

AKHBAR : BERITA HARIAN

MUKA SURAT : 3

RUANGAN : NASIONAL

Tabiat pemakanan penentu tahap kesihatan keluarga

Kuala Lumpur: Tabiat pemakanan keluarga menjadi faktor penting dalam menentukan tahap kesihatan setiap individu termasuk kemungkinan menghidap penyakit kronik seperti jantung dan darah tinggi.

Profesor Pemakanan Kesihatan Masyarakat, Jabatan Kesihatan Masyarakat, Fakulti Perubatan Universiti Kebangsaan Malaysia (UKM), Prof Dr Zaleha Md Isa, berkata sekiranya masyarakat mengamalkan diet tidak sihat sejak dari kecil, mereka berisiko terdedah kepada penyakit berkenaan pada awal usia kanak-kanak dan remaja.

"Penyakit kronik ini tidak berlaku dalam tempoh semalaman. Sebab itu pemakanan sihat perlu dimulakan pada awal usia, maksudnya ibu bapa sendiri berperanan untuk mulakan diet yang seimbang."

"Jika dari kecil dah amalkan pengambilan garam yang tinggi, tidak hairanlah penyakit kronik boleh dihidap pada usia sangat muda. Hasil kajian saya, ada remaja baru di sekolah menengah, tetapi disahkan menghidap darah tinggi," katanya kepada *BH*, semalam.

Muka depan *BH* semalam melaporkan Ketua Pengarah Kesihatan, Tan Sri Dr Noor Hisham Abdullah, berkata pengambilan garam berlebihan meningkatkan tekanan darah, seterusnya mengundang risiko penyakit kardiovaskular, angin ahmar, kanser dan penyakit buah pinggang.

Dr Zaleha berkata, terdapat dua langkah pencegahan penting perlu diamalkan bagi mengelak mendapat penyakit kronik.

"Pertama, kurangkan makanan tinggi sodium, biasanya terdapat dalam makanan yang diproses dan semua jenis sos dan kicap yang sedia dimakan."

"Kedua, tingkatkan diet yang tinggi sayur-sayuran, buah-buahan dan bijirin dan pada masa sama perlu buat aktiviti senaman secara konsisten," katanya.

Beliau turut menggalakkan orang ramai terutama pesakit darah tinggi mengamalkan diet melalui Pendekatan Pemakanan untuk Hentikan Hipertensi (DASH)



Keratan akhbar BH semalam.

yang diamalkan di seluruh dunia untuk mengawal darah tinggi.

"Melalui diet DASH, ia akan beri kesan terbalik terhadap sodium. Jenis makanan dalam diet ini lebih fokus kepada sayuran, bijirin, makanan kurang lemak, pengambilan lebih banyak ikan, daging putih dan kekacang," katanya.

Sementara itu, Ketua Jabatan Dietetik dan Sajian, Hospital Universiti Teknologi MARA (UiTM), berkata pengeluar dan pengusaha makanan perlu turut sama bertanggungjawab membina kesedaran dengan menjual produk yang sihat.

"Boleh bangkitkan kesedaran dengan cara beri pilihan kepada pelanggan untuk mendapatkan makanan berkhasiat, sementara pengguna juga perlu peka kepada label makanan di pasaran."

"Baca dahulu label makanan kerana di pasaran sekarang sudah ada banyak produk misalnya biskut dan marjerin rendah garam."

"Begitu juga jika memesan makanan di restoran, biasakan minta peniaga kurangkan garam dalam masakan sebagaimana kita biasa minta kurangkan gula ketika memesan minuman," katanya.

Beliau berkata, terdapat pelbagai alternatif untuk mengelakkan penggunaan garam dalam masakan, antaranya dengan menambah pelbagai jenis rempah atau bahan yang mengandungi rasa garam semula jadi seperti bawang putih, serai dan lemon.

"Lidah kita sebenarnya boleh dilentur dalam soal rasa, jika terbiasa ambil makanan tidak berapa masin, takkan ada masalah."

"Nasihat saya kurangkan garam sedikit demi sedikit, lama kelamaan lidah akan terbiasa dan boleh menerimanya," katanya.

“Penyakit kronik ini tidak berlaku dalam tempoh semalaman. Sebab itu pemakanan sihat perlu dimulakan pada awal usia, maksudnya ibu bapa sendiri berperanan mulakan diet yang seimbang”

Dr Zaleha Md Isa
Profesor Pemakanan Kesihatan Masyarakat, Jabatan Kesihatan Masyarakat, Fakulti Perubatan UKM



AKHBAR : BERITA HARIAN

MUKA SURAT : 6

RUANGAN : NASIONAL

Komuniti pastikan fasa peralihan lancar

Putrajaya: Peranan komuniti sangat penting demi memastikan fasa peralihan ke endemik April hadapan berjalan lancar.

Ia dapat memastikan masyarakat dapat hidup secara sihat dan selamat walaupun virus COVID-19 masih berada di sekeliling.

Menurut Kementerian Kesihatan (KKM) di Facebook rasminya semalam, fasa ini adalah *exit strategy* (strategi keluar) dan amat kritikal bagi membawa masyarakat ke fasa endemik yang membolehkan kita kembali kepada kehidupan yang hampir normal.

Menurut KKM, untuk berjaya hidup bersama virus COVID-19, setiap individu perlu mengamalkan lima langkah.

Katanya, langkah itu adalah setiap individu perlu terus mengamalkan langkah pencegahan iaitu mengambil vaksin dan dos penggalak dan sentiasa melakukan penilaian risiko sendiri.

"Individu juga perlu mengamalkan TRIIS iaitu *Test* (Uji), *Report* (Lapor), *Isolate* (Asing), dan *Seek* (Dapatkan). Ia antara langkah yang harus dilaksanakan bagi mengukuhkan tindakan kesihatan awam sendiri demi memastikan proses peralihan berjalan lancar," katanya.

Perdana Menteri, Datuk Seri Ismail Sabri Yaakob sebelum ini mengumumkan negara akan memasuki Fasa Peralihan Endemik, bermula 1 April ini.

Katanya, ia adalah fasa perali-



Penolong Pegawai Perubatan, Mohd Jaya Jaafar menunjukkan vaksin kepada anaknya, Wafiy Iman Mohd Jaya pada Program Imunisasi COVID-19 Kebangsaan Kanak-Kanak di Putrajaya, semalam.

(Foto Mohd Fadli Hamzah/BH)

han untuk negara kembali kepada kehidupan normal selepas rakyat bergelut dengan pandemik COVID-19 sejak dua tahun lalu.

"Fasa ini adalah fasa semen-

tara sebelum negara ke fasa endemik (sepenuhnyanya) yang mana ia tertakluk kepada pengumuman Pertubuhan Kesihatan Sedunia (WHO)," katanya.

AKHBAR : HARIAN METRO

MUKA SURAT : 5

RUANGAN : LOKAL

Nilai Rt negara turun kepada 0.96

Kuala Lumpur: Purata kadar kebolehsangkitan atau nilai R-naught (Rt) Covid-19 negara ini sedikit menurun kepada 0.96 kelmarin berbanding 0.97 dicatatkan pada Ahad lalu.

Berdasarkan data dikongsikan Ketua Pengarah Kesihatan, Tan Sri Dr Noor Hisham Abdullah menerusi siaran media Kementerian Kesihatan Malaysia (KKM), semalam, sembilan negeri merekodkan kadar Rt melebihi 1.00.

Negeri mencatatkan kadar Rt melebihi 1.00 ialah Sarawak (1.21), Kuala Lumpur (1.12), Terengganu (1.12), Negeri Sembilan (1.07), Perak (1.04), Pulau Pinang (1.03), Putrajaya (1.02), Pahang (1.01) dan Kedah (1.01).

Tiga negeri mencatatkan Rt 1.00 iaitu Selangor, Melaka dan Johor.

Sementara itu, empat ne-

22,030

Bilangan kes positif baharu Covid-19 kelmarin.

geri mencatatkan bacaan Rt terendah di bawah 1.00 ialah Kelantan (0.97), Perlis (0.94), Labuan (0.82) dan Sabah (0.70).

Kelmarin, KKM melaporkan 22,030 kes positif baharu Covid-19, sekali gus menjadikan kes kumulatif di negara ini sebanyak 3,845,601 kes.

Maklumat terperinci berkenaan situasi semasa jangkitan dan penularan Covid-19 di Malaysia akan dimuatnaik ke laman web COVIDNOW di <https://covidnow.moh.gov.my> dan data akan dikemaskini pada 12 tengah malam setiap hari.

Sabah mansuh syarat isi borang e-HDF

Kota Kinabalu: Syarat pengisian borang pengisytiharan kesihatan (e-HDF) bagi memasuki Sabah dimansuhkan berkuatkuasa kelmarin.

Jurucakap perkembangan harian Covid-19 Sabah Datuk Masidi Manjun berkata, pihaknya bersejutu dengan saranan Jabatan Kesihatan Negeri Sabah untuk memansuhkan pengisian e-HDF bagi individu yang tiba di pintu masuk negeri ini.

"Individu yang memasuki negeri ini hanya perlu menunjukkan status vaksin dan risiko melalui aplikasi MySejahtera," katanya dalam satu kenyataan.

Dalam pada itu, Masidi

yang juga Menteri Kerajaan Tempatan dan Perumahan merangkap Menteri Kewangan II negeri berkata, jumlah kes harian Covid-19 kelmarin kekal mencatatkan tiga angka.

"Berdasarkan laporan JKNS, jumlah kes positif baharu Covid-19 adalah sebanyak 622 kes, menjadikan jumlah kumulatif sebanyak 360,485 kes.

"Sebanyak lima kes kematian dilaporkan masing-masing satu kes di daerah Tawau, Kota Belud, Kota Kinabalu, Papar dan Sandakan.

"Bilangan pesakit Covid-19 sembuh ialah 1,647 menjadikan jumlah kumulatif 331,204 orang.

AKHBAR : HARIAN METRO

MUKA SURAT : 6

RUANGAN : COVID-19

Jangkitan baharu dicatat kelmarin turun kepada 22,030 kes, 33,872 sembuh dari koronavirus

Oleh Amir Abd Hamid
amir_hamid@mediaprima.com.my

Kuala Lumpur

Jangkitan baharu Covid-19 dicatat kelmarin menurun kepada 22,030 kes berbanding 22,535 kes pada Ahad lalu.

Ketua Pengarah Kesihatan Tan Sri Dr Noor Hisham Abdullah berkata, ia menjadikan 3,845,601 kes kumulatif, setakat ini.

Belliau berkata, daripada jumlah itu, 21,636 kes membabitkan penularan tempatan iaitu 20,894 warganegara (96.6 peratus) dan 742 bukan warganegara (3.4 peratus).

"Manakala, kes import dari luar negara semalam (kelmarin) 394 kes iaitu 369 membabitkan warganegara (93.7 peratus) dan 25 bukan warganegara (6.3 peratus).

"Bagi kes sembuh, ia mencatat 33,872 kes menjadikan 3,502,760 kes sembuh kumulatif atau 91.1 peratus," katanya.



PESAKIT Covid-19 tahap 3 dan 4 menggunakan alat spirometer sambil dipantau petugas di Hospital Kuala Lumpur (HKL). - Gambar NSTP/EFFENDY RASHID

Belliau berkata, 388 kes (169 kes disahkan Covid-19; 219 kes disyaki, kemungkinan, dan kes dalam siasatan) memerlukan rawatan di Unit Rawatan Rapi (ICU), kelmarin.

Katanya, kes memerlukan bantuan pernafasan

pula 215 kes (97 kes disahkan Covid-19, 118 kes disyaki, kemungkinan, dan kes dalam siasatan).

"Sebanyak 8,616 kes (39.1 peratus) membabitkan kategori 1 manakala kategori 2: 13,188 kes (59.86 peratus), kategori 3: 71 kes (0.32 peratus), kategori 4: 61 kes

(0.28 peratus) dan kategori 5: 94 kes (0.43 peratus).

"Daripada 226 kes bagi kategori 3, 4, dan 5 semalam (kelmarin), 52 kes (23.00 peratus) tidak divaksinasi atau belum lengkap divaksinasi, 111 kes (49.12 peratus) menerima dua dos vaksin, tetapi belum menerima

dos penggalak.

"Manakala 63 kes (27.88 peratus) menerima dos penggalak, 144 kes (63.72 peratus) berumur 60 dan ke atas dan 64 kes (28.32 peratus) mempunyai komorbid," katanya.

Dr Noor Hisham berkata, dua kluster baharu dicatat

menjadikan jumlah kluster Covid-19 sejak awal penularan di negara ini sebanyak 6,883 kluster.

Menurutnya, daripada jumlah keseluruhan itu, 6,506 kluster tamat manakala jumlah kluster aktif dengan kebolehjangkitan adalah 377 kluster.

Kuala Lumpur: Penggunaan fasiliti kesihatan khusus bagi kes Covid-19 membabitkan katil kes kritikal atau Unit Rawatan Rapi (ICU) di enam negeri, kelmarin melebihi 50 peratus.

Ketua Pengarah Kesihatan Tan Sri Dr Noor Hisham Abdullah berkata, enam negeri itu Kuala Lumpur (77 peratus), Kelantan (75 peratus), Johor (66 peratus), Selangor (62 peratus), Melaka (59 peratus) dan Pulau Pinang (51 peratus).

Menurutnya, penggunaan katil bukan ICU untuk pesakit Covid-19 juga merekodkan pengisian melebihi 50 peratus di 12 negeri.

"Ia membabitkan Putrajaya (107 peratus), Selangor (103 peratus), Kuala Lumpur (90 peratus), Perak (86 peratus), Melaka (84 peratus),

12 negeri guna katil bukan ICU lebih 50%



Tiada negeri menunjukkan peratusan melebihi 50 peratus bagi penggunaan katil di Pusat Kuarantin dan Rawatan Covid-19 Berisiko Rendah (PKRC)"

Dr Noor Hisham Sarawak (81 peratus), Perlis (76 peratus), Terengganu (73 peratus), Kelantan (71 peratus), Johor (58 peratus), Pulau Pinang (56 peratus) dan Pahang (55 peratus).

"Tiada negeri menunjukkan peratusan melebihi 50 peratus bagi penggunaan katil di Pusat Kuarantin dan Rawatan Covid-19 Berisiko Rendah (PKRC)," katanya.

Katanya, ada perbezaan antara data harian kemasukan kes Covid-19 ke hospital berbanding kes Covid-19 kategori 1 hingga 5 yang baharu didiagnosa setiap hari.

"Ia kerana keadaan klinikal pesakit yang dinamik dan mungkin merosot atau baik ketika dijangkiti Covid-19.

"Pada masa sama, ada kes Covid-19 berisiko tinggi dari kategori 1 dan 2 memerlukan kemasukan ke PKRC dan hospital," katanya.

92 lagi jadi mangsa koronavirus

Kuala Lumpur: Seramai 1,180,323 atau 33.2 peratus kanak-kanak berusia lima hingga 11 tahun sudah menerima dos pertama vaksin Covid-19 menerusi Program Imunisasi Covid-19 Kebangsaan Kanak-Kanak (PICKIDS).

Berdasarkan laman web Covidnow, bagi populasi remaja berusia 12 hingga 17 pula, 2,838,292 individu atau 91.2 peratus melengkapkan vaksinasi Covid-19, setakat kelmarin.

Seramai 2,938,106 individu atau 94.4 peratus daripada kumpulan itu pula sudah menerima sekurang-kurangnya satu dos vaksin.

Bagi populasi dewasa, seramai 15,317,615 individu



atau 65.1 peratus sudah menerima dos penggalak Covid-19.

Seramai 22,936,715 individu atau 97.5 peratus daripada populasi sama melengkapkan vaksinasi mereka, manakala 23,213,016 individu atau 98.7 peratus menerima sekurang-kurangnya satu dos vaksin.

Vaksinasi harian kelmarin menyaksikan sebanyak 51,798 dos vaksin diberikan meliputi 14,496 dos perta-

ma, 2,055 dos kedua dan 35,247 dos penggalak, menjadikan jumlah kumulatif dos vaksin yang diberikan di bawah Program Imunisasi Covid-19 Kebangsaan (Pick) sebanyak 68,214,783.

Sementara itu, menurut portal GitHub Kementerian Kesihatan, 92 kes kematian akibat Covid-19 direkodkan kelmarin dengan Kedah mencatatkan angka tertinggi sebanyak 28 kes, diikuti Johor (15), Selangor (14), Pulau Pinang (tujuh) dan Perak (enam).

Negeri Sembilan, Pahang dan Sabah masing-masing merekodkan lima kes, Sarawak dan Terengganu masing-masing tiga manakala Kelantan satu kes.

AKHBAR : HARIAN METRO

MUKA SURAT : 7

RUANGAN : COVID-19

133 kematian banduan direkod

Penularan wabak Covid-19 dalam penjara dikurangkan susulan kewujudan 10 jel satelit dan 37 PTP

Oleh Zuliaty Zulkiffi
am@hmetro.com.my

Alor Setar

Jabatan Penjara Malaysia berjaya mengurangkan penularan jangkitan Covid-19 susulan kewujudan 10 penjara satelit dan 37 Pusat Transit Penerimaan (PTP) yang ditubuhkan di negara ini sejak 2020.

Pengarah Bahagian Keselamatan dan Inteligen Ibu Pejabat Penjara Malaysia, Komisioner Penjara Ahmad Faudzi Awang berkata, setiap banduan yang masuk ke penjara disaring terlebih dahulu sama ada di penjara satelit atau pusat transit berkenaan selama 14 hari bagi memastikan mereka sihat sebelum dihantar menjalani hukuman.

Beliau berkata, setiap negeri mempunyai satu penjara satelit kecuali Sarawak, Perlis dan Wilayah Persekutuan.

"Selain itu, 37 pusat transit pula didirikan di bangu-



PENGAYUH bera menunggu pelanggan di pekarangan Pasar Besar Kedai Payang, Kuala Terengganu, semalam. Aktiviti pelancongan di Kuala Terengganu dijangka kembali pulih berikutan pengumuman Perdana Menteri Datuk Seri Ismail Sabri mengenai pembukaan sempadan negara bermula 1 April ini yang sudah menerima vaksinasi lengkap selepas mengenakan sekatan keluar masuk antara negara sejak Mac 2020 bagi menangani pandemik Covid-19.

nan bekas lokasi Pusat Latihan Khidmat Negara (PLKN) yang menempatkan banduan yang melakukan kesalahan ringan sekali gus dapat mengelakkan kesesakan di penjara.

"Di Kedah, kita ada sebuah penjara satelit iaitu di Kulim

dan dua PTP iaitu di Penjara Alor Setar untuk lelaki manakala di Penjara Sungai Petani bagi wanita," katanya.

Beliau berkata demikian ketika ditemui selepas menyaksikan Majlis Serah Terima Tugas Pengarah Jabatan Penjara Kedah di antara

Timbalan Komisioner Penjara Zawari Abdul Rashid kepada Timbalan Komisioner Penjara Shukri Saad di sini, semalam.

Zawari sebelum ini menggalas tugas sebagai Pengarah Penjara Kedah selama dua tahun 10 bulan dan akan

memegang jawatan sebagai Pengarah Bahagian Parol dan Perkhidmatan Komuniti Ibu Pejabat Penjara Malaysia.

Manakala Shukri pula sebelum ini memegang jawatan sebagai Pengarah Penjara Negeri Perak.

Ahmad Faudzi berkata, di penjara satelit, pada satu-satu masa ia dapat menempatkan antara 400 hingga 500 tahanan termasuk banduan baru yang menjalani ujian saringan Covid-19 sebelum dibawa masuk ke dalam penjara utama.

Beliau berkata, sepanjang tempoh pandemik Covid-19 sejak 2020, sebanyak 66,053 kes Covid-19 dilaporkan membabitkan banduan, kakitangan serta keluarga kakitangan penjara di seluruh negara ini.

Daripada jumlah itu, 64,522 kes dilaporkan sudah sembuh. Selain itu, 283,471 saringan dilakukan terhadap banduan, pegawai dan keluarga kakitangan turut dilakukan sepanjang tempoh

dua tahun ini yang mana banduan membabitkan seramai 55,726 orang, pegawai 5,340 dan keluarga kakitangan 4,987 orang," katanya.

Ahmad Faudzi berkata, penularan jangkitan Covid-19 juga berkurangan sehingga kini yang mana saringan dan tapisan dilakukan terlebih dahulu bagi mengelakkan penularan seperti yang berlaku ketika kluster penjara sebelum ini.

Beliau berkata, hanya 133 kematian banduan direkodkan sepanjang tempoh itu berkaitan Covid-19 manakala kakitangan pula membabitkan enam orang manakala keluarga kakitangan seramai tujuh orang.

"Kes aktif pula kini mencatatkan sebanyak 1,385 yang membabitkan banduan (804), kakitangan (338) manakala keluarga kakitangan (243).

"Kita mempunyai seramai 16,000 kakitangan di jabatan penjara di negara ini manakala keseluruhan banduan pula seramai 71,000," katanya.

Thailand kesan 4 kes subvarian Omicron

Bangkok Thailand mengesan sekurang-kurangnya empat kes berpotensi subvarian Covid-19 Omicron BA.2.2.

Ketua Pengarah Jabatan Sains Perubatan Dr Suakrit Sirilak berkata strain yang pertama kali dilaporkan di Hong Kong itu, ditemukan pada seorang warga asing dan tiga rakyat tempatan.

Bagaimanapun, ia masih menunggu pengesahan lanjut, tambahnya.

Justeru, beliau menggesa orang ramai supaya bertenang kerana ia masih belum dianggap sebagai membimbangkan.

"Setakat ini, tiada maklumat mencukupi untuk menilai tahap penularan strain itu dengan tepat.

"Terlalu awal untuk membuat kesimpulan bahawa BA.2.2 boleh merebak lebih cepat atau lebih serius berbanding varian lain," katanya.

Kelmarin, Naib Pengerusi Suruhanjaya Kesihatan Awam Dr Chalermchai Boonyaleeophon menggesa kerajaan untuk membuat saringan membabitkan ketibaan dari Britain dan



Terlalu awal untuk membuat kesimpulan bahawa BA.2.2 boleh merebak lebih cepat atau lebih serius berbanding varian lain"

Dr Suakrit

Hong Kong di tengah-tengah kebimbangan terhadap Omicron BA.2.2.

Pada masa ini, Omicron adalah strain yang dominan di Thailand, mewakili 99.6 peratus daripada semua kes Covid-19.

Omicron merebak empat kali lebih cepat berbanding varian Delta dan sudah bermutasi kepada tiga subvarian: BA.1, BA.2 dan BA.3.

Dalam tempoh 24 jam lalu, Thailand merekodkan 22,130 kes baharu Covid-19 dan 69 kematian, menjadikan jumlah jangkitan di negara itu kepada 3,206,950 dan 23,778 kematian.

AKHBAR : HARIAN METRO

MUKA SURAT : 10

RUANGAN : LOKAL

WARGA EMAS, PEROKOK TEGAR ANTARA GOLONGAN BERISIKO

15 peratus sakit buah pinggang

Oleh Hazira Ahmad
Zaidi
am@hmetro.com.my

Kota Bharu

Golongan berisiko yang mudah mendapat penyakit buah pinggang kronik ialah mereka berusia 60 tahun ke atas, perokok tegar serta individu yang mempunyai masalah batu karang, gout dan berat badan berlebihan.

Selain itu, mereka yang menghidap penyakit diabetes, tekanan darah tinggi dan tahap kolesterol yang tinggi turut berisiko mendapat penyakit buah pinggang.

Pakar Patologi Kimia, Hospital Universiti Sains

Malaysia, Dr Nur Karyatee Kassim berkata, dianggarkan 15 peratus daripada rakyat Malaysia menghidap penyakit buah pinggang kronik pelbagai peringkat.

"Pesakit buah pinggang kronik biasanya tidak menunjukkan simptom atau tanda-tanda menghidap penyakit buah pinggang kronik sehinggalah sekitar 50 hingga 70 peratus fungsi kesihatan tisu buah pinggang sudah merosot.

"Antara tanda-tanda penghidap penyakit buah pinggang kronik ialah pesakit akan merasa keletihan, mual, kekejangan otot pada waktu malam, bengkak kaki dan di sekeliling mata, kerap membuang air kecil pada

waktu malam dan kentung berbuih.

"Bagi mereka yang mengambil ubat-ubatan tanpa preskripsi daripada doktor bagi tujuan untuk menjadi kurus dan cantik perlu berhati-hati kerana ubat-ubatan sebegini sebenarnya berbahaya, sekali gus boleh memberi kesan buruk kepada buah pinggang," katanya dalam kenyataan, semalam.

Beliau berkata, bagi pesakit buah pinggang, kebiasaannya ujian darah akan dilakukan untuk mengukur tahap fungsi buah pinggang seseorang seperti tahap kreatinin, dan urea dalam badan.

"Sekiranya buah pinggang

didapati rosak, semua bahan buangan akan berkumpul dalam badan kerana buah pinggang yang rosak tidak mampu menapis keluar bahan berkenaan.

"Selain itu, terdapat juga ujian elektrolit bagi mengukur tahap mineral dalam badan pesakit.

"Bagi pesakit buah pinggang kronik, mereka kebiasaannya akan mengalami ketidakseimbangan bahan mineral dalam badan seperti potasium, sodium serta kalsium dan ubat-ubatan diperlukan bagi menstabilkan semula elektrolit ini.

"Pada masa sama, pesakit juga perlu melakukan ujian darah hemoglobin atau sel darah merah ke-

rana pesakit buah pinggang kronik biasanya akan mengalami anemia iaitu sel darah merah rendah kerana fungsi buah pinggang tidak dapat menghasilkan hormon erythropoietin yang mana hormon ini penting untuk penghasilan sel darah merah," katanya.

Menurutnya, bagi pesakit buah pinggang kronik, fungsi buah pinggang akan berkurangan secara beransur-ansur tanpa dapat dipulihkan kembali dan juga dianggap pembunuh dalam diam.

"Selain itu, tahap kesihatan buah pinggang boleh diukur melalui kadar penapisan *Glomerular Filtration Rate* (EGFR).

"Tahap satu adalah tahap yang paling selamat atau sihat. Manakala bagi tahap lima pula adalah tahap yang paling kronik bagi kesihatan buah pinggang yang memerlukan rawatan dialisis dan pemindahan organ buah pinggang," katanya.

Dr Nur Karyatee turut menasihatkan masyarakat agar tidak takut untuk menjalani ujian darah bagi mengelak buah pinggang mereka mengalami kerosakan lebih teruk.

"Sekiranya ketidakfungsi-an buah pinggang ini berlaku, ia akan memberi kesan kepada perubahan pada keseimbangan bahan kimia dalam badan," katanya.

AKHBAR : HARIAN METRO
MUKA SURAT : 13
RUANGAN : LOKAL

Kertas putih reformasi sistem kesihatan negara

Kuala Lumpur: Satu kertas putih kesihatan ke arah reformasi sistem kesihatan negara dijangka dibentangkan di Dewan Rakyat pada November ini, kata Menteri Kesihatan Khairy Jamaluddin.

Kertas putih itu bertujuan mengukuhkan sistem kesihatan negara secara menyeluruh agar perkhidmatan kesihatan lebih saksama, berkualiti tinggi, mudah diakses dengan kos berpatutan dan mampan untuk jangka masa panjang, kata

Khairy pada Waktu Pertanyaan Menteri di Dewan Rakyat semalam.

"Kertas putih kesihatan adalah satu ikhtiar Kementerian Kesihatan untuk membuka hujah dan perbincangan bersama rakyat serta pihak berkepentingan mengenai sistem kesihatan negara yang memerlukan penambahbaikan yang mampan. Ia merupakan dokumen rasmi kerajaan yang akan menggariskan status semasa, jurang dan kekangan yang dihadapi.

"Dokumen ini juga akan mengemukakan cadangan penyelesaian secara berfasa dari segi reformasi penyampaian perkhidmatan, pembiayaan, tadbir urus serta organisasi merangkumi tempoh 15 tahun," katanya semasa menjawab soalan Wong Hon Wai (PH-Bukit Bendera).

Khairy berkata, penyediaan kertas putih kesihatan itu akan mengambil kira hasil serta syor pelbagai kajian sistem kesihatan yang telah dilaksanakan dan panda-

ngan pihak berkepentingan termasuk rakyat melalui sesi libat urus.

Menteri itu berkata, untuk memastikan cadangan kertas putih itu kalis masa depan dan mendapat persetujuan bipartisan, ia juga perlu dibawa ke peringkat Dewan Negara serta cadangan kertas putih itu perlu dilaporkan kepada Jemaah Menteri dan Jawatankuasa Pilihan Khas.

"Sebab itu saya putuskan proses ini mesti dibawa ke Dewan Negara dan Parlimen

mendapat keputusan konsensus bipartisan. Hanya persetujuan bipartisan sahaja memastikan ini (kertas putih) akan menjadi satu dokumen, hala tuju, ikhtiar dan aspirasi bersama, tak kira kerajaan mana (memerintah) dan menteri siapa yang duduk di kerusi ini.

"Saya cadangkan ia dilaporkan bukan saja kepada Jemaah Menteri, juga untuk Jawatankuasa Pilihan Khas agar milestone atau sasaran dicapai mengikut perancangan yang dikecapi semasa



KHAIRY

konsensus kertas putih ini disediakan," katanya.

Beliau berkata cadangan kertas putih itu mengambil kira aspek akses kesihatan di peringkat kebangsaan, tidak kira negeri dan wilayah.

AKHBAR : KOSMO
MUKA SURAT : 6
RUANGAN : NEGARA

Sektor kesihatan awam perlu peruntukan tambahan

KUALA LUMPUR – Malaysia merupakan sebuah negara berpendapatan sederhana tinggi, tetapi melaksanakan pelaburan yang kurang optimum untuk sistem kesihatan awam pada setiap tahun.

Menteri Kesihatan, Khairy Jamaluddin Abu Bakar berkata, pembiayaan negara bagi sistem kesihatan awam cuma pada kadar 2.58 peratus daripada Keluaran Dalam Negara Kasar (KDNK) pada tahun 2020.

“Malah saya boleh katakan ada ‘chronic under investment’ terhadap sistem kesihatan awam negara. Sebagai contoh berdasarkan laporan Ketua Audit Negara pada 2018.

“Jabatan Kecemasan dan Trauma di hospital kerajaan kekurangan kakitangan, kesesakan sebab beban pesakit tinggi, kekurangan dana dan peralatan yang mencukupi.

“Ini antara perkara yang menyebabkan perkhidmatan kesihatan awam tidak dapat disediakan dengan baik,” katanya pada sidang Dewan Rakyat semalam.

Beliau menjawab soalan Wong Hon Wai (**PH-Bukit Bendera**) sama ada isu kekurangan peruntukan akan dimasukkan ke dalam Kertas Putih Kesihatan dan bila akan dibentangkan.

Khairy Jamaluddin berkata, kekurangan yang beliau sebut itu bukan sesuatu yang terpencil, namun ia refleksi kepada keseluruhan fasiliti kesihatan kerajaan.

Jelasnya, perbelanjaan kesih-



PERBELANJAAN kesihatan awam Malaysia adalah rendah berbanding negara berpendapatan sederhana tinggi lain iaitu sekurang-kurangnya empat peratus daripada KDNK. – GAMBAR HIASAN

tan awam Malaysia adalah rendah berbanding negara berpendapatan sederhana tinggi lain iaitu sekurang-kurangnya empat peratus.

Justeru, katanya, soal pembiayaan dan peruntukan kesihatan awam merupakan perkara sangat penting untuk dibincang dan diputuskan dalam Kertas Putih Kesihatan.

Terdahulu, beliau menerangkan, Kertas Putih Kesihatan bertujuan memperkuat sistem kesihatan negara supaya lebih saksama, berkualiti tinggi, mu-

dah diakses dengan kos berpatutan dan mampan.

“Ia dokumen rasmi kerajaan yang akan menggariskan status semasa, jurang dan kekangan selain mengemukakan cadangan penyelesaian secara berfasa merangkumi tempoh 15 tahun,” katanya.

Kata beliau, proses itu namun perlu dibawa ke Dewan Rakyat agar mendapat konsensus bipartisan sekaligus menjadi dokumen, hala tuju, ikhtiar dan aspirasi yang dikongsi bersama kerajaan dan pembangkang.

AKHBAR : SINAR HARIAN

MUKA SURAT : 10

RUANGAN : PARLIMEN

Kertas putih kesihatan dibentang November ini

KUALA LUMPUR - Satu kertas putih kesihatan ke arah reformasi sistem kesihatan negara dijangka dibentangkan di Dewan Rakyat pada November ini, kata Menteri Kesihatan, Khairy Jamaluddin Abu Bakar.

Menurutnya, kertas putih tersebut bertujuan mengukuhkan sistem kesihatan negara secara menyeluruh agar perkhidmatan kesihatan lebih saksama, berkualiti tinggi, mudah diakses dengan kos berpatutan dan mampan bagi jangka masa panjang.

"Kertas putih kesihatan adalah satu ikhtiar Kementerian Kesihatan Malaysia (KKM) untuk membuka hujah dan perbincangan bersama rakyat serta pihak berkepentingan

mengenai sistem kesihatan negara yang memerlukan penambahbaikan yang mampan. Ia adalah dokumen rasmi kerajaan yang akan menggariskan status semasa, jurang dan kekangan yang dihadapi.

"Dokumen ini juga akan mengemukakan cadangan penyelesaian secara berfasa dari segi reformasi penyampaian perkhidmatan, pembiayaan, tadbir urus serta organisasi merangkumi tempoh 15 tahun," katanya.

Beliau berkata demikian semasa menjawab soalan **Wong Hon Wai (PH-Bukit Bendera)** di Dewan Rakyat pada Selasa.

Khairy berkata, penyediaan kertas putih kesihatan itu akan mengambil kira hasil serta syor pelbagai

kajian sistem kesihatan yang telah dilaksanakan dan pandangan pihak berkepentingan termasuk rakyat melalui sesi libat urus.

Jelasnya, untuk memastikan cadangan kertas putih itu kalis masa depan dan mendapat persetujuan bipartisan, ia juga perlu dibawa ke peringkat Dewan Negara serta cadangan kertas putih itu perlu dilaporkan kepada Jemaah Menteri dan Jawatankuasa Pilihan Khas.

"Hanya persetujuan bipartisan sahaja memastikan ini (kertas putih) akan menjadi satu dokumen, hala tuju, ikhtiar dan aspirasi bersama, tidak kira kerajaan mana (memerintah) dan menteri siapa yang duduk di kerusi ini," ujar beliau. - *Bernama*

AKHBAR : SINAR HARIAN

MUKA SURAT : 12

RUANGAN : VAKSIN UNTUK RAKYAT

22,030 kes baharu Covid-19

KUALA LUMPUR - Kes harian baharu Covid-19 terus menurun apabila mencatatkan 22,030 kelmarin berbanding 22,535 pada Ahad.

Ketua Pengarah Kesihatan, Tan Sri Dr Noor Hisham Abdullah berkata, daripada jumlah keseluruhan kes itu, 8,616 kes atau 39.11 peratus adalah kategori satu, 13,188 kes atau 59.86 peratus dalam kategori dua manakala kategori tiga, empat dan lima berjumlah 226 kes atau 1.03 peratus.

Dalam kenyataan pada Selasa mengenai perkembangan harian pandemik Covid-19 di negara, Dr Noor Hisham ber-

kata, kes sembuh mencatatkan jumlah 33,872 mengatasi kes baharu menjadikan kes kumulatif sembuh ialah 3,502,760 kes.

Beliau berkata, sebanyak 1,521 kes dimasukkan ke hospital dengan 634 atau 41.7 peratus daripadanya adalah individu dalam kalangan kategori tiga, empat dan lima manakala 887 kes (58.3 peratus) merupakan pesakit kategori satu dan dua.

Berhubung kadar kebolehhangkitan (Rt) yang dicatatkan di seluruh negara pada Isnin, Dr Noor Hisham berkata, ia turut mencatatkan penurunan sedikit kepada 0.96 berbanding 0.97 pada Ahad.

- Bernama

AKHBAR : SINAR HARIAN

MUKA SURAT : 27

RUANGAN : SINAR NEGERI

Sultan Nazrin
nasihatkan rakyat
Perak bantu usaha
minimumkan jangkitan

Oleh NORMAWATI ADNAN

KUALA KANGSAR

Sultan Perak, Sultan Nazrin Muizzuddin Shah mengingatkan rakyat di negeri ini untuk terus mematuhi langkah-langkah preventif yang dinasihatkan Majlis Keselamatan Negara (MKN) dan Kementerian Kesihatan Malaysia (KKM) dalam membendung penularan Covid-19.

Baginda bertitah, kelonggaran pergerakan yang diberikan kerajaan ketika ini tidak bermakna ancaman wabak sudah berakhir.

Titah baginda, rakyat wajib dinasihatkan untuk sama-sama membantu dalam usaha meminimumkan jangkitan dan melindungi negara daripada menghadapi gelombang baharu wabak

Covid-19.

"Alhamdulillah, mulai 1 April ini, kerajaan telah mengumumkan negara akan melangkah ke fasa peralihan endemik.

"Kelonggaran yang diberikan membolehkan manusia bergerak dan lebih bebas melakukan aktiviti.

"Semoga rakyat akan dapat menjalani gaya hidup yang normal, kegiatan ekonomi berupaya dirancarkan dan kemakmuran negara kembali pulih, di samping dapat menikmati suasana hidup riang dan sejahtera," titah baginda dalam Mesyuarat Dewan Negara Perak ke-170 di Istana Iskandariah di sini pada Selasa.

Sultan Nazrin turut menitipkan harapan agar tahun ini, perayaan menyambut Aidilfitri dapat dikembalikan dalam suasana meriah selepas hampir dua tahun umat Islam tidak berpeluang merayakan Aidilfitri bersama ahli keluarga dan sanak saudara.

Untuk itu, baginda bertitah

Terus patuhi SOP Covid-19

FOTO: BERHAWA



Sultan Nazrin berkenan bertitah pada Mesyuarat Dewan Negara Perak ke-170 di Istana Iskandariah pada Selasa. Hadir sama, Menteri Besar, Datuk Seri Saarani Mohamad (dua dari kanan).

agar rakyat terutamanya umat Islam perlu terus mengamalkan sikap berhati-hati dalam menjalankan aktiviti harian terutama sepanjang Ramadan yang bakal menjelma.

"Jangan nanti aktiviti-aktiviti dalam bulan Ramadan yang mengalpakan amalan kesihatan dan menegakkan langkah-langkah preventif menjadi penyebab untuk tidak membolehkan Aidilfitri disambut dalam suasana riang dan ceria," titah

baginda.

Dalam pada itu, Sultan Nazrin turut berkenan untuk mendapatkan pandangan dan nasihat daripada pihak-pihak berkaitan sebelum menetapkan garis panduan serta nasihat kepada institusi agama Islam, masjid dan surau.

Baginda bertitah, pandangan itu bagi memastikan amal ibadah yang dilaksanakan secara berkumpulan di institusi agama tidak melanggar garis panduan

kesihatan yang ditetapkan.

"Memandangkan agama Islam dan institusi yang mengendalikan agama Islam terletak di bawah bidang kuasa Raja Pemerintah, Orang-orang Besar Negeri terutama Orang Besar Jajahan perlu berperanan aktif membantu memantau aktiviti-aktiviti yang berlangsung di masjid serta memberikan nasihat bimbingan yang sewajarnya untuk meminimumkan risiko jangkitan," titah baginda.

AKHBAR : KOSMO
MUKA SURAT : 4
RUANGAN : NEGARA

Kes BID Kedah tertinggi babit warga emas, golongan rentan

ALOR SETAR – Kes kematian di luar hospital atau *brought-in-dead* (BID) akibat Covid-19 di negeri ini membimbangkan dengan 11 kes iaitu yang tertinggi dicatatkan di seluruh negara kelmari.

Menurut Pengerusi Jawatankuasa Kesihatan dan Kerajaan Tempatan negeri, Datuk Dr. Mohd. Hayati Othman, kebanyakan kes melibatkan golongan warga emas dan rentan iaitu mempunyai penyakit kronik.

Katanya, statistik di negeri ini menunjukkan sebanyak 90 peratus pesakit tidak tahu dijangkiti Covid-19 dan keadaan menjadi buruk apabila mereka adalah warga emas dan golongan berpenyakit kronik seperti jantung, kencing manis dan darah tinggi.

"Mereka mengalami sedikit gejala sahaja tetapi tidak membuat ujian saringan atau pergi ke klinik untuk tindakan lanjut.

"Pesakit duduk di rumah sahaja dan tiba-tiba meninggal dunia, ada meninggal dunia di rumah dan ada ketika dalam perjalanan ke hospital," katanya di



IBU bapa dirayu agar membawa anak-anak mereka untuk mengambil suntikan vaksin bagi melindungi golongan itu. – GAMBAR HIASAN

sini semalam.

Statistik Kementerian Kesihatan (KKM) menunjukkan terdapat 92 kes kematian baharu kelmari dengan 33 kes BID termasuk Kedah (11), Perak (5), Selangor (4), Pahang dan Johor (3), Negeri Sembilan dan Sabah (2), Terengganu, Sarawak dan Kelantan (1).

Mengulas lanjut, katanya, pe-

nolakan penduduk Kedah terhadap dos penggalak terutama dalam kalangan warga emas juga membimbangkan.

"Peratusan yang mengambil dos penggalak hanya 40 peratus dan ini membimbangkan kita. Kebanyakan takut untuk mengambilnya kerana pelbagai khabar angin di media sosial," ujarnya.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 3

RUANGAN : NATION/NEWS



Medical staff at Kuala Lumpur Hospital treating a Covid-19 patient in the Intensive Care Unit. PIC BY EFFENDY RASHID

377 ACTIVE CLUSTERS

22,030 CASES TAKES TALLY TO OVER 3.8M

More than 33,000 people recover from Covid-19 as Rt falls to 0.96, says Dr Noor Hisham

NOR AIN MOHAMED RADHI
AND KELLY LAU
KUALA LUMPUR
news@nst.com.my

MALAYSIA recorded 22,030 Covid-19 cases on Monday, raising the infection tally to 3,845,601.

However, 33,872 people also recovered from the virus.

Health director-general Tan Sri Dr Noor Hisham Abdullah said 394 of Monday's cases were imported (369 Malaysians and 25 foreigners), while the rest were local transmissions (20,894 Malaysians and 742 foreigners).

"From the new infections reported, 8,616 (39.11 per cent) were in Category 1; 13,188 (59.86 per cent) in Category 2; 71 (0.32 per cent) in Category 3; 61 (0.28 per cent) in Category 4; and 94 (0.43

per cent) in Category 5.

"Of the 226 patients in Categories 3, 4 and 5; 52 are unvaccinated or partially vaccinated; 111 have been fully vaccinated but had not received their booster shots and 63 have been boosted."

Dr Noor Hisham said 388 patients were in Intensive Care Units (ICU) and 215 of them needed breathing assistance.

Dr Noor Hisham said two clusters were detected on Monday, bringing the number of active clusters to 377.

He said more than half of the ICU beds for Covid-19 patients in five states and a federal territory were in use on Monday.

Kuala Lumpur topped the list with 77 per cent, followed by Kelantan (75 per cent), Johor (66 per cent), Selangor (62 per cent), Melaka (59 per cent) and Penang (51 per cent).

Ten states and two federal territories were using more than 50 per cent of their non-ICU beds for Covid-19 cases.

Hospitals in Putrajaya and Selangor were at overcapacity at 107 per cent and 103 per cent respectively, followed by Kuala Lumpur (90 per cent), Perak (86 per cent), Melaka (84 per cent) and Sarawak (81 per cent).

Dr Noor Hisham said differences between data on Covid-19 hospitalisations and Categories 1 to 5 cases logged daily were due to patients' condition worsening or improving over time.

"At the same time, high-risk cases of Covid-19 from Categories 1 and 2 were admitted to quarantine centres or hospitals as a precaution."

"Yesterday (Monday), 1,521 Covid-19 patients were admitted to hospitals, with 634 in Categories 3 to 5 (41.7 per cent), and the remaining 887 were in Categories 1 and 2 (58.3 per cent)."

He said the country's infectivity index (Rt) was 0.96 on Monday.

"Sarawak registered the highest Rt at 1.21, followed by Kuala Lumpur and Terengganu at 1.12, Negri Sembilan (1.07), Perak (1.04), Penang (1.03), Putrajaya (1.02), Pahang and Kedah (1.01), Selangor, Melaka and Johor (1.00), Kelantan (0.97), Perlis (0.94), Labuan (0.82) and Sabah (0.70)."

Data on CovidNow showed there were 308,942 active cases on Monday and 92 Covid-19 deaths, bringing the death toll to 33,899. Thirty-three of these cases were brought in dead.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 5

RUANGAN : PARLIAMENT/NEWS

Healthcare revamp White Paper to be tabled in November

THE White Paper for the reformation of the country's healthcare system is expected to be tabled in Parliament in November.

Health Minister Khairy Jamaluddin said it was aimed at strengthening Malaysia's healthcare system to ensure equitable and high-quality services that were easily accessible at affordable costs and sustainable in the long run.

"Measures to strengthen the system are important in fulfilling the healthcare needs of the people, in tandem with Malaysia's status as an upper-middle in-

come country and for the future.

"All efforts will involve the whole of government and whole of society approach to mobilise actions of all quarters to improve public health," he said in reply to a question from Wong Hon Wai (DAP-Bukit Bendera) during the ministerial question time yesterday.

Khairy said the White Paper was an effort by the Health Ministry to open discussions and debates with the people and stakeholders on the country's healthcare system that was in need of sustainable enhancement.

He said it would be the gov-

ernment's official document that would hopefully get bipartisan support that would outline the current status, reduce gaps and limitations.

"The document will also present solutions to be taken in phases, in terms of reforms on the service delivery, financing, governance and organisation in 15 years."

He said the White Paper would take into consideration recommendations from prior studies on the healthcare system, as well as feedback from stakeholders, including the public gathered through engagement sessions.

Among the issues identified, he said, were the lack of staff, overcrowding, as well as lack of funds and equipment at the hospitals' emergency and trauma departments, although it was not an isolated issue and generally reflective in clinics and hospitals.

"The country's healthcare expenditure constitutes only 2.58 per cent of gross domestic product (GDP) for the year 2020, for instance; unlike other upper-middle income countries that allocate at least four per cent of GDP towards healthcare," he said in reply to a supplementary question from Wong.

AKHBAR : THE STAR
MUKA SURAT : 5
RUANGAN : NATION

Plug the loopholes, say employers

Faking Covid-19 results not widespread yet, but it can be, authorities warned

PETALING JAYA: Some unscrupulous workers are faking their Covid-19 test results to stay away from work, and several groups are calling for further improvement of the MySejahtera app to check such abuse.

The Star also found videos that are being circulated on social media platforms on how the Covid-19 saliva test kit can be manipulated to give false positive results.

"This is the time we make use of the virus," said a user who posted a picture of a saliva test kit in an anti-vaxx Telegram group.

The comment garnered support from the rest, with some even admitting to doing it.

"Many people have done it. There are positive cases at my husband's office every day because the workers' updated (MySejahtera) showed that they were positive which required a 10-day quarantine."

"Their boss even had to shut down their operation because they had no workers since many of them were quarantined," said a woman.

Meanwhile, The Star was made to understand that authorities in the Health Ministry and Labour Department have not received complaints on employees faking Covid-19 results.

However, employers believed that the possibility for abuse is there with the current Covid-19 reporting system as no medical certificates



Bad form: The Star has found several videos on social media showing ways to manipulate test kits to give false positive results.

from a physician are required.

Malaysian Employers Federation (MEF) president Datuk Dr Syed Hussain Syed Husman believed that the possibility of the Covid-19 self-report procedure to be abused is real, thus it is very important for employers to remind their workers of the consequences if they get caught cheating.

"Employers should manage the abuser under its own disciplinary action."

"Stern action should be imposed on the abuser because such abuse will jeopardise company operations

and mislead the authorities who are working to manage the pandemic," he added.

SME Association of Malaysia president Ding Hong Sing said there have been cases of employees faking their Covid-19 results but it is not widespread.

"Many companies will ask the positive Covid-19 patients to take another test either through the company or a clinic to verify the results," he said.

He said the employees will only be allowed to take medical leave once the test results are verified.

Ding added that strict procedures will be needed to combat this problem, given the possibility that the test results of another person could be used in place of the employee's own results.

Meanwhile, Federation of Malaysian Manufacturers (FMM) President Tan Sri Soh Thian Lai said no such cases have been reported among its members.

"However, FMM has yet to receive feedback from members regarding Covid-19 related fake information i.e. fake results of RTK-Ag and RT-PCR tests in hospitalisation leave claims by employees but the concern is that false claims may increase eventually due to the absence of a system to curb dishonest practices by employees," he said.

Therefore, he said, before such practices become "uncontrollable", preventive measures must be taken to stop any impact on operations, especially in labour-intensive industries.

"Further tightening of the Covid-19 infection incident reporting is required, especially information which is not updated by authorised persons. Right now, what appears in the MySejahtera is the update following the declaration of the individual who is infected," he said.

"The issue here will be subsequent events such as the need to self-quarantine due to infection which requires some honesty in

reporting by an employee."

As the system (MySejahtera) does not cater for validation of the information except for an image of the Covid-19 test to be uploaded based on the RTK-Ag self-test kit which is currently advocated to be sufficient, there could be a tendency for anyone to act dishonestly and claim for hospitalisation leave," he added.

He said the MySejahtera app which currently accepts photos of the test results must be further modified to include a feature where a medical practitioner could remotely validate the health status or condition of the employee claiming to be unable to report for work and requiring home quarantine.

He added that FMM will continue to engage the government and relevant stakeholders on the improvement of the functions in the MySejahtera app to manage the abuse or misuse of the standard operating procedure (SOP) during the pandemic.

"At the same time, members will be advised to be more cautious of this potential employee relations issue of false reporting and deal with delinquent employees according to the company's disciplinary process."

"If employers suspect their workers are using such tactics, they should investigate and take the necessary disciplinary action," he added.

Some are falsifying test results to skip work

GEORGE TOWN: Desperate for paid leave, a worker in a construction company resorted to photo-editing software to doctor a picture of his self-test kit result.

"It is easy. Nobody can detect it unless they check the photo thoroughly," he said.

First, he took a Covid-19 self-test, which would of course only show one line.

Then he took a picture of it and, using the photo-editing software, carefully selected that single line and made a clone of the image.

He said it was then a simple matter of moving the cloned line and placing it next to the "T" indicator.

Since the cloned line is part of the image of the test kit, its pixels, lighting and contrast are the same and is thus almost impossible to differentiate.

He said he then sent the doctored photo to MySejahtera and shortly later received his Home Surveillance Order.

During his seven days of "quarantine", he duly submitted his health report to MySejahtera twice a day and was not called to go to the clinic or Covid-19 assessment centre as he was not considered a high-risk patient.

Another person, who only wished to be known as Lina, used her friend's positive self-test kit to get quarantine leave as she needed time to take care of her two-year-old son.

"I applied for leave at first as my babysitter had to go and take care of her mother in Perak but due to shortage of staff, my application was denied. So I was forced to fake my Covid-19 test result," she confessed.

She added that she was forced to do it but realising her action was unethical, she vowed never to do it again.

When consulted, an official at the Penang Health Department, who declined to be named, said under



Deception: An RTK self-test kit showing two lines indicating that the person is positive for Covid-19, but is it real? — LIM BENG TATT/The Star

the Prevention and Control of Infectious Diseases Act 1988, which is now in force due to the pandemic, he could not find any powers allowing health authorities to take action against those who faked their Covid-19 test results.

"Companies can take their own

action, including deduction of pay in lieu of seven days absence from work, suspension or even dismissal."

"We advice companies where their staff had faked their Covid-19 tests to report it to us too because it can lead them to making false medical insurance claims," he said.

Worker caught with edited vaccination digital cert

PETALING JAYA: A cafe worker who refused to complete his vaccination dose was caught with an edited digital Covid-19 vaccination certificate.

The fraud, however, was uncovered by the cafe owner when the worker contracted Covid-19.

"All of our employees were supposed to submit their MySejahtera digital certificate to human resource. At first, we didn't notice any difference until recently when he was infected with Covid-19."

"A few of our employees contracted Covid-19 on the same day as him, too, but his quarantine period was 10 days compared to the rest who had only seven days," said the cafe owner.

The owner then decided to review the worker's digital certificate and that was when he noticed that the name had been edited.

"I saw a different shade of blue on the name part, that's when I realised that he submitted a fake digital certificate."

"He admitted when asked," said the owner who runs his cafe in Selangor.

The owner was disappointed by the worker who failed to come clean.

He claimed that the worker, too, had failed to comply with some of the standard operating procedures such as wearing a mask while at work.

"I had to close my cafe for five days, I lost about RM10,000 and all my staff had to be tested."

"The worker admitted his mistake, apologised and he voluntarily resigned," the owner said.

'Review of close contact quarantine requirements'

PETALING JAYA: Businesses will not be able to operate smoothly and, worse, be forced to shut down if the government maintains the current quarantine requirement for close contact.

The Malaysian Employers Federation (MEF) president Datuk Dr Syed Hussain Syed Husman said the government should review the requirement which seems impractical to be implemented especially with the wild spread of the Omicron variant.

"A close contact who has completed the primary dose and booster shot with no symptoms should be allowed to work while those with symptoms should be asked to undergo RTK antigen test before

being allowed to work."

"This is in line with the ministry's new rule for its healthcare workers who no longer need to be quarantined even when they are classified as close contact."

"MEF is of the view that only those with incomplete vaccination should be quarantined if they are identified as close contact and this revision needs to be done as the nation is transitioning to the endemic stage on April 1."

"Without this adjustment, employers and the business community will face hard times to manage their manpower and operations," he explained.

The current SOP which took effect on March 1 requires close

contacts who were symptomatic to undergo five days of home quarantine.

On a related note, SME Association of Malaysia president Ding Hong Sing lamented that the cost of testing has become a bane to employers.

"Those who have completed their seven-day quarantine, we will have them tested once. As for close contacts, we will test them at an interval of three days once," he said.

"A test kit costs around RM6 and I have about 118 employees," he said while adding that it is expensive to test close contacts.

Therefore, he hoped the government will look into the issue of the cost of test kits.

"A close contact who has completed the primary dose and booster shot with no symptoms should be allowed to work."

Datuk Dr Syed Hussain Syed Husman

AKHBAR : THE STAR

MUKA SURAT : 8

RUANGAN : NATION

Recoveries outnumber infections for second day in a row

By GERARD GIMINO
gerard.gimino@thestar.com.my

PETALING JAYA: The number of Covid-19 recoveries outnumbered the number of new cases for the second day running, says the Health Ministry.

Health director-general Tan Sri Dr Noor Hisham Abdullah said a total of 33,872 recoveries were recorded on Monday, bringing the cumulative number of recoveries to 3,468,888, while there were 22,030 new daily cases.

This was also the second consecutive day in which the number of new cases had dipped.

"Of the total number (recorded on Monday), 21,804 or 98.97% comprised those in Categories 1 and 2 while the remaining 226 cases belonged to Categories 3, 4 and 5.

"A total of 388 cases required treatment in the intensive care unit while another 215 cases needed respiratory assistance," he said in a statement yesterday.

Dr Noor Hisham said 1,521 cases were hospitalised, with 634 or 41.7% in Categories 3, 4 and 5, and 887 or 58.3% in Categories 1 and 2.

The national infectivity rate (R_t) is currently at 0.96 in all states except Kelantan, Perlis, Labuan and Sabah with an R_t of over 1.

Sarawak recorded the highest R_t at 1.21, followed by Kuala Lumpur and Terengganu (1.12), Negri Sembilan (1.07) and Perak (1.04).

A total of 1,180,323 children aged between five and 11 had received their first dose of the Covid-19 vaccine while 2,838,292 adolescents aged 12 to 17 had completed their vaccinations as of Monday.

The Health Ministry's CovidNow website reported that 15,317,615 people or 65.1% of the adult population had received their booster dose and 22,936,715 people or 97.5% had completed their vaccination.

There were also 92 deaths recorded on Monday with the highest number in Kedah (28), followed by Johor (15), Selangor (14), Penang (seven) and Perak (six).

Negri Sembilan, Pahang and Sabah had five deaths each, while Sarawak and Terengganu logged three each and Kelantan had one.

AKHBAR : THE SUN

MUKA SURAT : 2

RUANGAN : NEWS WITHOUT BORDERS

Healthcare white paper to be tabled in Parliament

KUALA LUMPUR: A white paper on the reform of the national healthcare system is expected to be tabled in the Dewan Rakyat in November, said Health Minister Khairy Jamaluddin.

The white paper is aimed at strengthening the country's healthcare system holistically so that its services are more equitable, of higher quality, easier to access at reasonable cost and sustainable in

the long run, said Khairy in the Dewan Rakyat yesterday.

"The health white paper is an initiative of the Health Ministry to open debate and discussions with the people as well as stakeholders on the nation's healthcare system, which needs sustainable improvements. It is also the government's official document, which will outline the current status and shortcomings.

The document will have proposals for solutions in phases, in terms of service delivery, financing, governance as well as organisation over a period of 15 years," he said in reply to a question from Wong Hon Wai (PH-Bukit Bendera).

Khairy said the white paper would also take into consideration the findings as well as suggestions of various studies on the healthcare

system and views of stakeholders, including the people through engagement sessions.

Khairy added that the proposals in the white paper should receive bipartisan support, and it should be brought to the Senate and be reported to Cabinet ministers and the Parliamentary Select Committee.

"Only a bipartisan agreement will ensure that the white paper would be

a joint document, direction, initiative and aspiration, regardless of who is ruling, and which minister is sitting in this chair, Bernama reported.

"I propose that the white paper should be reported not only to the Cabinet, but also to the Parliamentary Select Committee so that the milestones or targets are achieved according to plans, reached in the consensus of the white paper."

AKHBAR : THE SUN

MUKA SURAT : 4

RUANGAN : NEWS WITHOUT BORDERS

91.2% of adolescents fully vaccinated

KUALA LUMPUR: A total of 2,837,197 adolescents aged 12 to 17 (91.2%) have been fully vaccinated as of Sunday.

The CovidNOW website showed 2,937,206 individuals (94.4%) of the group have received at least one dose.

A total of 1,167,019 children aged five to 11 (32.9%) have received the first dose under the National Covid-19 Immunisation Programme for Children, while 15,280,702 (64.9%) of the adult population have received booster shots and 22,934,957 (97.5%) have been fully vaccinated, with 23,211,514 (98.7%) having received at least one dose.

On Sunday, 45,025 doses were administered, with 23,489 as first doses, 1,349 as second shots and 20,187 boosters. The total number of doses given to date is 68,159,756.

The Health Ministry GitHub portal showed 87 deaths due to Covid-19 were recorded on Sunday, with Johor having the highest number at 22 cases, followed by Selangor with 18, Perak with 10 and Penang and Kuala Lumpur with six each.

Pahang recorded five deaths, while Kedah and Kelantan recorded four each. Malacca, Negri Sembilan and Terengganu had three cases each while Sarawak had two and Sabah recorded one. - Bernama

Daily cases drop to below 23,000

KUALA LUMPUR: New daily Covid-19 cases recorded on Sunday dropped to 22,535 as compared with 26,250 on Saturday, said Health Director-General Tan Sri Dr Noor Hisham Abdullah.

He said of the 22,535 cases, 8,637 (38.33%) were in Category One, 13,713 (60.85%) in Category Two while for categories Three, Four and Five, there were 185 cases (0.82%).

In a statement yesterday, Noor Hisham said 1,757 cases were hospitalised, with 721 (41%) in categories Three, Four and Five while 1,036 (59%) were Category One.

He also said the country's infectivity rate (Rt) has dropped to 0.97 from 0.99 on Saturday.

On Covid occupancy at intensive care units at government hospitals, he said four states and two federal territories recorded more than 50% bed usage on Sunday, namely Putrajaya at 100%, Kelantan at 75%, Johor and Kuala Lumpur at 73%, Selangor at 58% and Perlis at 55%.

However, he said there was an increase in Covid patients on ventilator support, involving 222 individuals (25%), compared with 211 (24%) on Saturday. - Bernama