-329 5141

AKHBAR : THE STAR

MUKA SURAT : 5

RUANGAN : NATION

Tired but honoured to serve

Doctors vow to fight Covid-19 until battle is won

By CLARISSA CHUNG
newsdesk@thestar.com.my

PETALING JAYA: They are really very tired, but medical frontliners vowed they would never give up the fight until the battle against Covid-19 is won.

Dr Then Moli Othayamoorthy, who works at a Covid-19 screening centre in a hospital in Kuala Lumpur, said screening up to 70 patients per shift, performing swabs on suspected Covid-19 patients, as well as donning and doffing (the protective clothing) several times a day can be very exhausting.

"What is more - having to screen your own friends can be disheartening," she said in a Facebook post, adding that, sometimes, frontliners are exposed to patients who are not forthcoming about their condition.

She urged the public to be honest with any possible exposure to the Covid-19 virus, so as to be mindful of the healthcare professionals who have to screen them.

"Remember, we have a family, too.

"I am also someone's daughter, wife, sister, family and friend.

"It has been weeks since I last

visited my parents and siblings for fear of possible exposure at work and risking their lives," she said.

She, however, added that she was "proud and honoured" to extend her service and contribution to the country's efforts in combating Covid-19.

Also sharing his experience online is another doctor, Khalif Sidratul Muntaha.

He had earlier resigned from his job but decided to make a comeback to the healthcare profession by volunteering as a frontliner.

"After almost five years in the

Health Ministry as a medical officer, I took a big decision to resign and give all my time and effort to (my) family by doing takaful business.

"When the world announced the Covid-19 pandemic, I knew this is the time for me to make a comeback, to be a frontliner during one of the most difficult situations that we have ever seen in our lifetime," he said.

He added that he had submitted his volunteer proposal and got the go-ahead from the Crisis Preparedness and Response Centre to start his duty yesterday.



Doing their duty: Suraya (above) in full protective clothing conducting a screening at the hospital's drive-thru Covid-19 test service in Penang, while (from left) Lukman, Amar Fateh and Dian Adelia with their grandmother Zakiah showing a photo of their mother Widiana at their house in Kepala Batas.



Country comes first for families of frontliners

By IMRAN HILMY
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KEPALA BATAS: When Zakiah Ahmad's daughter was deployed to be on duty at one of the Covid-19 quarantine centres, her heart said "no, don't go."

"It is very hard to let her go, but that is her responsibility. I must leave my own feelings aside. What I can do is to pray that she will always be protected and safe," said the septuagenarian of her daughter Kapt (PA) Widiana Mohd Ani, a Civil Defence Force personnel member.

Zakiah, 72, said Widiana's three children were staying with her in Kepala Batas.

"I have not seen their mother for two weeks. We only kept in touch with her through phone calls since the first day of the movement control order.

"I cried back tears, Zakiah said, but she believed the crisis would be

over soon.

"I pray that the virus will stop spreading, so my daughter can finally come back home to the family," she said.

Widiana, who has been working with the government agency for eight years, is on duty at one of Penang's quarantine centres in Jawi, Nibong Tebal.

The 39-year-old officer has three children - Lukman Rifqi Almad Isuraqi, 11, Dian Adelia Ahmad Isuraqi, eight, and Amar Fateh Ahmad Isuraqi, six.

In George Town, Noor Shafawati A. Aziz, 35, said she tried to be calm since her policeman husband was assigned to be on duty during the MCO.

"After being married to my husband for 12 years, I am somehow accustomed to life as a police officer's wife.

"But I still worry as I know the virus can infect anyone and as a frontliner, my husband is at risk of

being in contact with the disease.

"I understand that his responsibility to the country is important and always advise him to take precautionary measures," she said.

Noor Shafawati, who works as a nurse in a government clinic, also said her three children understood the nature of their father's job.

For S. Sagunthalai, 51, the Covid-19 outbreak has been a stressful time for her as she is worried about her daughter S. Puvaneess, who works as a screening nurse in Penang Gleneagles Hospital.

"Sometimes, the anxiety I get can be overwhelming.

"When you have children working as frontliners in the hospital, fear and worry are always on your mind.

"I fear for my daughter's health and that she may get infected since she may be exposed to people who have contracted the virus," she said.

Sagunthalai said Puvaneess, 22, who has been working at the hospi-

tal for three years, always advised her to practise good hand hygiene, make sure that the house is clean and practise social distancing at all times.

"I miss spending time with her. Now, we keep in touch through video calls," she added.

The family of Suraya Sungit, 39, a nurse at Pantai Hospital Penang, also shares the same sentiment.

Her husband, who only wished to be known as Hazwar, however, said as head of the family, he must remain calm and strong in taking care of their children during this period.

"Of course we are worried but we believe that she executed her job well by wearing proper protective clothing.

"She also practises a high level of hygiene to prevent herself from being infected at the workplace.

"Our family is proud that one of us is working at the frontline to fight against the virus," he said.

AKHBAR : THE STAR

MUKA SURAT : 5

RUANGAN : NATION

Health DG: Frontliners are real heroes of our time

By ASHLEY TANG
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PETALING JAYA: The nation calls him a national hero, but for Health Ministry director-general Datuk Seri Dr Noor Hisham Abdullah, the honour goes to all the healthcare workers and frontliners battling Covid-19 in the country, noting they have been "nothing short of amazing".

The health workforce and front-

liners, both in the public and private sector, have stepped up and are giving their all in trying to combat Covid-19, he added.

"Many have left their loved ones at home and have given up time and comfort to be at the frontlines to treat patients.

"The ministry sees each and every one of you and we appreciate everything you have done and continue to do daily.

"The sincere dedication shown by every member of the health workforce in the face of this overwhelming pandemic is nothing short of amazing.

"We salute you, we appreciate you. We thank you all," he said on his Facebook page yesterday.

He also conveyed his gratitude to the generosity of numerous individuals and organisations, ranging from big to small and

local to multinationals.

"On behalf of all of us at the frontlines, I thank each and every one of you," he added.

Dr Noor Hisham said the ministry was doing everything it could to ensure the safety of all Malaysians.

He urged Malaysians to play their part in battling Covid-19, adding that they were key to stopping the spread.

"Our hope at this time, you will continue to stay home and keep

observing the movement control order. You are crucial in flattening the curve, thereby enabling us more time and capacity to cater to your healthcare needs.

"Every Malaysian must play their part in battling this pandemic," he said.

Watch the video
[thestartv.com](https://www.thestartv.com)



Healthcare officers step up to ease burden on colleagues



PETALING JAYA: With their colleagues fighting the Covid-19 virus, other healthcare professionals have stepped up to shoulder more duties to help ease their burden.

Family medicine specialist Dr Imelda Idzham (*pic*) said as many of her healthcare colleagues were occupied, she was prepared to treat patients with other urgent medical conditions.

"I am going to work because there are many other illnesses besides Covid-19.

"The uncle with diabetes and hypertension, the auntie with migraine, the pregnant mother needing antenatal surveillance and the toddler who has an ear infection.

"I am working to help reduce the workload of my brave colleagues in health clinics all over Malaysia who have to deal with the ruthless pandemic of Covid-19," said the 44-year-old in a Facebook post.

In her capacity, she, too, has the experience of coming face-to-face with the virus.

"I have been in direct contact with two Covid-19 positive patients and thank goodness my test results were negative," she said, adding that the experience had been nerve-wrecking.

"My husband is understandably worried and we may come to a point where we have to make the very difficult decision of having to separate me from my family to keep them safe," said the doctor based in a red zone in Selangor.

A mental health practitioner, Hijaz Ridzwan, also shared his experience in providing support to burnt-out frontliners.

"I've had senior and junior doctors break down crying because they miss their family but are scared to go back and infect them.

"I've talked to support staff who get panic attacks because they fear contracting the disease when cleaning the wards," he added.

Hijaz urged his colleagues to reach out for help if they are experiencing mental health issues.



AKHBAR : THE SUN

MUKA SURAT : 4

RUANGAN : NEWS WITHOUT BORDERS



Residents at Menara City One holding a sign asking for food yesterday after the building was put under an EMCO. — HAFIZ SOHAIMI/THE SUN

EMCO not the same as MCO: Health Ministry

BY KEERTAN AYAMANY
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PETALING JAYA: The enhanced movement control order (EMCO) should not be confused with the second phase of the existing movement control order (MCO), which will be enforced today until April 14.

A Health Ministry public relations officer said the EMCO was only implemented in selected hotspots such as the Menara City One

condominium tower in Kuala Lumpur and in Sungai Lui, Hulu Langat.

An EMCO entails a variety of specific restrictions enforced for 14 days, such as in Sungai Lui where residents are confined to their homes. Residents at Menara City One are also confined, but within the premises. Occupants are allowed to leave their apartment units, but only until the guardhouse to receive food and grocery deliveries.

Both locations do not allow visitors and are guarded by

enforcement personnel.

Meanwhile, it was reported the second phase of the MCO is a blanket initiative for the whole nation. It will impose stricter rules and narrower operating hours for businesses and transport.

When asked to provide clarification on color-coded zones as used in media reports, the officer explained that a "red zone" refers to an area with more than 40 Covid-19 cases.

"A green zone has zero Covid-19

cases, yellow zones have between one and 20 cases and an orange zone has between 21 and 40 cases," he told *theSun* yesterday.

When asked about the provision of basic necessities for residents under the EMCO, a Social Welfare Department officer said food will be provided to residents in the Sungai Lui hotspots.

"We collect food and foodstuff from donors and non-governmental organisations, and ration these out among the residents," she said.

BRIEFS

46 NABBED FOR VIOLATING MCO

KUCHING: Forty six more individuals were detained throughout Sarawak in a 24 hour operation for breaching the movement control order (MCO). Sarawak deputy police commissioner Datuk Dev Kumar M.M. Sree said with the latest arrests, the total number of people detained for flouting the MCO in the state since last week now stands at 276. "Miri has the most offenders with 12 people, followed by Kuching (9), Sibul (8), Saratok (3), Padawan (2), Kota Samarahan (2), Sri Aman (2), Limbang (2), Dalat (2), Bintulu (1), Serian (1), Lawas (1) and Sarikel (1)," he said in a statement yesterday. Meanwhile, 83 individuals were charged in court yesterday for violating the MCO. All the offenders were detained under Section 186 of the Penal Code and Regulation 7(1) of the Prevention and Control of Infectious Diseases (Measures Within The Infected Local Areas) Regulations 2020. Dev said if found guilty, they could be jailed for up to two years and fined RM10,000 or both. — Bernama

TWO SENIOR CITIZEN HIKERS DETAINED

JOHOR BARU: Two senior citizens who went hiking at Gunung Lambak near Kluang yesterday were not beyond the reach of the law. They were detained by the police for violating the movement control order (MCO). Kluang police chief ACP Mohd Abduh Ismail said the men, aged 64 and 66, were arrested by police upon receiving information from the public. "Initial investigations found that both did not have valid reasons to be outside their homes during the MCO period. They were detained and brought to the Kluang police station for further action," Mohd Abduh said in a statement yesterday. He reminded the public that Gunung Lambak has been closed to the public since the MCO came into force. — Bernama

Soup kitchens, DBKL work together to feed needy

PETALING JAYA: Soup Kitchens will now work together with Kuala Lumpur City Hall (DBKL) to feed the urban poor in the Klang Valley.

These non-governmental organisations (NGOs) will prepare the food and send it over to three community halls in the city where it will be handed over to DBKL, or Rela officials, for distribution to the needy.

"This is a win-win for us," Need to Feed the Need (NFN) field operations head Adora Yusuf told *theSun* yesterday.

Under the new procedure, Pusat Komuniti Sentul Perdana, Pusat Komuniti Setiawangsa and Dewan

➤ NGOs to send supplies to three community halls for distribution to urban poor

Serbaguna Alam Damai will serve as collection centres for the food for distribution.

Apart from NFN, the NGOs involved in the effort are Pertiwi Soup Kitchen, Ketchara, NGOhub, Caring Hearts, Pink Squad, Samaritan Hope, Federal Territories Islamic Religious Department and Institute Onn Jaafar.

As the designated NGOs, they will coordinate the effort with authorities.

"We already have the capability and the system is in place," Adora said.

She said not all the beneficiaries are homeless.

"Some are working people who have fallen on hard times. They need all the help they can get, and this is our area of expertise," she said.

NFN now feeds 300 to 400 people a day.

The decision to implement the new procedure was made at a meeting with DBKL representatives yesterday.

Senior Minister Datuk Seri Ismail Sabri Yaakob had earlier announced groups providing food to the poor and homeless during the MCO period would have to divert their supplies to government agencies which would take over the task of distributing the food.

He said this was necessary to curb the spread of Covid-19.

A total of 213 people, 195 of whom are Malaysians, are now staying in three community centres.

Bersih seeks more funds for 'MakanKongsi' initiative

PETALING JAYA: The Coalition for Free and Fair Elections (Bersih 2.0), is seeking public donations for an initiative to provide two meals a day to the underprivileged affected by the movement control order (MCO).

The programme, called #MakanKongsi, is MCO-compliant and is not affected by the restriction placed by the National Security Council on NGOs, providing much needed food to the homeless and needy.

"To avoid the need for the vulnerable to gather at a pre-determined place and time to collect their meals, we give them food

vouchers that can be exchanged for meals at participating restaurants or food stalls near their locality," Bersih said in a statement yesterday.

"We will then pay the restaurants the next day, based on the vouchers they have received. In this way, our recipients can go at any time during the day to collect their meals as takeaway," Bersih said, adding that vouchers were date and meal-specific.

For families or communities able to cook their own meals, a sum of money will be provided and channelled to them through NGOs and individuals

who are in direct contact with them.

Bersih said efforts would be made to find trustworthy NGOs or individuals to help with the disbursement of funds and due diligence would be conducted to ensure all the money is accounted for.

The sum allocated to each family will be sufficient for them to buy provisions for the duration of the MCO, it added.

Bersih said the initiative was to "leave no empty stomach" during the MCO. It also noted while the Prihatin stimulus package covers the B40 group, it does not reach out to those

not registered in the system.

Bersih estimated it would need RM300,000 for the programme. It has already raised RM163,000.

Since it was launched on March 20, Bersih and its partner Engage have raised RM137,000 to feed 1,124 individuals until the end of the MCO period.

It said with the extension of the MCO to April 14, the situation could worsen.

"We hope to provide meals to about 2,000 people in the coming days and for that, we need RM300,000," the statement said.

Covid-19: 537 recovered, 43 deaths

PETALING JAYA: Six new Covid-19 deaths were reported yesterday, bringing the death toll in the country to 43. Five Malaysians and an Indonesian between the age of 41 and 81 died yesterday.

There were 140 positive cases recorded, taking the total number of cases to 2,766, Health director-general Datuk Dr Noor Hisham Abdullah said.

"A total of 537 patients have recovered and have been discharged and allowed to go home," he said.

"Based on the data that we have, it seems that the increasing number of detections could be due to the many activities conducted by a variety of agencies this month.

"The two weeks of the movement control order are very important as it would determine whether the government's move to combat the Covid-19 virus was effective."

Noor Hisham said those aged 26-30 and 56-60 made up the highest number of cases.