

AKHBAR : KOSMO AHAD

MUKA SURAT : 5

RUANGAN : NEGARA



SALAH sebuah klinik komuniti yang terdapat di sekitar kejiranan di Melaka.

Klinik swasta kena tunggu lama terima rawatan ‘Tolong tambah lagi klinik komuniti’

Oleh AFIQ AL-HAFIZ MAT YUSOF,
NURUL AIN NATASHA MAZLAN

PETALING JAYA – Kenaikan caj rawatan dan ubat-ubatan di klinik swasta yang semakin hari semakin mahal telah menyebabkan ramai mula berkira-kira untuk mendapatkan rawatan.

Orang ramai mendakwa terpaksa ke klinik swasta berbanding ke klinik komuniti bagi mendapatkan rawatan kerana tempoh menunggu adalah lebih singkat.

Selain itu, bilangan klinik komuniti juga sangat terhad memaksa ramai tiada pilihan melainkan ke klinik swasta yang mengenakan caj yang tinggi.

Tinjauan *Kosmo! Ahad* di sekitar Lembah Klang semalam mendapati, rata-rata rakyat mengeluh dengan caj ‘cekik darah’ yang dikenakan itu.

Seorang penjawat awam, Norhidayah Ali, 28, berkata, dia sering ke klinik swasta untuk mendapatkan rawatan kesihatan kerana tidak mahu menunggu lama di klinik komuniti.

“Saya pernah menerima rawatan untuk sakit demam dan batuk dengan bayaran sehingga RM200 untuk sekali rawatan, sangat mahal,” ujarnya.

Norhidayah mengakui, kenaikan harga rawatan pemeriksaan



FARUK

kesihatan di klinik mahupun hospital swasta semakin tinggi sehingga membebaskan dirinya.

Sementara itu, seorang ibu tunggal yang mahu dikenali sebagai, Fauziah, 44, meminta Kementerian Kesihatan menambah klinik komuniti di Malaysia bagi meringankan beban rakyat.

“Klinik kesihatan ini senang, rakyat perlu bayar RM1 untuk semua jenis penyakit. Rawatan diberikan juga sama seperti klinik-klinik swasta yang lain tetapi klinik perlu lebih banyak lagi.

“Klinik kesihatan sentiasa sesak sampai waktu menunggu dapatkan rawatan dan ubat sehingga 6 jam. Lama nak tunggu kalau

kita sakit,” jelasnya.

Bagi seorang pekerja swasta, Faruk Ibrahim, 44, pula, menjelaskan kewujudan klinik kesihatan sememangnya dapat membantu golongan yang kurang berkemampuan untuk mendapatkan rawatan perubatan.

“Ekonomi sekarang kurang baik. Kalau selagi kita boleh kurangkan kos untuk biayai perubatan, kita cuba,” katanya.

Sementara itu, Presiden Persatuan Pengguna Kedah, Mohamad Yusrizal Yusoff berkata, ramai yang mengeluh terutamanya golongan berpendapatan rendah kerana terpaksa membayar kos yang agak tinggi untuk mendapatkan rawatan.

“Seperti kita tahu, keadaan sekarang berbeza sebelum wabak Covid-19 melanda, ramai yang mudah sakit seperti demam dan batuk sehingga terpaksa mengunjungi klinik berdekatan untuk mendapatkan rawatan.

“Sekiranya klinik kesihatan kerajaan ditambah, ia dapat memudahkan dan meringankan beban masyarakat yang memerlukan rawatan,” katanya.

Kosmo! kelmarin melaporkan ramai ibu bapa terpaksa guna ubat lama kerana tidak mampu dapatkan rawatan di klinik swasta yang semakin mahal.

Doktor saran jangan guna ubat lama

Oleh ALWANI ZAFIRAH KHAIRUL

PETALING JAYA – Orang ramai dinasihatkan untuk tidak makan ubat lama malah tidak patut menyimpan ubat yang diberikan doktor sebelum ini.

Doktor turun menyarankan agar orang ramai membuang ubat yang tidak habis digunakan.

Pakar Kesihatan Awam, Fakulti Perubatan dan Sains Kesihatan Universiti Putra Malaysia, Profesor Dr. Malina Osman berkata, tindakan menyimpan ubat lama tidak patut dilakukan kerana setiap ubat yang dibekalkan oleh klinik atau hospital mempunyai tujuan merawat masalah kesihatan pesakit ketika itu sahaja.

Ramai beranggapan baki ubat yang disimpan di rumah kerana berasakan ia berguna untuk kegunaan masa hadapan jika memerlukan.

Selain itu, berdasarkan tinjauan *Kosmo!* baru-baru ini, orang ramai memilih menggunakan sisa baki ubat disebabkan harga ubat di klinik dan farmasi terlalu tinggi sehingga ada yang tidak mampu membelinya.

Menurut Dr. Malina, setiap ubat ada tarikh luput dan cara penyimpanannya yang tersendiri.

“Ubat yang sudah tamat tarikh luput akan kurang keberkesanannya, selain kemungkinan besar dijangkiti bakteria selain mendedahkan mereka pada keracunan atau penyakit lain.

“Pengambilan harus dikawal dan hanya diberikan mengikut nasihat doktor dan preskripsi doktor sahaja,” tambah Dr. Malina ketika dihubungi *Kosmo! Ahad* semalam.

Mengulas lanjut, Pakar Kesihatan Awam, Fakulti Perubatan dan Sains Kesihatan, Universiti Sains Islam Malaysia (USIM), Prof. Madya Dr. Mohd. Dzulkhairi Mohd. Rani berkata, keadaan seseorang individu



DR. MALINA



KERATAN Kosmo! 6 Julai 2022.

ketika sakit mungkin akan berbeza dari sebelumnya dan memerlukan jenis ubat berlainan.

“Kemungkinan ubat yang dimakan itu tidak sesuai dengan penyakit anak-anak mereka, ubat yang paling sesuai ialah ubat yang diberikan oleh doktor mengikut keadaan semasa pesakit.

“Sebagai contoh, ubat batuk ada banyak jenis dan mungkin sebelum itu, anak berkenaan mempunyai batuk berkahak dan diberikan ubat. Namun, keadaan mungkin berbeza dengan penyakit terkini,” jelasnya.

Katanya lagi, setiap pesakit akan diberikan ubat mengikut peringkat umur serta kadar berat berbeza dan memerlukan sukatan tertentu untuk dimakan kerana pengambilan ubat yang tidak terkawal boleh menyebabkan rintangan terhadap penyakit dan kemungkinan penyakit menjadi lebih teruk.

“Setiap ubat mempunyai cara bertindak yang berbeza dan juga mengikut tahap penyakit.

“Umum mengetahui bahawa warga emas mempunyai fungsi buah pinggang dan hati yang terganggu atau tidak boleh berfungsi secara normal lagi kerana faktor penyakit kronik ataupun faktor umur,” jelasnya.



PENYIMPANAN sisa ubat dalam peti sejuk tidak sepatutnya berlaku. – GAMBAR HIASAN

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 6

RUANGAN : NATION / NEWS

DECISION IN TWO WEEKS

'2ND BOOSTER SHOT BEST WAY TO CONTAIN SPREAD OF VIRUS'

This is because immunity level would have waned and cases are still rising, says expert

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ADMINISTERING a second Covid-19 booster dose to those aged below 60 and without health problems will help contain the spread of the virus in the community.

Public health expert Datuk Dr Zainal Ariffin Omar said the government could consider this measure as Covid-19 cases were rising.

"Giving a second booster dose to those below 60 and without health problems is a good proposal. Perhaps, by now, the immunity level (against Covid-19) would have reduced.

"Additionally, the number of cases is still high within the community," he told *Harian Metro*.

He said this in response to the move by the Technical Working Group for Vaccination (TWG) to look into the recommendation of administering a second Covid-19



Commuters wearing face masks on a mass rapid transit train in Kuala Lumpur yesterday. PIC BY GENES GULITAH

booster dose to individuals aged below 60 and without health issues.

Dr Zainal said this was the most effective way to contain the spread of the virus.

"Apart from the second booster dose, the public cannot let their guard down and must put on their face masks.

"Those who show symptoms must self-quarantine and avoid public spaces to stop the virus

from spreading."

On Friday, Health Minister Khairy Jamaluddin said the TWG's decision on the matter would be announced within two weeks.

He said the TWG also recommended the booster dose for children aged between 12 and 17 who were moderately or severely immunocompromised to be re-categorised as a third dose and complement the primary doses.

In a press conference at the Par-

liament building on Friday, Khairy said this move was to provide optimum protection to teenagers against severe Covid-19 symptoms.

Khairy also warned of a fourth Covid-19 wave following the detection of the Omicron BA.5 sub-variant in the country.

He urged those who had yet to get their booster shots to do so, especially those in the high-risk category.

3,589 new Covid-19 cases recorded on Friday

KUALA LUMPUR: Daily new Covid-19 infections dropped slightly to 3,589 cases on Friday from 4,020 cases on Thursday.

Of the new infections, three were imported and 3,586 were local transmissions.

Data on the Health Ministry's CovidNow portal showed that there were 2,224 recoveries and six deaths, including two brought-in-dead cases in Melaka and Selangor.

Selangor and Kuala Lumpur, which registered 1,261 and 1,083 cases, respectively, remained the highest contributors to the daily cases.

The states that recorded three-digit cases were Perak, which logged 275 infections, followed by 198 in Negri Sembilan, 176 in Sabah and 121 in Penang.

There remaining cases were in Melaka (97), Putrajaya (74), Johor (69), Sarawak (59), Kedah (55), Pahang (46), Perlis (26), Kelantan (21), Labuan (17) and Terengganu (11).

On Friday, 525 Covid-19 patients were admitted to hospitals. The Covid-19 normal beds utilisation rate stood at 19.4 per cent, intensive care unit beds at 10.2 per cent and Covid-19 quarantine and treatment centres (PKRC) beds at 23.7 per cent.

Of the 35,198 active Covid-19 cases recorded, 33,888 patients are undergoing home quarantine, 1,241 are being treated at hospitals, 42 are warded at ICU and 27 are isolated at PKRC.

About 25 ICU patients are on ventilator support.

The DTI Persiaran Wawasan 2 cluster was identified in a detention centre in Kangar, Perlis, on Friday.

Currently, 22 cases are linked to this cluster with a positivity rate of 73.3 per cent.

On Friday, Health Minister Khairy Jamaluddin said Malaysia had entered a new Covid-19 wave and that his ministry expected a rise in new cases from Omicron sub-variants, particularly BA.5.

He said BA.5 was the most transmissible version of Covid-19 compared with the BA.1 and BA.2 Omicron sub-variants.

He said BA.5 could re-infect those who had been infected with Omicron because the sub-variant had immune-escaping properties.

A total of 4,589,911 people have been infected with the coronavirus in the country, 4,518,912 of whom have recovered.

A total of 35,801 patients have died.

AKHBAR : SUNDAY STAR

MUKA SURAT : 6

RUANGAN : NATION

Be more heedful of monkeypox

Frequent travellers to S'pore urged to be vigilant as republic reports cases

By VENESA DEVI
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JOHOR BARU: Malaysians who are frequent travellers to Singapore are taking extra precautions to avoid contracting monkeypox after the island republic reported several cases recently.

While many are not too worried about the situation, they said they would not take it lightly and would seriously adhere to recommendations from the Health Ministries of both countries.

Housewife Hanim Sotian, 46, who travels between Johor Baru and Singapore by bus daily, said she

keeps her mask on at all times when she is outdoors despite the relaxation of the mandatory face mask ruling in both countries.

"I think we must still be extra careful and responsible to those around us. We know through our experience with Covid-19 that diseases can spread quickly and we cannot afford to take things too lightly.

"I maintain a physical distance from others around me and always keep my face mask on. I am also monitoring my husband's health closely, along with mine," she said, adding she is also worried that the border would close again with the

emergence of such diseases and an expected new wave of Covid-19 coming.

"I am more worried about the border closing as that would significantly affect my family's livelihood. I had to live apart from my husband for almost two years because of it," Hanim added.

Senior executive A. Alex, 35, who works in Singapore, said that he is closely adhering to the Covid-19 standard operating procedures to protect himself and others.

"I think we have all been used to living in the pandemic and have gotten used to maintaining good hygiene, wearing face masks and

maintaining physical distancing.

"I believe the preventive measure we have all been taking for Covid-19 is sufficient to protect us from monkeypox, which is said not to spread as quickly as Covid-19.

"For now, I will stick to these preventive measures while also being in the loop for updates for the diseases," he said.

Meanwhile, Wolni Jungin, 38, whose husband, brother and sister work in Singapore, said she is starting to get a little worried about the situation.

"I was worried when Singapore reported its first local case involving a Malaysian. I have told my

family members working there to be vigilant.

"My concern is for my three children and three nephews, who are all living under my care," said the housewife.

As of Friday, four cases have been reported in Singapore; three imported cases and one local infection.

The first monkeypox case was an imported one involving a 42-year-old British national who works as a flight attendant. He tested positive on June 20. The first local infection in Singapore involved a 45-year-old Malaysian man who resides in the island republic. He tested positive on July 6.

Understanding the Omicron BA.5 subvariant

By RAGANANTHINI
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PETALING JAYA: Malaysia is seeing a wave of new Covid-19 infections ever since two Omicron sub-lineage variants were first detected in the country last month.

The Omicron BA.5 sub-lineage has been pushing up cases everywhere from the United States to nearby Singapore.

According to the World Health Organisation (WHO) in its weekly epidemiological update on July 6, the BA.5 is present in 83 countries.

"Although BA.4 is also rising globally, the rate of increase is not as high as that of BA.5.

"BA.4 has been detected in 73 countries, and now accounts for 12% of all sequences submitted during week 25 (up from 11% in the previous week).

"BA.4 and BA.5 share similar mutations in SARS-CoV-2 spike but have different mutations in non-spike regions," it said.

There is no evidence yet regarding any change in severity with BA.4, BA.5 or BA.2.12.1 as compared to BA.2.

However, the rise in the prevalence of these three sub-lineages had coincided with an increase in cases in several WHO regions.

"In some countries, the rise in cases also resulted in a surge in hospitalisation, ICU admissions and deaths," WHO said.

While studies are still being conducted, early data has shown that the BA.5 could be the most conta-



Precautions still in place: A traditional lantern shop displaying a reminder for customers to mask up before entry, in Petaling Street, Kuala Lumpur. — ART CHEN/The Star

gious variant so far.

A study in the *New England Journal of Medicine*, published on July 7, found that the three subvariants substantially "escape" neutralising antibodies from vaccination and infection.

"Moreover, neutralising antibody titers against the BA.4 or BA.5 subvariant and (to a lesser extent) against the BA.2.12.1 subvariant were lower than titers against the

BA.1 and BA.2 subvariants, which suggests that the SARS-CoV-2 Omicron variant has continued to evolve with increasing neutralisation escape," according to the study titled "Neutralisation Escape by SARS-CoV-2 Omicron Subvariants BA.2.12.1, BA.4, and BA.5".

Reports suggest that the variants' ability to evade immunity vaccines may cause a surge in infections.

Fever, runny nose, cough, sore

throat, headaches, muscle pain and fatigue are some of the symptoms.

Health Minister Khairy Jamaluddin said on Friday that Covid-19 infections could increase, especially those caused by BA.5.

BA.5 was first detected in South Africa in February.

It has since become the dominant variant in driving infections up in the United States and most parts of Europe.

Last week, the Centers for Disease Control and Prevention said that BA.4 and BA.5 were estimated to make up a combined 70.1% of the variants in the United States as of July 2.

In Singapore, its Health Minister Ong Ye Kung said on July 5 that about half of the new cases in the republic were due to the BA.4 and BA.5 subvariants. He estimated that this could go up to 80% this week.