

COVID-FREE environment

DR SAZARUL ZAFIRAH BT ZAINAL ABIDIN

CHIEF MEDICAL OFFICER

MEGAKLINIK ZAHRAN

Lebih 5000 pelanggan telah disaring



HULU LANGAT



KUANTAN



KERTEH



PANDU LALU



SUNGAI BESI



PULAI, JOHOR



AMPANG



KAJANG

MITOS COVID-19

MITOS

Minum alkohol untuk mematikan virus COVID-19?

FAKTA: TIDAK BENAR. Alkohol yang diminum tidak membunuh virus dalam badan manusia, malahan ianya berbahaya dan meningkatkan risiko penyakit serta masalah kesihatan yang lain. Alkohol sebaiknya digunakan untuk mensanitari tangan dan permukaan dalam memutuskan rantaian COVID-19.

MITOS

Air Rebusan Ketum sebagai ubat alternatif untuk pesakit COVID-19

FAKTA: TIADA BUKTI saintifik ataupun kajian makmal yang membuktikan air ketum mampu melawan COVID-19. Tiada laporan yang mengatakan ianya mampu menghalang virus malahan pokok ketum mengandungi bahan-bahan psikoaktif mitragynine yang memberi kesan stimulan, sedatif dan euphoria yang boleh menyebabkan penagihan.

MITOS

Sekali terjangkit COVID-19, selamanya akan ada virus dalam badan bekas pesakit

FAKTA: TIDAK BENAR. Pesakit yang dijangkiti COVID-19 boleh sembuh sepenuhnya dengan mendapatkan rawatan perubatan di fasiliti kesihatan. Virus boleh hilang dengan rawatan yang tepat dan betul kepada pesakit.

MITOS

Cuaca sejuk atau panas boleh membunuh virus COVID-19

FAKTA: Cuaca sejuk mahupun haba tidak mematikan virus COVID-19 yang berada dalam badan manusia. Suhu normal badan manusia ialah sekitar 36.5 - 37.0 darjah celsius tidak terkesan dengan cuaca atau suhu luaran/persekitaran.

MITOS

Bungkusan/parcel boleh menyebabkan jangkitan COVID-19

FAKTA: CDC menyatakan bahawa terdapat individu yang dijangkiti COVID-19 namun tidak menunjukkan sebarang gejala. Ini mungkin berlaku apabila individu tersebut menyentuh permukaan yang berpotensi telah tercemar dan menyentuh muka, mata ataupun hidung.

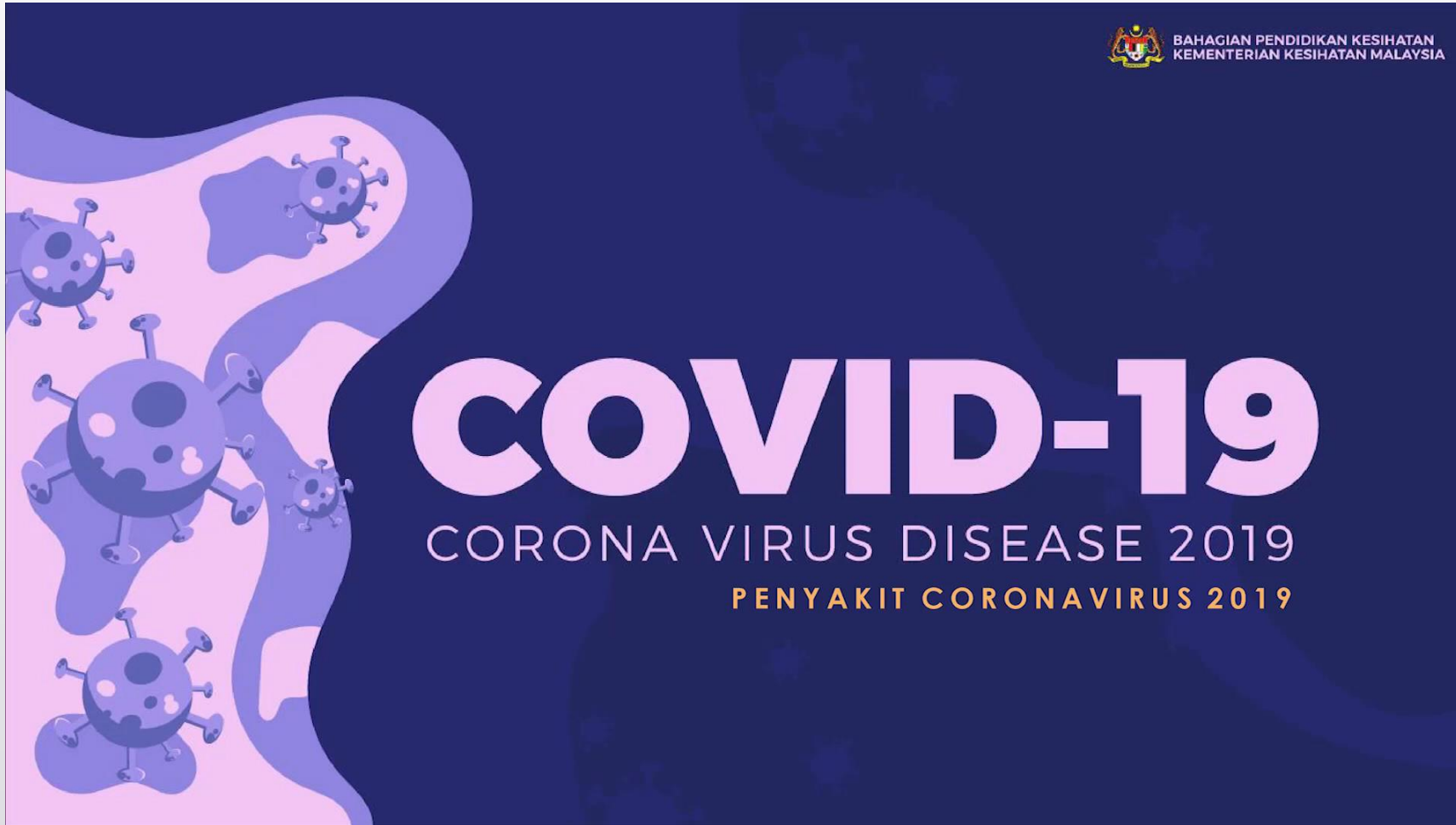
MITOS

COVID-19 boleh disebarkan melalui gigitan nyamuk

FAKTA: COVID-19 disebarkan melalui titisan pernafasan daripada individu yang telah dijangkiti, **BUKAN** melalui gigitan nyamuk.

Sumber: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
<https://www.cdc.gov/coronavirus/2019-nCoV/community/organizations/mail-parcel-drivers.html>
<https://www.sinarharian.com.my/article/77504/KOLUMNIS/Mitos-Covid-19-dan-ketum>

COVID -19

An infographic with a dark blue background. On the left, a light blue silhouette of a human figure is shown from the waist up, with several stylized COVID-19 virus particles (spherical with spikes) appearing to enter the body. The text 'COVID-19' is written in large, bold, light blue letters across the center. Below it, 'CORONA VIRUS DISEASE 2019' is written in smaller, light blue letters, and 'PENYAKIT CORONAVIRUS 2019' is written in orange letters at the bottom.

BAHAGIAN PENDIDIKAN KESIHATAN
KEMENTERIAN KESIHATAN MALAYSIA

COVID-19

CORONA VIRUS DISEASE 2019
PENYAKIT CORONAVIRUS 2019



COVID-19 MEREBAK?

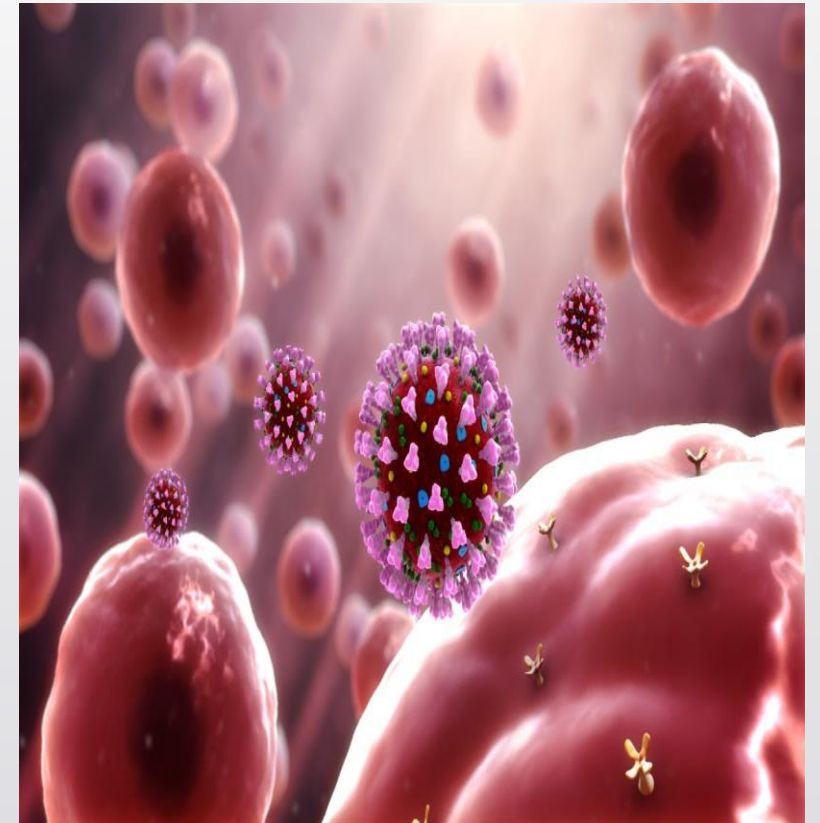


**BAGAIMANA *COVID-19*
MEREBAK?**

COVID-19

- COVID-19 is a respiratory infection caused by a new corona virus first discovered in Hubei Province, China
- World Health Organization (WHO) to be a Public Health Emergency of International Concern
- Employees may have concerns regarding their potential for exposure to the flu at work and the steps you are taking to ensure their well-being

The Ministry of Health would like to recommend that employers and industry take the CORRECT steps



Understanding of COVID-19

Symptoms:

Common symptoms include :

- ✓ fever
- ✓ dry cough
- ✓ Tiredness

Other symptoms : aches and pains, nasal congestion, runny nose, sore throat or diarrhoea.

- 1 in 6 people infected may become seriously ill and develop difficulty breathing.

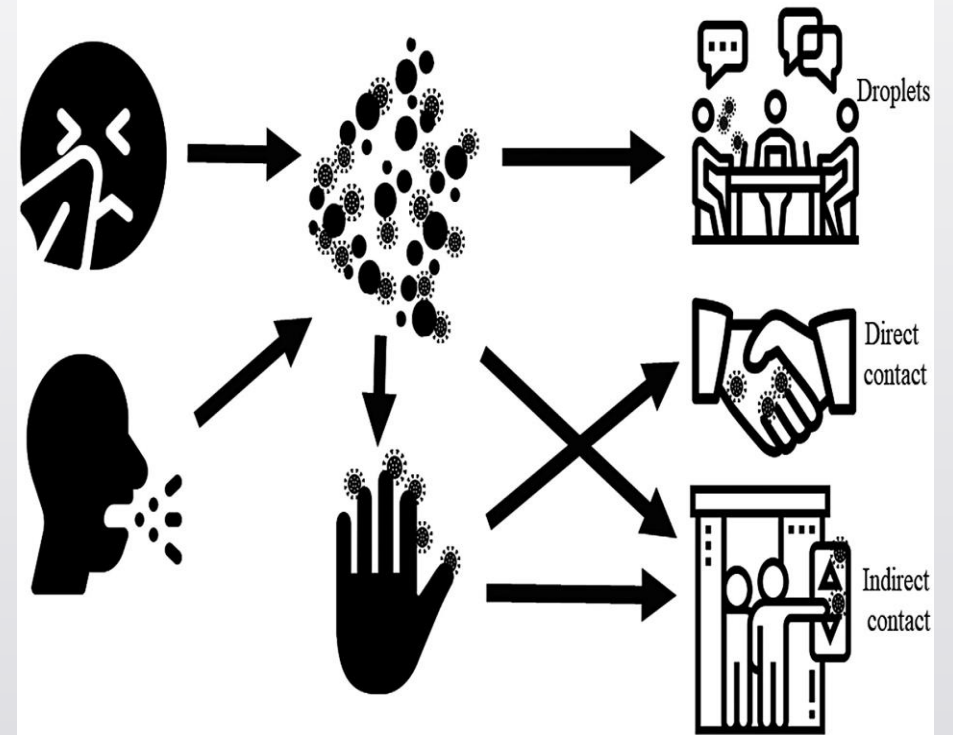


Transmission:

- Droplets from someone with COVID-19 who coughs or sneezes within a distance of 1 meter
- Droplet contaminated surfaces and objects:

By touching contaminated surfaces or objects and then touching their eyes, nose or mouth

COVID-19 transmission routes: droplets, direct contact, and indirect contact



COVID-19
CORONAVIRUS DISEASE

BE INFORMED:

Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases



Incubation Period :

- Incubation period is currently estimated to range between 1-14 days

Vulnerable Employees:

- Older persons
- Those with pre-existing medical conditions e.g. high blood pressure, heart disease, lung diseases, cancer or diabetes

NORMA BAHARU



ELAKKAN 3C, AMALKAN 3W



PUTUSKAN RANTAIAN COVID-19



**Jika tidak dapat dielakkan,
jaga jarak 1 meter**

1 Sesak
(Crowded Places)



Tempat yang sesak

2 Sempit
(Confined Space)



Tempat sempit dan tertutup

3 Sembang Dekat
(Close Conversation)



Bersembang dekat-dekat



1 Wash (Cuci)



Kerap cuci tangan dengan air dan sabun

2 Wear (Pakai)



Pakai pelitup muka

3 Warn (Amaran)



Jangan bersalaman atau bersentuhan



Amalkan etika batuk dan bersin



Lakukan disinfeksi



Duduk rumah



Dapatkan rawatan jika bergejala



3 Simple Ways to Prevent Transmitting Virus to Others





BASIC PROTECTIVE MEASURES AGAINST THE NEW CORONAVIRUS

Wash Your Hands Frequently



Washing your hands with an alcohol-based hand rub or soap and water kills the virus if it is on your hands.

Practice Respiratory Hygiene



Covering your mouth and nose when coughing and sneezing prevent the spread of germs and viruses. If you sneeze or cough into your hands, you may contaminate objects or people that you touch.

Maintain Social Distancing



Maintain at least 1 metre (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.

Avoid Touching Eyes, Nose & Mouth



Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself.

If You Have Fever, Cough & Difficulty Breathing, Seek Medical Care Early



Whenever you have fever, cough and difficulty breathing it's important to seek medical attention promptly as this may be due to a respiratory infection or other serious condition. Respiratory symptoms with fever can have a range of causes, and depending on your personal travel history and circumstances, COVID-19 could be one of them.

If You Have Mild Respiratory Symptoms & No Travel History To or Within China



Carefully practice basic respiratory and hand hygiene and stay home until you are recovered, if possible.

Precaution, Practice General Hygiene Measures When Visiting Live Animal Markets, Wet Markets or Animal Product Markets



Avoid contact with potentially contaminated animal waste or fluids on the soil or structures of shops and market facilities.

Avoid Consumption of Raw or Undercooked Animal Products



Handle raw meat, milk or animal organs with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

PROTECT YOURSELF AND OTHERS FROM GETTING SICK!



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Sumber: WHO

- **Action by Employers**
- **Action by Employees**
- **Action at the Workplace**

Action by Employers

Nasihat Kepada Majikan

Sekiranya ada pekerja yang bergejala **COVID-19**



Megaklinik

Zahran

01

Pantau pekerja yang mempunyai gejala seperti demam, batuk dan sukar bernafas dalam tempoh 14 hari.

02

Pastikan pekerja mendapatkan rawatan segera sekiranya bergejala.

03

Nasihatkan pekerja untuk mengamalkan cara pencegahan:

- Pakai penutup mulut dan hidung jika bergejala.
- Cuci tangan dengan kerap.
- Amalkan etika batuk dan bersin yang betul.



Terbitan:
Kementerian Kesihatan Malaysia



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LANGKAH PENCEGAHAN COVID-19 DI TEMPAT KERJA

Pejabat perlu kerap melakukan nyahkuman/ disinfeksi permukaan yang mudah dicemari kuman seperti:

1. Ruang kerja
2. Kaunter perkhidmatan
3. Tombol pintu
4. Papan kekunci komputer

Sekiranya terdapat pekerja yang disahkan positif COVID-19, pejabat tidak perlu ditutup. Memadai kerap lakukan nyahkuman/ disinfeksi.

Basuh tangan dengan sabun dan air atau *hand sanitizer*.

Jarakkan diri sejauh satu (1) meter sekiranya bergejala dan nampak orang bergejala.

Pakai penutup mulut dan hidung (*mask*) jika bergejala.

Diterbitkan oleh:
Kementerian Kesihatan Malaysia



COVID-19
#KitaTeguhKitaMenang

PUTUSKAN RANTAIAN COVID-19 DI TEMPAT KERJA

Megaklinik
Zahran



1 Crowded Places (Tempat sesak)



Ruang perhimpunan
(roll-call)



Kantin/kafe

2 Confined Spaces (Tempat tertutup)



Pantri



Surau



Ruang rehat



Loker/bilik
persalinan

3 Close Conversation (Bercakap jarak dekat)



Mesyuarat



Urusan di kaunter



Ruang kerja



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Kesihatan
Malaysia



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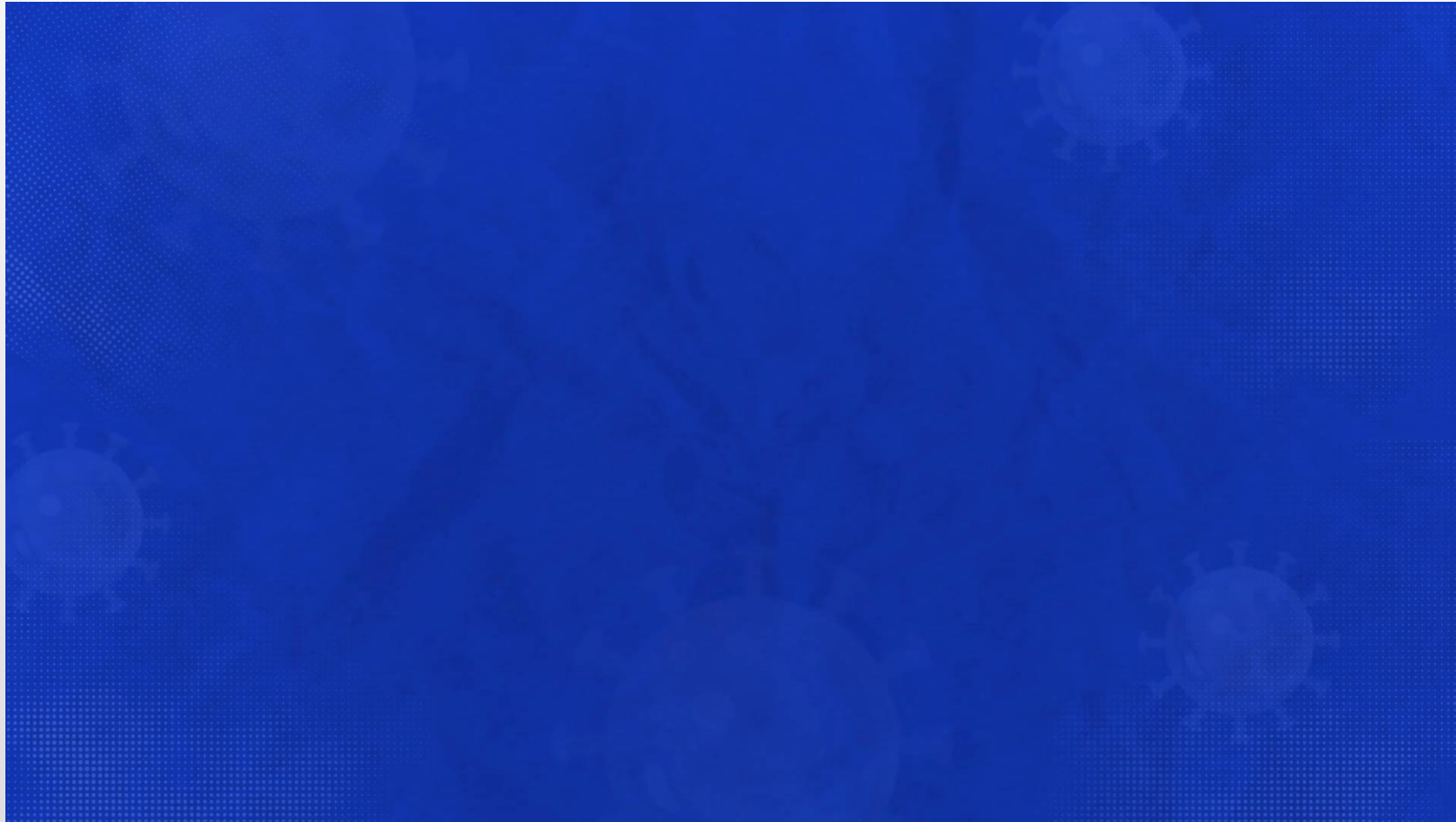
- ❑ Communicate to employees about COVID-19:
- ✓ Advice employees on preventive methods; including **personal hygiene** and **respiratory etiquette**.
- ✓ Remind employees of the need to practice **hand hygiene** regularly
- ✓ Provide regular updates on COVID-19 to employees
- ✓ How to **Use Surgical Masks**
- ✓ Provide appropriate health education materials regarding COVID19 to all employees



- ✓ Good personal hygiene should be observed at all times.
- ✓ Regular hand hygiene by washing with soap and water or use hand sanitizer
- ✓ Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
- ✓ Avoid touching eyes, nose and mouth
- ✓ Cover nose and mouth with a tissue when sneezing or coughing
- ✓ Put used tissue in a waste basket
- ✓ If no tissue available, use upper sleeve or elbow instead of hands while sneezing and coughing



PENJARAKKAN SOSIAL





KEMENTERIAN KESIHATAN
MALAYSIA

Megaklinik
Zahran

JARAK SOSIAL JIKA BERGEJALA

- Elakkan bersalaman atau bersentuhan dengan orang lain
- Jarakkan diri sekurang-kurangnya satu (1) meter daripada orang lain
- Duduk di rumah, elakkan tempat tumpuan orang ramai
- Pakai penutup mulut dan hidung bila anda perlu keluar rumah
- Elakkan penggunaan pengangkutan awam

**ANDA MAMPU MENCEGAH
COVID-19**

Diterbitkan oleh:
Kementerian Kesihatan Malaysia



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SOCIAL DISTANCING AT WORKPLACE

- No handshake policy
- Promote cough and sneeze etiquette
- Enforce hand sanitization at the entrance
- Regular hand sanitization schedule reminders
- Defer large meetings and events
- Ill workers, stay at home
- Disinfect frequently touched surfaces regularly and between users
- Consider opening windows

- Work from home whenever possible and consider staggering staff if productivity from remote work can be compensated
- Limit food handling and sharing of food in the workplace
- Assess staff business travel risks
- Enhance hygiene and ailments screening among food handlers and their close contacts.

LET'S STOP SPREADING COVID-19

Publish by:
Ministry of Health Malaysia



Respiratory Etiquette



- ✓ Cover mouth and nose with bend of elbow or tissue if coughing or sneezing.
- ✓ Throw tissue in the trash after using it
- ✓ Wash hands with soap and water or use hand sanitizer

Guidelines for Hand Hygiene

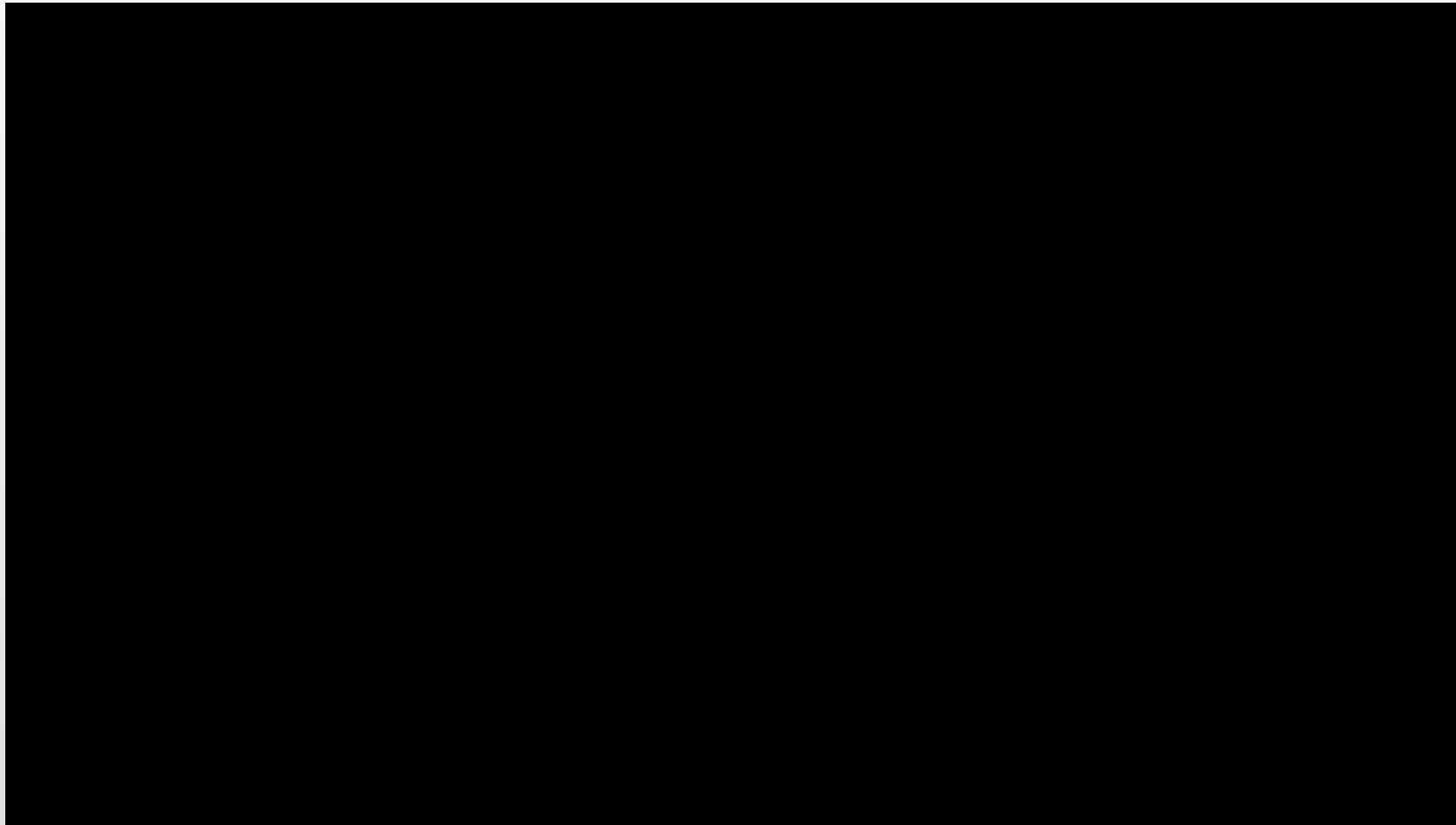
- Wash hands with soap and water or alcohol-based hand sanitizer after any contact with respiratory secretions
- Remove jewelry before hand wash procedure.
- Rinse hands under running water
- Lather with soap; cover all surfaces of the hands and fingers using friction.
- Rinse under warm running water.
- Dry hands thoroughly with a disposable towel
- Keep fingernails short and do not use fingernail polish or artificial nails.

PENGGUNAAN HAND SANITIZER





PENCUCIAN TANGAN



Covid-19

LANGKAH CUCI TANGAN MENGUNAKAN *HAND SANITIZER*

Tempoh prosedur hanya mengambil masa 20-30 saat.
"Gunakan *hand sanitizer* apabila tiada air dan sabun"

1



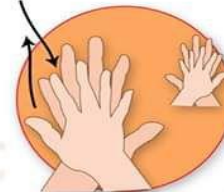
Tuang *hand sanitizer* ke tapak tangan kiri, ratakan dengan jari tangan kanan, kemudian lakukan sebaliknya.

2



Gosok kedua-dua tapak tangan.

3



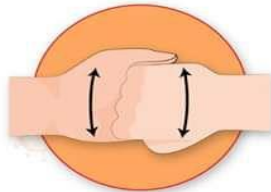
Gosok belakang tangan dan celah jari.

4



Gosok setiap jari dan celah jari.

5



Gosok belakang jari kanan ke tapak tangan kiri. Ulang untuk kedua-dua tangan.

6



Gosok ibu jari tangan kiri dalam gengaman tangan kanan dengan gerakan memutar, dan lakukan untuk ibu jari sebaliknya.

Guidelines on wearing surgical masks (3 Ply)

- If you have running nose or flu like symptoms, you are advised to stay at home. If you need to go out, make sure you wear a surgical mask.
- Avoid crowded places. Wear a surgical mask if you cannot avoid them
- Wash hands before wearing a surgical mask and after taking one off.
- When wearing surgical mask, the following should be noted:

The facemask should fit snugly over the face

The coloured side of the mask should face outside

Tie all the strings that keep the mask in place

The mask should fully cover the nose, mouth as well as the chin.

The metallic wire part of the mask should be fixed securely over the bridge of the nose to prevent leakage

The surgical mask should not be used more than a day but if it is wet, damaged or soiled by secretions or body fluid at any time, change the mask immediately.

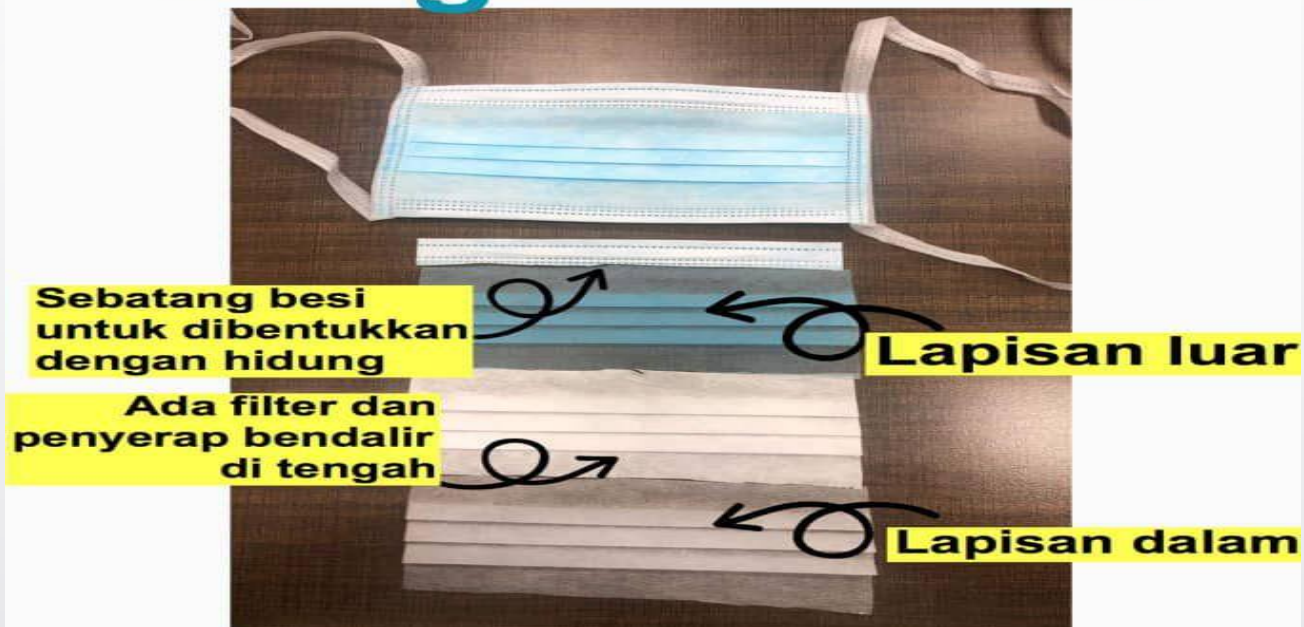
Discard all used surgical masks into a plastic bag which should then be tied properly before disposing it into a rubbish bin.



PENUTUP MULUT DAN HIDUNG



Surgical Mask



- ✗ Kurang berkesan untuk jerebu
- ✓ Sesuai untuk yang selsema batuk
- ✓ Cara pakai: Biru di luar, putih di dalam
- ✓ Gunakan sekali sahaja
- ✓ Ganti baru bila basah @ maksimum 8 jam

COVID-19



TIP PEMAKAIAN PENUTUP MULUT DAN HIDUNG

Elakkan menyentuh bahagian dalam dan luar penutup mulut dan hidung 3 lapis

Elakkan memakai di bawah dagu

Jangan berkongsi dengan orang lain

Hanya boleh pakai sekali sahaja

Jangan letak merata-rata

Tukar apabila telah lembap

Dipakai tidak melebihi 8 jam



Kementerian Kesihatan Malaysia



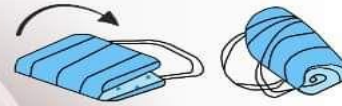
1

Putuskan bahagian tepi pada tali penutup mulut dan hidung



2

Lipat penutup mulut dan hidung ke arah dalam dengan kemas dan ikat menggunakan tali yang telah diputuskan



**Kaedah
Melupuskan
Penutup Mulut
Dan Hidung
(Mask)**

4

Cuci tangan dengan air dan sabun selepas membuang penutup mulut dan hidung terpakai



3

Buang penutup mulut dan hidung terpakai ke dalam tong sampah yang bertutup



PEMAKAIAN PELITUP MUKA

NASIHAT KEPADA PENGGUNA



PELITUP MUKA 3 LAPIS



Hanya boleh pakai sekali sahaja

Dipakai tidak melebihi 8 jam dan jika bergejala tidak melebihi 4 jam

PELITUP MUKA FABRIK



Jangan guna pelitup muka yang menyukarkan pernafasan

Boleh diguna semula selepas dicuci dengan cara yang betul



Kementerian
Kesihatan
Malaysia



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- Instruct supervisors to monitor symptoms of employees at workplace

- Encourage employees to take temperature regularly and monitor for respiratory symptoms

- Consider obtaining travel declaration from employees on travel history.

□ If employee develops symptoms:

❖ If at home:

Wear a surgical mask and seek medical attention at the nearest health facility immediately.

Avoid contact with family members

Accompanying person should also wear a surgical mask.

❖ If at workplace:

Relieve staff members from work if they are sick

Wear a surgical mask and seek medical attention at the nearest health facility immediately

Avoid contact with fellow employees

Accompanying person should also wear a surgical mask

- Conduct mental health assessment among employees and carry out appropriate measures to reduce stress among employees
- Monitor sick leave and absenteeism among employees. Keep a record of staff sick leave including reasons for leave, duration of leave and current status.

Action by Employees

Always maintain good personal hygiene:

- i. Frequent hand washing with soap and water or hand sanitizer
- ii. Practice respiratory etiquette

Employees are encouraged to take their meals at their desk

Limit food handling and sharing of food in the workplace

Keep updated on COVID-19

If develop symptoms:

- i. Need to alert supervisor immediately
- ii. Wear surgical mask
- iii. Seek medical treatment immediately
- iv. Avoid contact with fellow employees

Action at the Workplace

- Ensure a clean and hygienic work environment through regular disinfection of the office and its equipment. Disinfection procedures
- Consider a no handshaking policy
- Enforce hand sanitization at entrance for visitors
- Provide easy access to frequent hand washing for employees
- Proper maintenance of toilet facilities and floor drains.



DISINFEKSI



PANDUAN DISINFEKSI ATAU NYAHKUMAN

PERMUKAAN YANG KERAP DISENTUH

- Tombol Pintu
- Suis Lampu
- Rail Tangga
- Sinki
- Kepala Paip
- Pemegang Flush Tandas
- Karpét
- Meja

PERALATAN PENYEMBUR NYAHKUMAN

- Mop
- Baldi
- Kain Lap
- Cecair Peluntur
- Sabun Pencuci
- Penyedut habuk
(*Vacuum Cleaner*)
- Botol penyembur
- Air
- Sarung tangan getah
- Penutup Hidung dan Mulut
- Penyembur nyahkuman

SUKATAN PELUNTUR

SATU (1) LITER CECAIR PELUNTUR*

*DISINFEKTAN : CECAIR PELUNTUR KOMERSIAL
ATAU CECAIR MENGANDUNGI 70% ALKOHOL



+



SEMBILAN (9) LITER AIR

Cecair peluntur komersial hendaklah mengandungi sekurang-kurangnya 5% kepekatan **SODIUM HYPOCHLORIDE** (rujuk label pada botol cecair peluntur komersial). Setiap bancuhan hanya boleh digunaksekali sahaja.

PASTIKAN ANDA TIDAK MENAMBAH BAHAN LAIN UNTUK MENGELAKKAN TINDAK BALAS YANG TIDAK DIINGINI

CUCI TANGAN SEBELUM DAN SELEPAS MELAKUKAN DISINFEKSI



Perubahan emosi dan psikologi yang mungkin berlaku kepada anda:



Gangguan tidur



Perubahan selera makan



Bimbang



Cepat tersinggung



Berdebar-debar



Sukar tumpukan perhatian kepada sesuatu perkara



Mudah rasa sedih dan menangis



Sukar bernafas



Hilang minat terhadap aktiviti yang disukai

Tip mengawal perubahan emosi dan psikologi

Dapatkan tidur yang secukupnya

Bertenang, kawal minda
dan kawal emosi

Fokuskan kepada
kebaikan dan positiviti

Melakukan senaman
atau aktiviti fizikal

Dapatkan nasihat kesihatan dan lakukan
pemeriksaan di klinik/hospital terdekat



KESIHATAN MENTAL

Amalkan teknik relaksasi seperti latihan pemalasan secara teratur

Lakukan aktiviti senaman ringan seperti regangan otot dan yoga

Lakukan hobi baru

Gunakan teknologi sebaiknya

Membaca dan mendengar muzik

Sentiasa berhubung dan berinteraksi dengan orang tersayang dan rakan rapat

Membantu ahli keluarga dalam tugas

Teknik ekspresi seni seperti melukis

SARING DIRI ANDA SEKARANG!



SARINGAN COVID-19

RM170/PAX

"TAWARAN TERHAD"

MENGUNAKAN KAEDAH RTK ANTIGEN

- Keputusan 3 - 4 Jam
- Tempah temujanji anda

Setiap Hari (8 pagi - 5 petang)

"Hubungi kami sekarang"

012-5060151

SCAN SEKARANG

BIL.	NAMA KLINIK	ALAMAT KLINIK	TRAINED PERSON TO PERFORM	TARIKH DILULUSKAN
45.	KLINIK SABIYA (CAVANGAN KEMUNTING)	236, JALAN KAMUNTING, 34000 TAIPING, PERAK	DR. SURETHERAN KRISHNAN	19 MEI 2020
46.	U CARE KLINIK	NO 6, JALAN HARAPAN 1, TAMAN HARAPAN JAYA, 34200 PARIT BUNTAR, PERAK	DR. LCH LAY KUN JT CHRISTINA CHEE PUI SAN JT CHEAH WING LING	22 MEI 2020
47.	KLINIK MANJALAN	725, JALAN KUALA KANGSAR, TAMAN TASEK JAYA, 31400 IPOH, PERAK	DR. MOHESH PILLAI GOPI	05 JUN 2020
48.	MEGAKLINIK ZAHNAN	C-66-G, C-07-G, C-0-G, PLAZA PARAGON POINT, JALAN MEDAN PUSAT BANDAR 5, PUSAT BANDAR BARU BANGI, SEKSYEN 8	DR. SAZARUL ZAFIRAH SR MARIA	02 APRIL 2020
49.	KLINIK GENESIS	NO 4 55196, 47500 SUBANG JAYA, SELANGOR	DR. PHANG SUE LING	10 APRIL 2020
50.	KLINIK CARE	2A-1-7 & 2A-1-8, JALAN RAWANG MUTIARA 3, RAWANG MUTIARA BUSINESS CENTRE 2, 48000 RAWANG, SELANGOR	DR. SATHA PRAKASH A.I. C NADARAJAN DR. ABDULLAH MOHZAN BIN SOLAHUDDIN DR. DINESH A.A. MAHALINGAM DR. SATHA PRAKASH A.I. C NADARAJAN DR. ABDULLAH MOHZAN BIN SOLAHUDDIN DR. DINESH A.A. MAHALINGAM DR. NARISHA A.P. JEGAN DR. VENKATESH PRATHAN A.I. RATAKRISHNAN	20 APRIL 2020 29 MEI 2020
51.	KLINIK MEDIVIRON	NO. 66 & 68, JALAN PUTERI 51, BANDAR PUTERI, 47100 PUCHONG, SELANGOR	DR. LIAM MOOI TIONG	21 APRIL 2020
52.	KLINIK MENARA	NO. 10, JALAN PELAPAK C UMBI SEKSYEN ULU BUKIT JELUTONG 40150 SHAH ALAM, SELANGOR	DR. FERDZ KHAN BIN KAMAL HASSAN	30 APRIL 2020
53.	KLINIK LINGAM	NO. 8, MAHJ ROAD, TAMAN DENGKIL, 43000 DENGKIL, SELANGOR	DR. RAJ KUMAR AL S. MAHARAJAH	5 MEI 2020
54.	KLINIK ALAM MEDIK	NO 13, (GROUND FLOOR), JALAN PELAPAK B URB, BUKIT JELUTONG, 40150 SHAH ALAM, SELANGOR	DR. SUREKHA SANDHU AP AJMER SINGH	12 MEI 2020
55.	KLINIK DAN SURIGERI PUTRA	26, JALAN BANGSA TANJONG 8, TAMAN PUTRA 68000 SELANGOR	DR. BHUPINDAR KAUR AP HARBANSINGH	12 MEI 2020

SARINGAN COVID-19

SERENDAH RM270/PAX

"TAWARAN TERHAD"

MENGUNAKAN KAEDAH RT PCR
GOLD STANDARD KKM

- Keputusan 24 jam - 2 hari
- Klinik swasta diiktiraf KKM : Covid 19
- Tempah temujanji anda

Setiap Hari (8 pagi - 5 petang)

"Hubungi kami sekarang"

012-5060151

SCAN SEKARANG

BIAR KAMI KE TEMPAT ANDA!