

**AKHBAR : BERITA HARIAN**  
**MUKA SURAT : 8**  
**RUANGAN : NASIONAL**

## Ikrar jadi penderma organ melalui MySejahtera

**Kuala Lumpur:** Kementerian Kesihatan (KKM) akan memperkenalkan ciri baharu dalam MySejahtera, yang membolehkan pengguna menjadi pengikrar penderma organ selepas kematian, menerusi aplikasi itu.

Langkah berkenaan adalah antara usaha KKM untuk meningkatkan kadar penderma organ selepas Malaysia disenaraikan antara 10 negara dengan kadar pemindahan organ terendah di dunia, tahun lalu.

Menteri Kesihatan, Khairy Jamaluddin, berkata kemas kini terbaru itu akan mula dikeluarkan menerusi Android serta Apple malam ini dan pengguna dijangka boleh mula memuat turun kemas kemudahan itu menjelang Selasa ini.

"Apabila mereka buat ikrar dalam MySejahtera, maklumat itu akan terus sampai kepada Pusat Sumber Transplan Nasional (NTRC) supaya jika berlaku kematian pengikrar di mana-mana hospital, nama dia akan keluar

dalam sistem.

"Jadi, pihak hospital boleh tunjuk maklumat ini kepada waris atau keluarganya bahawa ahli keluarga mereka yang meninggal dunia itu adalah penderma organ.

### Minta ahli keluarga benarkan

"Kita minta ahli keluarga untuk beri kebenaran dan kepada penderma yang akan berikrar dalam MySejahtera, kita minta mereka beritahu ahli keluarga, mereka adalah pengikrar penderma organ selepas kematian," katanya.

Beliau berkata demikian pada sidang media Majlis Perasmian Penutupan Minggu Kesedaran Pendermaan Organ Peringkat Kebangsaan 2022, di sini semalam.

Khairy memaklumkan, Peman-taan Global Pendermaan dan Pemindahan Organ menunjukkan Malaysia adalah antara 10 negara dengan kadar pemindahan organ terendah di dunia tahun lalu, iaitu 2.84 pembedahan bagi setiap sejuta populasi.

Jelasnya, hanya 779 penderma organ selepas kematian dicatatkan di negara ini sejak 1997 hingga Julai 2022, iaitu hanya 0.15 peratus daripada 517,758 pengikrar bagi tempoh sama.

Katanya, kadar yang sangat rendah itu disebabkan waris atau ahli keluarga pengikrar tidak memberi kebenaran berikutan pengikrar tidak memaklumkan kepada ahli keluarga bahawa mereka mahu menderma organ se-

lepas kematian.

"Akibatnya, kita terpaksa belanjakan banyak untuk hemodialisis kerana jumlah penderma kita yang kurang, sedangkan negara lain memilih pemindahan organ," katanya sambil memaklumkan senarai 517,758 pengikrar akan turut dimasukkan dalam MySejahtera.

Mengulas lanjut, Khairy berkata, KKM juga berbincang dengan Kementerian Pendidikan untuk memberi penekanan mengenai

kepentingan pendermaan organ dan darah, supaya rakyat Malaysia terdidik sejak awal untuk menjadi pengikrar penderma organ.

"Satu lagi adalah untuk beri peringatan kepada badan agama kita supaya terus mendidik masyarakat masing-masing bahawa pendermaan organ ini digalakkan. Dalam Islam, derma organ adalah harus. Ia bukan perkara yang ada keraguan," katanya.

## KKM umum ketetapan baharu pelitup muka, Rabu ini

**Kuala Lumpur:** Kementerian Kesihatan (KKM) akan membuat pengumuman mengenai ketetapan baharu pemakaian pelitup muka selewat-lewatnya, Rabu ini.

Menteri Kesihatan, Khairy Jamaluddin, berkata Jawatankuasa Eksekutif Kesihatan Awam yang dipengeruskannya sudah menerima syor daripada pakar mengenai pemakaian pelitup muka, minggu lalu dan kini, dalam proses mengumpul pandangan orang ramai berhubung perkara itu.

Bermula 1 Mei lalu, KKM mengumumkan pengurangan pemakaian pelitup muka apabila ia tidak lagi diwajibkan di luar bangunan dan kawasan terbuka, namun pelitup muka masih wajib dipakai apabila berada dalam bangunan dan pengangkutan awam, termasuk e-hailing.

Penguatkuasaan pemakaian pelitup muka adalah berdasarkan peruntukan dalam Akta Pencegahan dan Pengawalan Penyakit Berjangkit 1988 (Akta 342).

AKHBAR : BERITA HARIAN

MUKA SURAT : 21

RUANGAN : NASIONAL

## 10,000 kunjungi khemah sihat

**Alor Setar:** Sebut saja pemeriksaan kesihatan, pasti ramai yang takut dan bimbang untuk melakukannya sama ada di klinik kesihatan atau hospital.

Bagaimanapun, 'khemah sihat' yang dibuka sempena Jelajah Aspirasi Keluarga Malaysia (AKM) Negeri Kedah di pekarangan Stadium Darul Aman di sini, sedikit sebanyak dapat menghilangkan perasaan gugup pengunjung untuk mendapatkan maklumat kesihatan dan mengikuti aktiviti yang disediakan.

Pegawai Pendidikan Kesihatan Jabatan Kesihatan Negeri (JKN) Kedah, Nurul Wahida Osman, berkata 10 reruai menyediakan pelbagai aktiviti menarik ditempatkan di Khemah Sihat sejak AKM bermula Jumaat lalu.

Beliau berkata, sepanjang dua hari lebih 10,000 pengunjung singgah di khemah itu untuk menjalani saringan kesihatan termasuk memeriksa tekanan darah dan paras gula, saringan minda sihat dan saringan karbon monoksida bagi perokok.

"Antara aktiviti mendapat sambutan ialah Cabaran 1,000 Langkah dengan pengunjung yang mencatat 1,000 langkah akan menerima hadiah.

"Sebab 1,000 langkah dipilih adalah kerana kita mahu masyarakat mula mengamalkan gaya hidup aktif," katanya kepada BERNAMA di sini, semalam.

AKHBAR : HARIAN METRO

MUKA SURAT : 6

RUANGAN : LOKAL



KHAIRY (dua dari kiri) bersama pengunjung yang hadir pada Majlis Perasmian Penutup Minggu Kesedaran Pendermaan Organ Peringkat Kebangsaan 2022 di Pangapuri Seri Alam, semalam.

## KADAR PENDERMAAN ORGAN

# Malaysia antara 10 negara terendah

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**K**adar pendermaan organ dalam kalangan rakyat Malaysia antara 10 negara yang terendah di dunia.

Menteri Kesihatan Khairy Jamaluddin berkata, berdasarkan Cerapan Derma dan Pemindahan Organ Global, kadar transplantasi di Malaysia hanya 2.84 pembedahan bagi sejuta populasi pada tahun lalu berbanding 5.64 pembedahan pada 2020.

Menurutnya, statistik terkini pendermaan organ dari Pusat Sumber Transplan-

Nasional pada Julai lalu hanya 779 penderma organ sebenar selepas kematian sejak 1997.

"Sejak negara kita memulakan perkhidmatan transplantasi pada 1975, sebanyak 2,700 kes transplantasi dijalankan membabitkan pendermaan organ daripada penderma yang meninggal dunia dan penderma hidup.

"Jumlah itu adalah masih rendah jika dibandingkan dengan jumlah pesakit kegagalan organ tahap akhir yang tinggi di negara ini dengan 10,442 pesakit masih menunggu mendapatkan derma organ.

"Jumlah pengikrar penderma organ selepas kematian pula adalah seramai 517,758 orang sejak 1997 na-

mun terdapat kes kebenaran untuk pembedahan tidak diberikan waris kerana tidak dimaklumkan ketika penderma masih hidup," katanya dalam sidang media selepas Majlis Perasmian Penutupan Minggu Kesedaran Pendermaan Organ Peringkat Kebangsaan 2022 di Dataran Projek Perumahan Rakyat Seri Alam 2 di sini, semalam.

Beliau berkata, peningkatan pendermaan organ mampu menyelamatkan lebih banyak nyawa selain mengurangkan kebergantungan kepada rawatan seperti pesakit buah pinggang.

Katanya, Kementerian Kesihatan Malaysia menerima banyak permohonan untuk membuka pusat hemodiali-

sis memandangkan ramai pesakit buah pinggang perlu menjalankan dialisis tiga kali seminggu.

"Inisiatif baharu yang akan dilaksanakan ialah meningkatkan pendaftaran pengikrar pendermaan organ menerusi MySejahtera.

"Kemaskini boleh dibuat dalam tempoh sehari dua lagi menerusi MySejahtera dan maklumat penderma akan terus disalurkan kepada Pusat Sumber Transplantasi Nasional.

"Proses ikrar akan lebih mudah untuk rakyat dan diharapkan masyarakat lebih cakna mengenai pendermaan organ dan turut menyokong usaha ini," katanya.



AKHBAR : HARIAN METRO

MUKA SURAT : 19

RUANGAN : LOKAL

## BERALIH KE FASA ENDEMIK

# Malaysia belum bersedia

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Kuala Lumpur

**M**alaysia masih belum bersedia untuk beralih ke fasa endemik Covid-19 walaupun banyak kelonggaran sudah diberikan dalam aktiviti seharian.

Menteri Kesihatan Khairy Jamaluddin berkata, beberapa indikator yang perlu diberi perhatian dan diperhalusi sebelum keputusan memasuki fasa endemik dibuat kerajaan.

Menurutnya, Covid-19 masih dikategori sebagai kecemasan kesihatan global oleh Pertubuhan Kesihatan Sedunia (WHO) dan keputusan itu masih kekal sehingga kini.

Selain itu, katanya, Akta 342 sudah dilanjutkan dan masih dikuat kuasa di seluruh negara sehingga

akhir Disember depan.

"Un-

dang-undang ini (Akta 342) masih lagi terpakai di kawasan jangkitan dan kerajaan perlu berhati-hati sebelum membuat sebarang keputusan untuk beralih ke fasa endemik.

"Saya juga akan membuat penilaian lanjut sama ada untuk memendek atau memanjangkan penguatkuasaan akta berkenaan," katanya dalam sidang media selepas Majlis Perasmian Penutupan Minggu Kesedaran Pendermaan Organ Peringkat Kebangsaan 2022 di Dataran Projek Perumahan Rakyat Seri Alam 2 di sini, semalam.

Menurutnya, maklum balas daripada pakar penyakit berjangkit juga akan diambil kira memandangkan sifat Covid-19 yang menukar dengan cepat.

Katanya, ini kerana Covid-19 berbeza dengan beberapa penyakit berjangkit lain dan indikator penilaian juga berbeza.

"Apabila kita umum penyakit lain me-

masuk fasa endemik tetapi Covid-19 tidak sama kerana kadar jangkitan yang berbeza kerana tidak tahu sekiranya akan ada varian baharu Covid-19 dikesan," katanya.

Dalam perkembangan lain, Khairy berkata, keputusan pemakaian pelitup muka di kawasan tertutup akan diumumkan Rabu ini.

Katanya, mesyuarat jawatankuasa kesihatan awam juga sudah diadakan minggu lalu untuk memperhalusi keputusan melonggarkan pemakaian pelitup muka.

"Saya sudah terima syor daripada pakar kesihatan awam dan masih mengumpul maklum balas orang ramai," katanya.

**Keputusan  
pemakaian pelitup  
muka di kawasan  
tertutup akan  
diumumkan Rabu ini**

AKHBAR : KOSMO  
MUKA SURAT : 2  
RUANGAN : NEGARA

Kuala Lumpur catat jumlah tertinggi, isu rumah tangga dan kewangan jadi punca

## Wanita muda perlu rawatan mental

Oleh AZMI NORDIN

**PETALING JAYA** – Seramai 21,000 individu di seluruh negara telah mendapatkan rawatan sokongan mental daripada Malaysian Mental Care Association (McCare) dengan majoritinya adalah golongan wanita muda.

Berdasarkan data sehingga Januari 2022, 74 peratus atau 15,540 wanita daripada jumlah keseluruhan itu adalah mereka yang berusia antara 25 hingga 34 tahun.

Pengasas bersama McCare, Nur Areefah Che Ahmad Tantowi berkata, antara faktor yang menyebabkan golongan berkenaan menghidap masalah mental adalah masalah rumah tangga, perhubungan, konflik keluarga, kewangan dan pengurusan stres di tempat kerja.

Katanya, faktor-faktor yang dikenal pasti termasuklah tempat belajar, trauma melampau, stigma orang sekeliling dan pengurusan marah.

"Melihat dari segi taburan, kawasan tertinggi individu meminta bantuan sokongan mental adalah di Lembah Klang.

"Ia meliputi Kuala Lumpur (3,036 kes), Shah Alam (1,300), Kajang (808), Petaling Jaya (562), dan Klang (517), manakala negeri-negeri lain yang terlibat adalah Johor, Terengganu dan Perak.

"Inisiatif kami adalah sebagai pelengkap rawatan dan bukan pengganti rawatan," katanya ke-



INDIVIDU yang mempunyai isu mental disarankan agar segera mendapatkan rawatan sokongan bagi mengelak sebarang masalah yang lebih besar. – GAMBAR HIASAN

tika dihubungi *Kosmo!*.

Tambah Areefah, ramai individu yang terlibat kurang mendapatkan rawatan susulan di klinik kerajaan kerana kapasiti premis berkenaan yang terlalu ramai sehingga memerlukan masa yang lama untuk menunggu.

"Kadang kala, jangkaan mereka tidak seperti diharapkan, memang isu ini penting, namun

rakan saya di hospital kerajaan menyatakan ada kes yang lebih banyak dan penting untuk diselesaikan membuatkan mereka ini perlu menunggu lebih lama bagi mendapatkan rawatan.

"Mereka datang untuk meluahkan perasaan dan bukan perlukan ubat, ini yang mematikan semangat mereka. Jadi kami di McCare mewujudkan ruangan

khas untuk perkongsian secara beramai-ramai, ia sangat membantu," katanya.

Sementara itu, satu kajian pada tahun 2020 mendedahkan 9 daripada 295 pesakit mental menolak untuk melakukan rawatan susulan bersama pakar di sebuah hospital pakar mental.

Jika mengikut anggaran statistik tersebut, dalam 10,000 pe-

sakit yang menerima rawatan psikiatri di hospital kerajaan, kira-kira 300 enggan meneruskan rawatan susulan.

Sementara itu, Persatuan Kesedaran dan Sokongan Penyakit Mental (Miasa) turut berkongsi jumlah mereka yang memerlukan sokongan mental bagi tempoh Ogos 2020 sehingga Mei tahun ini iaitu 113,000 kes.

Presidennya, Anita Abu Bakar menjelaskan, pentingnya rawatan susulan buat pesakit yang menerima gangguan mental atau psikosis seperti berhalusinasi, delusi dan paranoid kerana mampu mencegah seseorang itu terpisah daripada dunia nyata.

"Mendengar 'suara' setiap hari dan berterusan adalah tidak elok. Ia boleh menyebabkan mereka tidak sedarkan diri dan mampu mencederakan atau membunuh orang lain.

"Psikosis yang tidak ikut rawatan susulan mampu melihat perkara yang tidak ada dan akan diganggu suara bisikan. Pada mereka, ia sebenarnya bukanlah bisikan, tetapi satu jeritan yang mengganggu," ujarnya.

Bagi Anita, rawatan kepada pesakit mental juga harus dilakukan secara menyeluruh dan holistik dan tidak hanya bergantung kepada ubat semata-mata.

"Selain ubat, ada yang memerlukan terapi secara berkala dan melakukan aktiviti serta pemakanan yang sihat," katanya.

## Pesakit mental perlu RM600 sebulan rawatan penyakit



RAWATAN segera mampu memulihkan seseorang daripada terus terjebak kepada kemurungan dan masalah mental.

**PETALING JAYA** – Selain berdepan isu perhubungan dan urusan peribadi setiap hari, mereka yang dikesan mengalami masalah mental juga perlu menanggung kos yang sangat tinggi setiap kali mendapatkan rawatan.

Berdasarkan tinjauan, seseorang pesakit perlu membelanjakan sekurang-kurangnya RM600 sebulan bagi tujuan berkenaan tidak termasuk khidmat kaunseling daripada pakar.

Menurut seorang pesakit mental yang mahu dikenali sebagai Nadia, 27, dia mengidap penyakit Sindrom Kurang Daya Tumpuan dan Hiperaktif (ADHD) dari kecil membuatkan dirinya 'terpisah' dari masyarakat.

"Orang ramai seakan pelik dengan diri saya dari segi tingkah laku dan percakapan, bukan tidak mahu berkawan dengan orang lain, tetapi penerimaan daripada mereka itu kurang dan saya memilih untuk bersendirian.

"Setiap kali saya ingin buat kerja, saya mudah hilang fokus, cuai dan mudah rasa gelisah. Kalau nak buat kerja juga agak merisaukan, takut-takut hasilnya tidak sempurna," katanya.

Beliau berkata, kos yang dikeluarkan untuk setiap bulan bagi merawat penyakitnya adalah sekitar RM600 merangkumi ubat-ubatan dan rawatan.

"Mempunyai masalah sakit mental agak memalukan, tetapi

saya tidak boleh menipu diri sendiri dan perlu hadapinya," tambahnya.

Menurut seorang lagi pesakit dikenali Amirah, 25, dia mula mendapatkan khidmat rawatan sokongan selepas mengalami kemurungan berpanjangan beberapa bulan lalu.

"Tekanan banyak datangnya dari tanggungjawab kepada ibu bapa, adik-beradik, pekerjaan dan diri saya sendiri. Selepas kemurungan, saya mengambil keputusan dapatkan khidmat rawatan sokongan.

"Mereka membantu saya dari segi mendengar luahan hati sehingga kepada proses untuk menenangkan diri," jelasnya.



AKHBAR : KOSMO  
 MUKA SURAT : 4  
 RUANGAN : NEGARA



**KHAIRY JAMALUDDIN** (empat dari kiri) bersama Timbalan Ketua Pengarah Kesihatan (Perubatan) KKM, Datuk Dr. Asmayani Khalib (tiga dari kiri) memegang plakad kempen derma organ di Dataran PPR Seri Alam 2, Kuala Lumpur semalam.

## Kadar transplantasi Malaysia 10 terendah di dunia **10,442 pesakit masih menunggu organ**

Oleh **ZULKIFLI MANZOR**

**KUALA LUMPUR** – Bilangan pesakit yang masih menunggu untuk mendapatkan pendermaan organ di Malaysia setakat ini seramai 10,442 orang.

Menteri Kesihatan, Khairy Jamaluddin Abu Bakar berkata, Malaysia ketika ini adalah antara 10 negara yang mempunyai kadar transplantasi terendah di dunia bagi 2021.

"Bilangan pesakit yang masih menunggu untuk mendapatkan derma organ di Malaysia setakat ini seramai 10,442 orang."

"Hanya 2,700 kes transplantasi melibatkan pendermaan organ dijalankan sejak 1975," katanya pada sidang akhbar Majlis Perasmian Penutupan Minggu Kesedaran Pendermaan Organ Peringkat - Kebangsaan 2022 di sini semalam.

Dalam pada itu, Khairy Jamaluddin berkata, pendaftaran sebagai pengikrar derma organ boleh dilakukan melalui aplikasi MySejahtera mulai 6 September ini.

"Langkah itu susulan kadar pendermaan organ yang sangat rendah di Malaysia. Apabila mereka buat ikrar melalui MySejahtera maklumat itu terus sampai ke Pusat Sumber Transplan Nasional."

"Sekiranya berlaku kes kematian, mana-mana hospital dan layak derma organ, ia akan keluar dalam sistem," katanya.

Dalam pada itu, Khairy Jamaluddin berkata, Kementerian Kesihatan (KKM) akan membuat pengumuman mengenai ketetapan baharu pemakaian pelitup muka selewat-lewatnya pada Rabu ini.

Jelas beliau, perkara itu kini

dalam proses mengumpul pandangan orang ramai sebelum keputusan boleh diumumkan.

"Kita sudah mengadakan mesyuarat Jawatankuasa Eksekutif Kesihatan Awam yang dipengerusikan oleh saya minggu lalu."

"Jawatankuasa ini sebelum ini hanya melihat kepada isu Covid-19, tetapi sekarang kita lihat kepada semua masalah kesihatan awam," katanya.

Beberapa hari lalu, KKM memaklumkan sedang berada pada peringkat akhir perbincangan dan kajian berhubung keperluan melonggarkan pemakaian pelitup muka di negara ini.

Ia ekoran data menunjukkan kes-kes berkaitan Covid-19 sudah mula menurun dan keadaan bertambah baik dengan orang ramai sudah kembali menjalani aktiviti sosial seperti biasa.

AKHBAR : SINAR HARIAN  
 MUKA SURAT : 13  
 RUANGAN : NASIONAL

# Daftar derma organ di MySejahtera

Pendaftaran sebagai pengikrar derma organ boleh dilakukan melalui aplikasi itu mulai 6 September ini

## KUALA LUMPUR

**P**endaftaran sebagai pengikrar derma organ boleh dilakukan melalui aplikasi MySejahtera mulai 6 September ini, kata Menteri Kesihatan, Khairy Jamaluddin.

Beliau berkata, ia susulan kadar pendermaan organ di negara ini sangat rendah apabila Malaysia tergolong antara 10 negara yang mempunyai kadar transplantasi terendah di dunia bagi 2021 iaitu 2.84 pembedahan transplantasi bagi setiap 1 juta populasi menurut Global Observatory on Donation and Transplantation.

"Apabila mereka buat ikrar melalui MySejahtera maklumat

itu terus sampai ke Pusat Sumber Transplan Nasional. Sekiranya berlaku kes kematian mana-mana hospital dan layak derma organ, ia akan keluar dalam sistem," katanya selepas merasmikan penutupan Minggu Kesedaran Pendermaan Organ Peringkat Kebangsaan 2022 di sini pada Ahad.

Khairy berkata, bilangan pesakit yang masih menunggu untuk mendapatkan derma organ di Malaysia setakat Ahad adalah seramai 10,442 orang.

Namun, katanya, hanya 2,700 kes transplantasi melibatkan pendermaan organ dijalankan sejak tahun 1975.

"Berdasarkan statistik terkini pendermaan organ dari Pusat Sumber Transplan Nasional pada Julai 2022 menunjukkan terdapat sebanyak 779 penderma organ sebenar selepas kematian sejak 1997 manakala jumlah pengikrar penderma organ selepas kematian adalah seramai 517,758 orang sejak 1997," katanya.

Mengulas mengenai pemakaian pelitup muka, Khairy berkata, beliau akan membuat pengumuman berkenaan ketetapan baharu pelitup muka selepas-lewatnya Rabu ini.

Beliau berkata, Jawatankuasa



Khairy beramah mesra bersama pengunjung yang hadir sempena Majlis Perasmian Penutup Minggu Kesedaran Pendermaan Organ Peringkat Kebangsaan 2022 di Kuala Lumpur pada Ahad.

Eksekutif Kesihatan Awam yang dipengeruskannya sudah menerima syor daripada pakar mengenai pemakaian pelitup muka dan KKM masih dalam proses mengumpul pandangan orang ramai mengenai perkara itu.

Sementara itu, Khairy berkata, tiga pendekatan perlu

dilihat oleh KKM sebelum negara diumumkan beralih ke fasa endemik termasuk pengisytiharan daripada Pertubuhan Kesihatan Sedunia (WHO).

Selain itu, katanya, Akta Pencegahan dan Pengawalan Penyakit Berjangkit 1988 (Akta 342) masih terpakai di seluruh negara sehingga akhir Disember

tahun ini di mana seluruh kawasan Malaysia isytiharkan sebagai kawasan penyakit berjangkit.

Pendekatan ketiga adalah indikator kesihatan yang perlu diperolehi daripada pakar epidemiologi dalam konteks Covid-19 yang masih lagi bermutasi. - Bernama



AKHBAR : SINAR HARIAN

MUKA SURAT : 17

RUANGAN : NASIONAL

## 'Khemah Sihat' hilangkan rasa takut jalani pemeriksaan kesihatan

**ALOR SETAR** - Sebut sahaja mengenai pemeriksaan kesihatan mesti ramai yang takut dan bimbang untuk melakukannya sama ada di klinik kesihatan atau hospital.

Bagaimanapun, 'Khemah Sihat' yang dibuka sempena Jelajah Aspirasi Keluarga Malaysia (AKM) Negeri Kedah di pekarangan Stadium Darul Aman di sini sedikit sebanyak dapat menghilangkan perasaan gugup pengunjung untuk mendapatkan maklumat kesihatan dan mengikuti aktiviti yang disediakan.

Pegawai Pendidikan Kesihatan Jabatan Kesihatan Negeri (JKN) Kedah Nurul Wahida Osman berkata, sebanyak 10 reruai yang menyediakan pelbagai aktiviti menarik ditempatkan di Khemah Sihat sejak AKM bermula Jumaat lepas.

Beliau berkata, sepanjang dua hari, lebih 10,000 pengunjung singgah di khemah ini untuk menjalani saringan kesihatan termasuk memeriksa tekanan darah dan paras gula, saringan minda sihat dan saringan karbon monoksida bagi perokok.

"Antara aktiviti yang mendapat sambutan ialah Cabaran



'Khemah Sihat' menjadi tumpuan pengunjung pada hari terakhir Jelajah Aspirasi Keluarga Malaysia (AKM) Negeri Kedah di Stadium Darul Aman, Alor Star pada Ahad.

1,000 Langkah yang mana pengunjung yang mencatat 1,000 langkah akan menerima hadiah. Sebab 1,000 langkah dipilih adalah kerana kita mahu masyarakat mula mengamalkan gaya hidup aktif," katanya kepada *Bernama* di sini pada Ahad.

Selain itu, beliau berkata lebih 50 pengunjung menyertai program menderma darah di unit bergerak yang disediakan sekali gus dapat membantu menambah jumlah bekalan darah yang semakin berkurangan di negeri ini. "Bekalan darah di Kedah ti-

dak mencukupi, jadi ini pastinya membantu menambah bekalan darah di hospital bagi keperluan pesakit. Selain itu, pengunjung juga boleh melakukan pemeriksaan kesihatan gigi bagi mengetahui tahap kesihatan dan kebersihan gigi mereka," kata-

nya.

Bagi Rosbi Abdul Majid, 52, dari Sungai Petani, kali terakhir dia membuat pemeriksaan kesihatan adalah empat tahun lalu dan disebabkan perasaan takut beliau tidak lagi melakukannya.

"Program macam ini sebenarnya bagus kerana dapat menarik orang ramai untuk datang membuat pemeriksaan, tambahan pula ia percuma. Saya datang untuk periksa tekanan darah dan paras gula dan buat masa ini kesihatan saya baik sahaja," katanya.

Seorang lagi pengunjung, Rashidi Ismail, 70, berkata, dia mengambil kesempatan melakukan pemeriksaan kesihatan kerana mempunyai penyakit darah tinggi dan kencing manis.

"Orang ramai jangan takut untuk buat pemeriksaan kesihatan kerana sebenarnya ia bagus supaya kita boleh tahu apa masalah kesihatan yang kita hidapi sekali gus dapat ubatinya dengan cepat," katanya.

Jelajah AKM Negeri Kedah selama tiga hari yang bermula Jumaat lalu berakhir pada Ahad dan ia adalah edisi kesembilan selepas Johor, Perlis, Sabah, Terengganu, Perak, Kelantan, Sarawak dan Selangor. - *Bernama*



AKHBAR : UTUSAN MALAYSIA

MUKA SURAT : 8

RUANGAN : DALAM NEGERI

## Daftar derma organ ciri baharu MySejahtera

**KUALA LUMPUR:** Aplikasi Mysejahtera menambah ciri baharu iaitu pendaftaran derma organ yang mana pengguna dapat berbuat demikian mulai Selasa ini dan data tersebut terus ke dalam sistem Kementerian Kesihatan.

Menteri Kesihatan, Khairy Jamaluddin berkata, ciri baharu itu diharapkan dapat meningkatkan kadar pendaftaran penderma organ di Malaysia.

"Dilaporkan seramai 10,442 bilangan pesakit berada dalam senarai menunggu organ tetapi hanya sebanyak 779 penderma organ sebenar selepas kematian sejak 1997.

"Malaysia masih tergolong antara 10 negara dengan kadar transplantasi terendah di dunia tahun lepas iaitu 2.84 pembedahan transplantasi berbanding 5.84 pada tahun 2020 bagi setiap sejuta populasi," katanya semasa majlis perasmian penutupan Minggu Kesedaran Pendermaan Organ di sini semalam.

Majlis itu bertujuan bagi memberi kesedaran kepada masyarakat mengenai pendermaan organ dan transplantasi supaya dapat meningkatkan kadar pendermanya di negara ini.

Sejak negara memulakan perkhidmatan transplantasi, sebanyak 2,700 kes dijalankan melibatkan pendermaan organ.

Khairy berkata, rakyat harus sedar kepentingan pendermaan organ kerana jumlah penderma masih terlalu rendah di Malaysia.

"Saya percaya tiada hadiah yang lebih bermakna boleh diberi kepada orang lain daripada nyawa kita melalui organ yang tidak digunakan dan yang masih dalam keadaan baik.

"Dinasihatkan juga apabila mendaftar sebagai penderma organ, maklumkan kepada ahli keluarga supaya tidak berlaku permasalahan apabila penderma tersebut meninggal," katanya.

AKHBAR : NEW STRAITS TIMES  
MUKA SURAT : 4  
RUANGAN : NEWS WITHOUT BORDERS

# MASK MANDATE DECISION BY WEDNESDAY

Health minister gathering expert recommendations, public feedback

DAWN CHAN AND  
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**A** DECISION on the continuation of the mask mandate in enclosed spaces will be announced by Wednesday.

Health Minister Khairy Jamaluddin said he had chaired an executive public health committee meeting, which discussed the matter.

"Last week, I received a recommendation from experts on the subject. I am also gathering feedback from the public."

"I will announce a decision by Wednesday," he said after closing the Organ Donation Awareness Week at PPR Seri Alam 2 here yesterday.

On Friday, Malaysian Medical Association president Dr Koh Kar Chai urged the government to review the mandatory wearing of face masks in enclosed spaces as the number of Covid-19 cases had reached a "plateau of sorts" and the hospitalisation rate was at a manageable level.

On Saturday, daily Covid-19 infections hovered around the 2,000 mark with 2,244 new cases. Four were imported cases. Selangor had the most cases on Saturday at 679, followed by Kuala



People complying with the mask mandate at a shopping mall in George Town yesterday. PIC BY MIKAIL DNG

Lumpur with 466 and Perak with 224.

Also reported to the Health Ministry's Crisis Preparedness and Response Centre on Saturday were 3,202 recoveries and nine deaths, which included two brought-in-dead (BID) cases.

There were three fatalities in

Johor, two in Sarawak — both BID — and one each in Melaka, Pahang, Perak and Selangor.

Since the pandemic hit in 2020, there have been 4,723,112 recoveries and 36,243 deaths.

Currently, more than 30,000 people in the country are infected with Covid-19.

On whether Malaysia was ready to treat Covid-19 as an endemic disease, Khairy said "not yet".

An endemic disease is one that is constantly present in a population.

He said the country was guided by three considerations.

"First, there must be a declaration from the World Health Organisation. For now, it is still a public health emergency of international concern. Therefore member countries still have to be cautious about the virus."

"Second, the Prevention and

Control of Infectious Diseases Act 1988 (Act 342) is being enforced until December. I had extended the act to involve the whole of Malaysia, which was declared an infected area, until year end, so rules and regulations, if needed, are still applicable, although we do not enforce them.

"For this, it is a matter of whether I will shorten or let it lapse in December. Only then we can decide on endemicity."

The third consideration, said Khairy, were the views of infectious disease experts and epidemiologists on what Covid-19 endemicity meant, as each disease was different.

"The infectivity rate differs from one disease to another. Covid-19 is high (highly infectious) and we need to think it thoroughly."

"I need to refer this to the experts as the coronavirus is still mutating with the emergence of new variants that we do not know about."

"We have not yet come to the stage where we can declare endemicity."

"We want to see the virus mutation, new variants and their infectiousness before we can be confident about declaring endemicity," he said.

On April 1, Malaysia announced a transition to Covid-19 endemicity; some pandemic rules on masking up and business opening hours were relaxed, and the country's international borders were reopened.

Last month, the *New Straits Times* reported that experts were divided on whether to declare endemicity.

Some believe Malaysia is ready to take the next step by loosening its face mask mandate, but others preached caution, noting the data suggests that there is still some way to go before the mandate can be dropped altogether.

## PLEDGE ONLINE

## Register as an organ donor on MySejahtera soon

**KUALA LUMPUR:** The MySejahtera application will incorporate an organ donor pledge feature in the next few days.

Health Minister Khairy Jamaluddin said apart from raising awareness and support for the organ donation initiative, the feature would make it easy for people to sign up as donors.

"The pledge will be electronically stored in the Health Ministry's system. This will be shown to the next of kin of a deceased person as proof that he or she wanted to give the gift of life to someone else," he said in closing

the national-level Organ Donation Awareness Week at PPR Seri Alam 2 here yesterday.

Khairy said that to date, there are 10,442 people waiting for organ transplants.

Malaysia, he added, was among the 10 countries with the lowest transplantation rates last year, based on data from the Global Observatory On Donation and Transplantation.

"There were 2.84 organ transplants done per one million population last year compared with 5.64 in 2020."

"The National Transplant Re-

source Centre statistics up to July showed there have been 779 organ donors after death since 1997.

"The number of organ donor pledges now stands at 517,758 since 1997."

Khairy said as a result of the very low donor rate, the government was forced to spend a lot of money on haemodialysis for end-stage kidney disease patients.

"Overseas, these patients would go for transplants. In Malaysia, the organ donor rate is very low, so there aren't many options."



AKHBAR : THE STAR

MUKA SURAT : 2

RUANGAN : NATION

# Register to become an organ donor

MySejahtera makes it simple for users to take the pledge

**KUALA LUMPUR:** MySejahtera users will be able to register themselves as organ donors via the application from tomorrow.

"We hope by making it easier for those interested in registering, more people will be encouraged to join in this noble effort," said Health Minister Khairy Jamaluddin.

The more registered donors there are, the higher the likelihood that a patient in need of an organ transplant will be able to find a match," he added.

Furthermore, he said the registration of organ donors would reduce the risk of conflict within

families who might not have been informed previously by the donor of their registered status.

Speaking to reporters after closing the national organ donation awareness week yesterday, Khairy said Malaysia ranked among the lowest in terms of the number of organ transplant operations in the world, despite the country having access to ample expertise and equipment needed to perform such surgery.

He added that Malaysia was among the 10 countries with the lowest transplant rate last year at only 2.84 organ transplants done per million population, according to



**Saving lives:** Khairy adding the final touches to a mural promoting organ donor awareness during the 2022 National Organ Donation Awareness Week at Dataran PPR Seri Alam 2. — SHAARI CHEMAT/The Star

the Global Observatory on Donation and Transplantation.

Khairy, who registered as an organ donor himself in 2015, said that there had been over 2,700 successful organ transplants cases since 1975, but added that this was nothing in comparison to the number of patients still waiting for an organ donation.

"There are 10,442 people on the waiting list for an urgent organ transplant," he added.

He said that there were 517,758 registered organ donors in the country.

"However, this is not sufficient due to the complicated and urgent nature of organ transplant surgery, including the necessary precise

matching of donor with patient, and the extremely short interval for successful organ harvest and transplant surgery after the death of the donor," he said.

Watch the video  
TheStarTV.com



## Experts: High-risk group must be protected

By ALIZA SHAH  
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**PETALING JAYA:** Efforts to protect high-risk groups must be in place should the government remove the mask mandate in enclosed areas, say health experts.

Based on the current infection status, the elderly and high-risk groups would be the ones most affected if the mask mandate were to be removed completely, said Prof Dr Moy Foong Ming, who is from Universiti Malaya's Department of Social and Preventive Medicine.

The government, she said, should step up efforts to get the elderly and those in high-risk groups vaccinated and boosted.

She said infections among those in the 18-59 age group were mostly mild and did not require hospitalisation.

"Death happens predominantly among those aged 60 and above," she said, noting that fatality rate was highest among the unvaccinated,

followed by those who had taken two doses of the vaccine.

"Currently, the uptake of booster dose is only 71% for the first booster and 5% for second booster for the elderly (age 60 years and above).

"Based on the above, it seems like the elderly and the high-risk groups would be more affected if the mask mandate were to be removed. As such, the government should target this group so that they are well protected," she said.

Last Friday, Health Minister Khairy Jamaluddin said an announcement would be made soon on whether the face mask mandate in enclosed spaces would be withdrawn.

He was responding to a statement by the Malaysian Medical Association on Wednesday which urged the government to review its policy on the mandatory wearing of face masks in enclosed spaces, following a similar decision made by many other countries, including Singapore.

Prof Moy said the Health Ministry should have plans in place for various contingencies such as scaling up healthcare capacity and stepping up vaccination operations, or re-enforcing mask mandate when needed.

"The public must be educated on the need to mask up when cases surge or when new variants that are more lethal than the current one (Omicron), emerge," she said.

She said the public should be well informed on what they should or should not do and be highly responsible when they are infected, even with mild symptoms.

"They should report to MySejahtera, get themselves isolated so that they don't infect their family members, colleagues or friends.

"They should put on their masks when they have flu-like symptoms even though they test negative because their viral load may be low and the test kit may not detect the virus in the first few days," she said.

Universiti Kebangsaan Malaysia professor of public health expert Prof Dr Sharifa Ezat Wan Puteh is not too keen on the idea of withdrawing the mask mandate in enclosed areas.

She explained that many Malaysians had yet to get their booster dose and the presence of the new variant of concern BA.4 and BA.5 could pose higher risk especially to the elderly and those with high comorbidity.

"Though 84.2% of the population has completed two doses of the vaccine, the percentage of those who got their vaccination with three doses, including booster, are at a dismal 49.7%. I would prefer at least 70% to be boosted, then it can be considered 'safe'.

"The new VOC BA.4 and BA.5 are in our population. They pose a risk to those in the high-risk populations such as the elderly, those with high comorbidity, if the infection is rife," she said.

She added that masking up could

also help prevent outbreaks such as influenza.

"I would prefer we wait a little longer before total 'unmasking' but if the government wants to proceed (with the removal of the mandate) like in many other countries, it is advisable for those in the high-risk group, including unvaccinated children, to continue wearing masks.

"Many of us may be walking about with asymptomatic infections and may unwittingly infect others," she said.

Khairy told reporters yesterday that he was still receiving feedback from people about the easing of mask mandates.

"We have to prioritise the safety and health of the public before we finalise any decision as we will try to include as many people's opinions as possible," he said.

He added that regardless of the decision made, the public should continue to be cautious as Covid-19 is still deemed a public health emergency.



AKHBAR : THE SUN

MUKA SURAT : 4

RUANGAN : NEWS WITHOUT BORDERS



Khairy interacting with a visitor during the organ donation awareness event in Kuala Lumpur yesterday. —BERNAMAPIX

## Organ donation option via MySejahtera app

**KUALA LUMPUR:** Registration for organ donation can be made through the MySejahtera application from Sept 6. Health Minister Khairy Jamaluddin said this was following the low rate of organ donation in the country.

According to the Global Observatory on Donation and Transplantation, Malaysia is among the 10 countries in the world with the lowest transplant rates for 2021, at only 2.84 organ transplants done per million population.

"When people make a pledge via MySejahtera, the information directly reaches the National Transplant Resource Centre. If there is a case of death in any hospital and eligible organ donation, it will appear in the system," he said after closing the

national-level Organ Donation Awareness Week here yesterday.

Khairy revealed that the number of patients still waiting to get organ donation in Malaysia as of yesterday was 10,442 people, however, only 2,700 transplants had been carried out since 1975.

"Based on the latest organ donation statistics from the National Transplant Resource Centre in July, there have been 779 organ donors after death since 1997. The number of organ donor pledges now stands at 517,758."

Separately, commenting on the wearing of face masks, Khairy said he will make an announcement on the new regulations on Wednesday. He said the Public Health Executive Committee, which he chairs, has

received recommendations from experts on the use of face masks, and the Health Ministry is in the process of gathering the public's views on the matter.

Khairy added that the Health Ministry needs to fulfil three criteria before the country announces its move to the endemic phase, which includes receiving a declaration from the World Health Organisation.

He said the Prevention and Control of Infectious Diseases Act 1988 (Act 342) is still applicable until end of December, with the whole country declared as an infectious diseases region.

The third criterion involves obtaining health indicators from epidemiologists to identify which Covid-19 virus is still mutating. —Bernama



AKHBAR : THE SUN

MUKA SURAT : 1

RUANGAN : MUKA DEPAN



# Greater safety

■ BY SURAYA ALI  
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**P**ETALING JAYA: Reports of food poisoning cases in the country have drastically reduced, thanks to greater vigilance and inspections by the Health Ministry Food Safety and Quality Division (FSQD).

It said 516 food poisoning cases were reported in 2019. However, only 288 cases were reported in 2020 and 197 last year.

FSQD director Norrani Eksan said ensuring food safety and quality control is very challenging today due to the complexity of food production.

"Various sources of contamination must be controlled along the food supply chain, starting from raw materials, processing, transport, food preparation and up to the level of consumption, to guarantee that the food produced is safe and of high quality."

Norrani said the ministry's mandate is to

## ► Steep drop in incidence of food poisoning over last three years due to better control against contamination

protect the public against health hazards and fraud in the storage, preparation, processing, packaging, transport, sale and consumption of food, and to facilitate its trade.

"All food categories listed under the Food Regulations 1985 should comply with specified regulations, including labelling provisions."

Norrani said inspections are carried out for various purposes, including monitoring, surveillance, enforcement, complaints, food safety crises, licensing and certification.

"The ministry continuously conducts routine monitoring and periodic operations on food premises throughout Malaysia," she said.

To improve the level of hygiene of food premises, the ministry has enforced legislation

against food premises owners found to neglect food hygiene and safety.

This includes the closure of offending premises for a period not exceeding 14 days under Section 11 of the Food Act 1983. Those who disregard instructions to close can be charged in court and, if convicted, be imprisoned for a period not exceeding five years or face a fine, or both, under the Food Hygiene Regulations 2009.

"Under the regulations, there are 33 offences that can be compounded, which cover aspects of general hygiene and specific hygiene of food premises, hygiene of food handlers and food handling," she said.

Inspections are also carried out along the

food supply chain, including packing houses, warehouses, distribution centres, retail outlets, food service outlets, as well as entry points throughout the country.

Apart from food, FSQD also carries out inspections on food contact materials such as milk bottles, ceramic pots used in cooking and labelling of food products and advertisements.

The division is also responsible for all food products sold in the open market, including vegetables, fish and chicken.

To strengthen control, the division also works closely with the Agriculture and Food Industries Ministry to ensure products sold along the supply chain are safe for consumption.

In May this year, Johor health authorities ordered a restaurant in the city to shut down following a post on social media linking the premises to a recent food poisoning incident.

Kelantan has not been spared either as it logged 64 food poisoning cases in the first two months of this year.