



**PRESS STATEMENT  
MINISTRY OF HEALTH MALAYSIA**

**UPDATES ON THE CORONAVIRUS DISEASE 2019 (COVID-19)  
SITUATION IN MALAYSIA**

**Current Status of Confirmed COVID-19 Cases Who Have Recovered**

20 March 2020 – The Ministry of Health (MOH) would like to inform that **12 cases** have fully recovered and discharged well today. Cumulatively, 87 confirmed COVID-19 cases have fully recovered and discharged well.

**Current Situation of COVID-19 in Malaysia**

20 March 2020, 12 pm – A total of **130 additional confirmed COVID-19 cases** were reported to the National Crisis Preparedness and Response Centre (CPRC) MOH today. Cumulatively there are now **1,030 confirmed COVID-19 cases** in Malaysia. Based on preliminary investigation, of these 130 additional confirmed cases, 48 cases are related to the *Tabligh* gathering in Seri Petaling mosque.

Currently, **26 confirmed COVID-19 cases are receiving treatment in intensive care units (ICU)** requiring ventilation support.

## **Health Advisory on COVID-19**

The Movement Control Order that is enforced from 18 March 2020 to 31 March 2020 includes a comprehensive restriction of population movement to reduce the spread of COVID-19 infection in Malaysia. The public is requested to remain at home for this duration.

While staying at home, Malaysians are encouraged to stay active, whether through exercise or physical activity. Nowadays, there are various indoor exercises that can be done, for example:

- Cardio-based exercises for those who have exercise bicycles or treadmills at home.
- Exercises that use your own body weight without the need for specialised equipment such as push-ups, squats, planks, burpees and lounges, Tabata, and lightweight exercises such as yoga or tai chi.

Malaysians can also stay active by doing various forms of dances and taking the opportunity to do spring cleaning in and around the house. Studies have shown that exercise and physical activity are important for maintaining mental health by improving mood and relieving anxiety and stress. It helps to sharpen the mind, improve muscle strength and aerobic strength.

If unwell, please contact the Virtual Health Advisory and join the webinar session that will be held daily starting at 9:00 am via the following link:

**<http://www.doctoroncall.com.my/coronavirus>**

The public can also contact the National CPRC MOH hotline. Further information on the COVID-19 situation in Malaysia is also available through the National CPRC MOH Telegram channel:

**<https://t.me/cprckkm>**

MOH will continue to monitor the development of the COVID-19 situation based on all available information, and the public will be continuously updated on the latest information.

Thank you.

**DATUK DR NOOR HISHAM ABDULLAH**  
Director General of Health Malaysia

20 March 2020 @ 5.00 pm

## Appendix 1

### Number of Confirmed COVID-19 Cases in Malaysia, by States (Cumulative, as of 20 March 2020, 12 pm)

State	No. of Cases
Perlis	9
Kedah	41
Pulau Pinang	37
Perak	45
Selangor	263
Negeri Sembilan	65
Melaka	22
Johor	114
Pahang	36
Terengganu	20
Kelantan	51
Sabah	119
Sarawak	58
WP Kuala Lumpur	139
WP Putrajaya	6
WP Labuan	5
<b>Total</b>	<b>1,030</b>