

OAKHBAR : BERITA HARIAN

MUKA SURAT : 6

RUANGAN : NASIONAL

KKM sangkal pesakit tunggu lama di wad kecemasan

Taiping: Kementerian Kesihatan (KKM) mengakui berlaku kesesakan di wad kecemasan hospital kerajaan, namun menyangkal keadaan itu menyebabkan pesakit terpaksa menunggu lama untuk mendapatkan rawatan.

Timbalan Menteri Kesihatan, Datuk Dr Noor Azmi Ghazali, berkata kesesakan di wad kecemasan kebelakangan ini berpunca daripada peningkatan kes COVID-19, Influenza serta penyakit kaki tangan dan mulut (HFMD), yang turut dirujuk ke bahagian kecemasan.

Beliau berkata, pihaknya tidak akan sewenang-wenangnya membiarkan pesakit menunggu lama di bahagian kecemasan untuk menerima rawatan.

"Kita mengesahkan sememangnya berlaku kesesakan di hospital kerajaan, namun keadaan masih terkawal.

"Bagi mengelakkan perkara ini berlarutan, KKM melanjutkan waktu operasi memanjangkan

waktu operasi sehingga malam di klinik kesihatan tertentu, selain hospital.

"Selain itu, bagi pesakit yang bukan kes kecemasan, kita nasihatkan mereka mendapatkan rawatan di klinik berhampiran," katanya pada sidang media selepas merasmikan Program Sambutan Minggu Penyusuan Susu Ibu Sedunia Peringkat Negeri Perak, di sini semalam.

Beliau berkata demikian bagi mengulas dakwaan orang ramai mengenai kesesakan di wad kecemasan hospital sehingga menyebabkan pesakit terpaksa menunggu lama untuk menerima rawatan.

Sementara itu, Dr Noor Azmi berkata, susu ibu adalah zat terbaik untuk bayi berbanding susu formula.

Beliau berkata, susu ibu dapat meningkatkan sistem imunisasi bayi, sekali gus mengurangkan risiko penyakit seperti HFMD dan jangkitan virus serta bakteria pada bayi.



Dr Noor Azmi (dua dari kiri) melawat galeri pameran peti penyimpanan susu ibu sejuk beku pada Sambutan Minggu Penyusuan Susu Ibu Sedunia Peringkat Negeri Perak Tahun 2022 di pusat beli-belah di Taiping, semalam. (Foto BERNAMA)

AKHBAR : BERITA HARIAN
 MUKA SURAT : 32
 RUANGAN : ZON SELAMAT

5 penyakit berjangkit kerap serang kanak-kanak

Anak perlu vaksin untuk tingkatkan sistem imun yang lemah

Salah satu punca utama mengakibatkan kematian kanak-kanak adalah disebabkan penyakit berjangkit kerana sistem imun atau daya tahan mereka melawan jangkitan masih lemah.

Penyakit berjangkit seperti cacar berjaya dihapuskan di seluruh dunia, manakala jangkitan penyakit lain dapat dikurangkan dalam tempoh 50 tahun yang lalu melalui pelaksanaan vaksin.

Malangnya, pada tahun 2020, terdapat penurunan yang ketara dalam pengambilan vaksin kanak-kanak disebabkan oleh perintah berkurang dan sekatan pergerakan yang dijalankan di seluruh dunia.

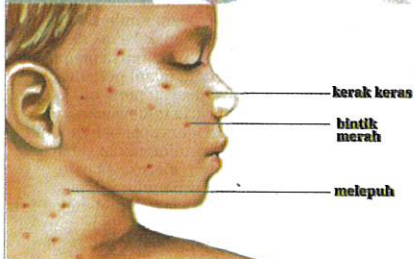
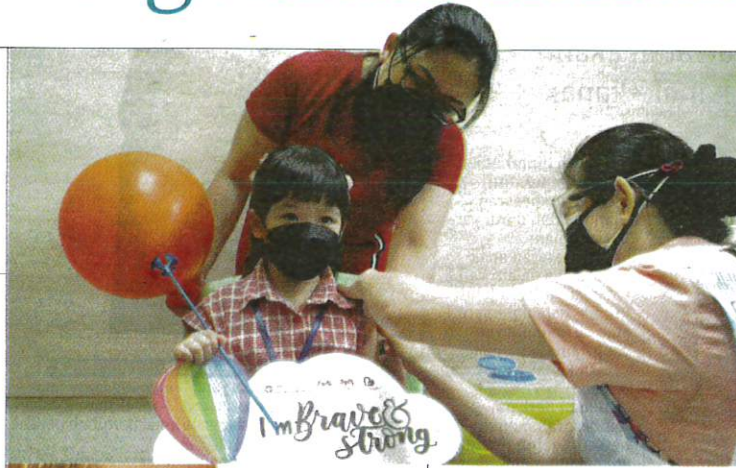
Vaksinasi kanak-kanak penting dalam membantu melindungi anak daripada penyakit berjangkit agar dapat menjalani kehidupan yang kekal sihat dan selamat bersama keluarga dan masyarakat.

Program Imunisasi Kebangsaan

Malaysia sudah lama menyediakan perkhidmatan imunisasi percuma untuk kanak-kanak bagi tujuan mencegah penyakit berjangkit.

Program Imunisasi Kebangsaan (NIP) diperkenalkan pada awal 1950an dan kemudiannya diikuti oleh Program Perkembangan untuk Imunisasi (EPI) pada tahun 1989.

Kini, Malaysia menyediakan imunisasi terhadap 13 penyakit utama kanak-kanak. Melalui program ini, bayi dan



kanak-kanak diberikan vaksin untuk membantu menguatkan sistem imun mereka dengan merangsang sel pertahanan.

Dengan itu, kanak-kanak dilindungi daripada komplikasi yang disebabkan oleh penyakit yang boleh mengancam nyawa. Pakar perubatan mengesyorkan ibu bapa mengambil langkah berjaga-jaga terhadap penyakit lain kanak-kanak hingga boleh mengancam nyawa.

Pakar Perunding Pediatrik dan Ketua Jabatan Pediatrik dari Pusat Perubatan Ara Damansara, Dr Rakhee Yadav, berkata vaksin tambahan yang disyorkan untuk melindungi bayi dan kanak-kanak adalah penting kerana ada lima penyakit yang kerap menyerang golongan itu. Justeru, vaksin terhadap penyakit ini tidak termasuk dalam Program Imunisasi Kebangsaan Malaysia.

1 Rotavirus

Sejenis virus amat mudah dijangkiti kanak-kanak sebelum atau pada usia lima tahun. Virus ini menjangkiti usus dan menyebabkan cirit-birit dan muntah yang teruk. Di Malaysia, kira-kira 22 hingga 50 peratus daripada kes cirit-birit dalam kalangan kanak-kanak adalah disebabkan oleh Rotavirus.

2 Cacar air

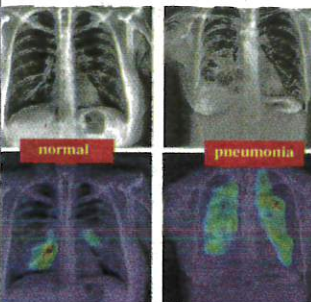
Jangkitan akan menyebabkan ruam, kulit melepuh dan kegalatan yang tidak selesa. Penyakit ini sangat mudah berjangkit kerana ia merebak melalui sentuhan dan cecair pernafasan.

Vaksin terhadap virus Varicella Zoster ini akan mengurangkan risiko penularan dan komplikasi yang lebih serius.

3 Influenza

Virus Influenza (yang juga dikenali sebagai flu) ini berbeza dari selesema biasa kerana ia boleh menyebabkan jangkitan teruk pada saluran pernafasan termasuk tekak, hidung dan paru-paru.

Gejala yang akan dialami termasuk demam, sakit tekak, sakit sendi serta otot dan kelesuan. Kegagalan mendapatkan rawatan bagi kesan virus influenza boleh menyebabkan anak berhadapan risiko seperti pneumonia (radang paru-paru), penyakit paru-paru dan masalah jantung.



Xray menunjukkan keadaan paru-paru normal dan pneumonia.

4 Hepatitis A

Hepatitis A disebabkan oleh virus Hepatitis A, yang boleh dijangkiti melalui air atau makanan yang dicemari najis yang mengandungi virus Hepatitis A. Penyakit ini boleh mengakibatkan komplikasi seperti sakit perut, bengkak pada hati dan demam kuning atau jaundice.

5 Meningococcal

Membabitkan sejenis jangkitan bakteria yang menyebabkan radang pada lapisan otak dan saraf tunjang. Penyakit ini biasanya berlaku dalam kalangan kanak-kanak dan remaja, namun lima hingga 10 peratus yang dijangkiti tidak menunjukkan sebarang gejala penyakit.

Sekiranya tidak mendapatkan rawatan, antara komplikasi yang boleh berlaku adalah masalah sistem saraf seperti lumpuh, pekak dan boleh menyebabkan kematian.

Vaksin untuk kanak-kanak

Justeru, Dr Rakhee menekankan lima penyakit yang disebutkan itu tidak mempunyai rawatan khusus untuk merawatnya.

Oleh itu, langkah pertahanan terbaik untuk melindungi anak anda daripada penyakit adalah dengan pencegahan melalui vaksin.

Tambah beliau, penyakit itu mudah menular di pusat asuhan kanak-kanak dan sekolah. Sehubungan itu, Kementerian Kesihatan (KKM) menyarankan lima vaksin tambahan tersebut bagi bayi dan kanak-kanak.



“Langkah pertahanan terbaik untuk melindungi anak anda daripada penyakit adalah dengan pencegahan melalui vaksin”

Dr Rakhee Yadav

“Biasanya kanak-kanak akan mengalah demam, sakit pada tempat suntikan dan kelesuan selepas vaksinasi.

“Ketidakelesaian ini adalah sementara tapi faedahnya berjangka panjang,” katanya.

Dapatkan vaksin tambahan

Dr Rakhee berkata, KKM melalui Program Imunisasi Kebangsaan sudah menyediakan perlindungan yang menyeluruh kepada masyarakat dan rakyat Malaysia dalam langkah mencegah penyakit.

Justeru, menjadi tanggungjawab ibu bapa untuk memastikan supaya anak-anak mendapat vaksin tambahan yang disyorkan bagi memaksimumkan perlindungan terhadap penyakit.

Jadual Imunisasi tambahan disediakan sebagai garis panduan untuk ibu bapa membuat pilihan sama anak perlu melengkapkan kesemua vaksin tambahan ataupun tidak.

Untuk mendapatkan perundingan lanjut mengenai kesesuaian manamana vaksin untuk anak dan cara pencegahan penyakit berbahaya, segeralah berjumpa dengan doktor pakar kanak-kanak.

Yang pasti, penjagaan kesihatan anak dan orang sekeliling penting. Mencegah adalah lebih baik daripada merawat.



AKHBAR : KOSMO
MUKA SURAT : 5
RUANGAN : NEGARA

Kes Covid-19 turun bawah angka 5,000

PUTRAJAYA – Angka jangkitan Covid-19 di negara ini kembali merekodkan bawah angka 5,000 apabila sebanyak 4,413 kes dilaporkan kelmarin termasuk enam kes import sekali gus menjadikan jumlah keseluruhan sebanyak 4,659,259 setakat ini.

Berdasarkan data CO-VIDNOW, sejumlah 3,394 kes sembuh direkodkan dengan jumlah keseluruhan pulih daripada Covid-19 seramai 4,613,676 orang.

Katanya, sebanyak 47,534 kes aktif Covid-19 dilaporkan dengan merekodkan sejumlah negatif 1,011 kes.

"Kuala Lumpur mencatatkan jumlah kes harian tertinggi iaitu sebanyak 1,344 diikuti Selangor (1,129), Perak (327), Sabah (281), Negeri Sembilan (263), Pulau Pinang (230), Melaka (159), Kedah (123) dan Sarawak (105).

"Turut menyumbang kepada jumlah kes harian itu ialah Johor (95), Kelantan (93), Putrajaya (90), Pahang (89), Terengganu (48), Perlis (21) dan Labuan (14)," kata maklumat itu semalam.

Dalam perkembangan sama, sebanyak 12 kematian dilaporkan dengan empat kes meninggal dunia di luar hospital atau *brought-in-dead* (BID) seterusnya menjadikan jumlah kematian sebanyak 36,003.

Jumlah kematian BID pula sebanyak 7,651 setakat ini.

Sebanyak 45,928 kes dikuarantin di rumah, 23 kes di Pusat Kuarantin dan Rawatan Covid-19 (PKRC), 1,531 kes di hospital, 20 kes di Unit Rawatan Rapi (ICU) tanpa bantuan pernafasan dan 32 kes di ICU dengan bantuan pernafasan.

AKHBAR : KOSMO

MUKA SURAT : 28

RUANGAN : NEGERI

Hanya 31 kes AEFI diklasifikasi serius

Kesemua kes AEFI serius itu telah pulih selepas terima rawatan lanjut di hospital

Oleh **NORMAWATI ADNAN**
TAIPING

Kementerian Kesihatan Malaysia (KKM) hanya menerima 31 kes kesan mudarat berikutan imunisasi (AEFI) yang diklasifikasikan sebagai serius melibatkan kanak-kanak, setakat ini.

Timbalan Menteri Kesihatan, Datuk Dr Noor Azmi Ghazali berkata, jumlah itu diperoleh daripada keseluruhan 1.76 juta atau 49.8 peratus kanak-kanak berusia lima tahun hingga 11 tahun yang sudah menerima sekurang-kurangnya satu dos vaksin Covid-19.

Menurutnya, kesemua kes AEFI serius itu bagaimanapun telah pulih dan dibenarkan pulang selepas menerima rawatan lanjut di hospital.

"Setakat ini statistik menunjukkan kes serius 31 sahaja, sementara ribuan lagi kesan ringan.

"Ini menunjukkan vaksin yang kita

guna sangat selamat dan adalah wajar untuk kita berikan vaksinasi kepada kanak-kanak untuk melindungi mereka daripada jangkitan kuman serta penyakit yang teruk," katanya.

Beliau berkata demikian ketika ditemui pada Majlis Sambutan Minggu Penyusuan Susu Ibu Sedunia Peringkat Negeri Perak di ruang lobi AEON Mall Taiping, di sini pada Jumaat.

Dr Noor Azmi berkata, kebimbangan ibu bapa mengenai AEFI ketika ini banyak dipengaruhi oleh maklumat tidak sahih di media sosial sehingga mereka takut untuk membawa anak-anak mengambil suntikan.

Ujarnya, kepercayaan seumpama itu juga menjadikan penerima vaksin Covid-19 dalam kalangan kanak-kanak di negara ini masih rendah meskipun kerajaan melakukan pelbagai pendekatan.

Dalam perkembangan lain, Ahli Parlimen Bagan Serai itu berkata, kanak-kanak yang menjalani proses penyusuan ibu sekurang-kurangnya enam bulan mampu menghindari penyakit serius, termasuk penyakit tangan, kaki dan mulut (HFMD).

Jelasnya, keadaan itu didorong oleh kebaikan susu ibu yang merupakan makanan cukup zat, paling selamat dan bersih, berbanding susu formula.

Tambahnya, KKM telah meletakkan inisiatif penyusuan susu ibu dalam kerangka Pelan Tindakan Pemakanan



Dr Noor Azmi (tengah) ketika menyempurnakan gimik perasmian Sambutan Minggu Penyusuan Susu Ibu Sedunia Peringkat Negeri Perak di ruang lobi AEON Mall Taiping pada Jumaat.

Kebangsaan Malaysia (NPANM) antaranya Inisiatif Hospital Rakan Bayi, Klinik Rakan Bayi dan Penubuhan Kumpulan Sokongan Penyusuan Susu Ibu.

"Kita turut menggalakkan agar majikan menyediakan ruang khas di tempat kerja sebagai kemudahan golongan ibu me-

merah susu untuk bekalan bayi mereka semasa hari bekerja.

"Kemudahan seperti taska juga boleh diwujudkan bagi memudahkan ibu-ibu menyusukan bayi secara terus semasa waktu rehat dan menghantar bekalan susu diperah kepada bayi mereka," ujarnya.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 5

RUANGAN : NATION/NEWS

ANTI-TOBACCO LAW

PARENTS CONCERNED OVER IMPASSE

GEG bill not passed during recent Dewan Rakyat sitting, so it may just get shelved

DHESEGAAN BALA KRISHNAN
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PARENTS are worried that the Control of Tobacco Product and Smoking Bill, also known as the generational endgame (GEG) law, might be shelved for good after it failed to be put to vote during the recent Dewan Rakyat sitting.

Adjusting the bill further, they argued, would result in a toothless legislation.

Kerina Khiudin, 36, said members of parliament should have passed the GEG first and made their recommendations later to the Health Ministry during the implementation phase.

The mother of two also disagreed with the government's decision to reduce the standard fine from RM5,000 to RM500 for GEG offenders.

"When legislations are sent for review, they most likely end up being disappointments or are sometimes never heard of again.

"Of course, I am also concerned about the potential abuse of power by enforcement officers and



A sign prohibiting smoking at a restaurant in Melaka. FILE PIC

infringement of privacy.

"The best way to tackle that is to get parents involved.

"Law enforcement officers should call up the parents of children caught committing GEG-related offences and speak to them about the penalties, instead of directly fining the children.

"We could have used the GEG to empower each other and stamp out smoking from our shores," she told the *New Straits Times*.

Besides enforcing harsher penalties, Kerina also called on the government to make anti-smoking campaigns more per-

suasive and start educating children on the subject from kindergarten.

Health Minister Khairy Jamaluddin tabled the GEG bill for first reading in the Dewan Rakyat on July 27.

Several parliamentarians have since raised concerns over the wide-ranging powers that it confers on enforcement officers that could potentially lead to abuse.

Following that, Khairy, on Aug 1, agreed to reduce the standard fines for GEG offenders from RM5,000 to RM500 and include community service as an option

in lieu of a fine, as mandated by the court.

He also assured that those born in 2007 and onwards would not be punished for having tobacco and vape products under the bill.

Besides that, he said enforcement officers would not conduct body searches for anyone under the age of 18.

The bill has been referred to a special parliamentary select committee (PSC) for review.

However, Mohdan Amran, a former SMK Shah Alam parent-teacher association president, said these concessions might

render the bill ineffective as a deterrent for potential smokers.

"In fact, lighter punishments could see a rise in repeat offenders and weaken enforcement efforts as well.

"Previously, the government banned cigarette sales to children below 18 and it also enforced a ban on smoking in public places.

"However, the lack of enforcement saw both efforts fail to prevent cigarettes from reaching the younger generation. I hope the government takes heed of this to beef up enforcement efforts under the GEG law.

"The government should hire more enforcement officers and clearly establish the scope of powers for the different agencies tasked with enforcing the law.

"Harsher penalties should be imposed on cigarette and vape suppliers as well as traders caught selling the products to those born in 2007 and onwards."

Mohd Zul Rusdi Mohamad Ghazali, 42, urged the government to send the bill for vote in the next Dewan Rakyat sitting in October after the PSC concludes its review.

"I am slightly disappointed that the Parliament did not pass the bill during the recent sitting because the country urgently needs this legislation.

"Although it is important to impose reasonable fines, lowering it to affordable amounts would not deter potential smokers from lighting up," the father of four said.

AKHBAR : THE STAR

MUKA SURAT : 6

RUANGAN : NATION

Better safe than sorry, say elderly

Doctors: Immunity will wane, booster will help prevent severe infections

By LIEW JIA XIAN and N. TRISHA
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GEORGE TOWN: Despite spending most of his time at home, a septuagenarian battling various illnesses received his second booster shot just to be sure.

Chen Ah Ten, 76, said he firmly believed that getting the additional booster could help prevent severe symptoms among the elderly and high-risk groups.

"Since I fall under the high-risk category, it was good that I got my second booster. Although I only go out occasionally for meals, I feel safer after being vaccinated," said Chen, a double-leg amputee who has diabetes, high blood pressure, and other illnesses, after receiving his second booster jab at the Ayer Itam health clinic yesterday.

Another booster recipient, Teoh Poo Kim, 78, hoped that more would step forward to get their boosters.

"I have diabetes, high blood pressure, and high cholesterol, and although I seldom go out, I want to be protected for the sake of my children and grandchildren," she said.

Retiree Kular Kanoo, 66, who is mostly outdoors, said he felt safer after receiving his second booster



Being cautious: Senior citizens waiting for their turn to get the second booster vaccine doses at the Ayer Itam health clinic in Penang. — CHAN BOON KAI/The Star

shot. "I visit the market and bank frequently. Besides, I have asthma and high cholesterol.

"Although I have not been Covid-19 positive, I want to get the booster

to better protect myself," he added.

Dr Parvindarjit Kaur of the health clinic said those who got their first booster jabs six months ago or more should get the second booster if

they are eligible.

"Our immunity will go down with time. It is better to 'top up' your booster, especially for those who fall under the high-risk category.

"Although those who have been vaccinated can still contract Covid-19, the symptoms that they experience will be milder," she said.

Dr Parvindarjit added that the second booster dose is currently being prioritised for those who are 60 and above, those above 18 with medical conditions, and also medical frontliners.

Volunteers For Community Engagement and Empowerment For Covid-19 chairman Datuk Dr Zainal Ariffin Omar said getting a second booster shot could enhance a person's waning immunity.

"It may also prevent further reinfection by the same Covid-19 virus or new variants," he said.

On July 19, Health Minister Khairy Jamaluddin announced that those aged between 50 and 59 years old without comorbidities would be allowed to take second booster jabs.

Khairy also said those aged 60 and above, with or without comorbidities, may also opt for the second booster upon medical advice.

Penang health committee chairman Dr Norlela Ariffin said the number of people receiving their second booster shots had risen, with the figure currently at 6,843 for adults and 8,239 for those aged above 60.

PSSC told to take neutral stance on Smoking Bill

By MESHVINNY NELSON
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KUALA LUMPUR: Members of the Parliamentary Special Select Committee (PSSC) must remain neutral when deliberating on the Control of Tobacco Products and Smoking Bill 2022, say health activists.

They said those elected, be they from political parties or health experts, should also not be affiliated with any stakeholders who prioritise wealth over public health.

National Cancer Society Malaysia (NCSM) managing director Dr M. Murallitharan said it was important

for those in the PSSC to not have any interest in both the vaping and smoking industries.

"Similarly, we call for all Members of Parliament (MPs) to declare whether they have any involvement with stakeholders from tobacco and cigarette companies," he said at a press conference yesterday.

Also present yesterday were representatives from the Malaysian Drug Prevention Association (Pemadam), Malaysian Women's Action for Tobacco Control and Health, Ikram Health Malaysia, and the Federation of Malaysian Consumers Associations (Fomca).

Dr Murallitharan also criticised the need for several MPs to delay and politicise this issue.

"The Bill has been clearly read by the Health Minister and is proposed to ensure our children will live healthy and more productive lives.

"Despite this, there are still those who turn a deaf ear and assume that our enforcement will go overboard with this initiative," he said in response to arguments that the Bill would deprive the rights of the involved age groups.

Dr Murallitharan also called for MPs to respect the World Health Organization's Framework Convention on Tobacco Control,

which was also signed by Malaysia.

"Don't delay the Bill anymore. October will decide the future of our people," he said.

After much abuzz over the 'generational endgame' policy to stop smoking among those born in 2007 and beyond, Health Minister Khairy Jamaluddin referred the Control of Tobacco Products and Smoking Bill 2022 to the PSSC on Tuesday.

The committee will look into the enforcement clause as well as proposed penalties under the Bill, otherwise known as the tobacco generational end game (GEG).

It will also recommend improvements and study proposals mooted

by MPs during debates and to select committees.

Under the proposed Bill, children born in 2007 and subsequent years will be prohibited from smoking, buying or possessing any type of smoking product, including electronic cigarettes or vape products, even after reaching the age of 18.

Apart from this, shopkeepers and cigarette vendors are also not allowed to sell smoking products to those covered by the ban.

The ministry had initially proposed the ban to cover those born from Jan 1, 2005, onwards, but changed the age limit to those born after Jan 1, 2007.