

AKHBAR : BERITA HARIAN

MUKA SURAT : 2

RUANGAN : MUKA DUA

## Hospital medan di Tawau diaktifkan

**Kuala Lumpur:** Angkatan Tentera Malaysia (ATM) akan mengaktifkan hospital medan di Tawau, Sabah bagi bagi melaksanakan bantuan sokongan untuk merawat kes selain COVID-19.

Menteri Kanan (Keselamatan), Datuk Seri Ismail Sabri Yaakob, berkata antara fokus hospital medan ATM itu termasuklah pembedahan trauma dan kecemasan dan wad bersalin.

Katanya, keputusan itu dibuat susulan pembentangan Kementerian Kesihatan (KKM) pada sidang khas Majlis Keselamatan Negara (MKN) semalam mengenai keperluan menambah fasiliti perubatan bagi menangani situasi di Sabah berikutan jangkaan peningkatan kes positif COVID-19

di negeri itu.

"Hospital medan ini mempunyai 100 katil pelbagai wad dengan kekuatan lapan pegawai perubatan dan 54 lain-lain pangkat, terdiri daripada satu komander, lima doktor pakar, tiga pegawai perubatan dan kakitangan lain.

"Dengan pembukaan hospital medan ATM yang memberi tumpuan kepada kes selain COVID-19, Hospital Tawau boleh fokus sepenuhnya merawat pesakit COVID-19," katanya pada sidang media secara maya Facebook Kementerian Pertahanan, semalam.

Mengulas lanjut, Ismail Sabri berkata, Tentera Udara Diraja Malaysia (TUDM) juga akan me-

laksanakan penerbangan secara harian ke Sabah bagi membantu KKM dalam urusan logistik.

Jelasnya, ia termasuk membawa kakitangan perubatan ke Sabah serta dari Sabah ke Semenanjung, selain membawa sampel saringan ujian calitan ke makmal di Semenanjung.

"Kita dimaklumkan kapasiti makmal berkurangan di Sabah sedangkan saringan banyak.

"Oleh kerana tidak mahu menunggu keputusan ujian calitan ini terlalu lama, kita bersetuju membawa sampel ujian ke makmal di Semenanjung," katanya.

Beliau berkata kerajaan mewu-

judkan pusat kuarantin transit pendatang asing tanpa izin (PATI) di Sabah, dalam usaha mengelakkan penularan depot tahanan.

Katanya, ia membabitkan Dewan Masyarakat Menggatal, Dewan Masyarakat Pekan Kinarut di Kota Kinabalu, Dewan Sibuga, Batu 5 dan Dewan Sri Gum-Gum, Batu 16 di Sandakan.

Beliau berkata, PATI yang ditangkap di Sabah akan ditempatkan sementara di empat pusat kuarantin transit itu dan hanya dihantar ke depot tahanan selepas disahkan bebas COVID-19.

"Prosedur operasi standard (SOP) tahanan di penjara yang diumumkan sebelum ini, juga terpakai kepada pusat kuarantin transit PATI ini," katanya.



AKHBAR : BERITA HARIAN

MUKA SURAT : 3

RUANGAN : NASIONAL

Nasional

Penularan COVID-19

# Enam lagi kluster baharu dilaporkan

4 di Selangor, satu di Sabah serta Sarawak, 3 kematian direkodkan semalam

Oleh Sophia Ahmad dan Noor Atiqah Sulaiman  
bhnews@bh.com.my

**Kuala Lumpur:** Enam lagi kluster baharu COVID-19 dilaporkan semalam masing-masing empat di Selangor dan satu di Sabah serta Sarawak.

Pada masa sama, COVID-19 meragut tiga lagi nyawa, menjadikan jumlah keseluruhan kematian di Malaysia kepada 155 atau 1.03 peratus.

Ketua Pengarah Kesihatan, Tan Sri Dr Noor Hisham Abdullah berkata, empat kluster di Selangor itu dikenali sebagai Kluster Bah Manggis, Kluster Utama, Kluster Tasik dan Kluster Simera.

Beliau berkata, Kluster Highway dan Kluster Putra pula dilaporkan di Sabah dan Sarawak.

Ketua Pengarah Kesihatan, Tan Sri Dr Noor Hisham Abdullah, berkata Kluster Highway di Sabah membabitkan daerah Kota Belud yang menjalani saringan bergejala pada 3 Oktober lalu yang juga kes ke-12,250 dan saringan kontak rapat sehingga jam 12 tengah hari se-

malam, mengenal pasti 22 kes lagi.

"Sehingga 10 Oktober, jam 12 tengah hari, sejumlah 59 individu telah disaring, di mana 23 kes dikesan positif COVID-19 dan 36 individu negatif," katanya.

Kluster Bah Manggis pula membabitkan daerah Tawau, Sabah dan daerah Kuala Langat, Selangor dengan kes ke-12866 positif COVID-19 hasil saringan bergejala pada 5 Oktober.

Saringan kontak rapat mengenalpasti tujuh lagi kes positif COVID-19.

"Sehingga 10 Oktober 2020, jam 12 tengah hari, sejumlah 107 individu telah disaring, di mana lapan kes positif, 26 negatif dan 73 masih menunggu keputusan," katanya.

Kluster Utama di Selangor dikenal pasti di daerah Gombak dan Petaling,

Selangor membabitkan kes indeks ke-12549 yang positif hasil saringan individu bergejala pada 4 Oktober.

"Saringan kontak rapat sudah mengenal pasti sembilan lagi kes positif. Sehingga 10 Oktober 12 tengah hari, sejumlah 114 individu telah disaring, di mana 10 kes dikesan positif, 15 negatif dan 89 masih menunggu keputusan," katanya.

Kluster Tasik di Selangor pula membabitkan Miri, Sarawak dan daerah Petaling, Hulu Langat dan Klang.

Kes indeks bagi kluster ini (iaitu kes ke-13489) telah dikenal pasti positif hasil saringan di pintu masuk ke Sarawak pada 3 Oktober dan telah dimasukkan ke



Hospital Miri.

"Saringan kontak rapat mengesan sembilan lagi kes positif. Sehingga 10 Oktober 12 tengah hari, sejumlah 15 individu disaring, di mana 10 kes dikesan positif, satu negatif dan empat masih menunggu keputusan," katanya.

Bagi Kluster Simera, Selangor, membabitkan daerah Besut, Terengganu; daerah Kuantan, Pahang; Petaling, Klang dan Hulu Langat, Selangor.

Kes indeks bagi kluster ini (iaitu kes ke-13,991) dikenal pasti positif hasil individu bergejala pada 6 Oktober dan sudah dimasukkan ke Hospital Hulu Terengganu, Kuala Berang.

"Saringan kontak rapat mengesan tujuh lagi kes positif. Sehingga 10 Oktober 12 tengah hari, sejumlah 126 individu telah disaring, di mana lapan kes dikesan

positif, 88 negatif dan 30 masih menunggu keputusan.

Kluster Putra, Sarawak dikenal pasti di daerah Bintulu, Sarawak membabitkan kes indeks ke-14,696 positif hasil saringan di pintu masuk Sarawak pada 8 Oktober.

Saringan kontak rapat mengesan empat lagi kes positif, sehingga 10 Oktober, 12 tengah hari, sejumlah 57 individu telah disaring, di mana lima kes dikesan positif COVID-19, dua negatif dan 50 masih menunggu keputusan.

Sebanyak 374 lagi kes baharu COVID-19 dicatatkan semalam menjadikan jumlah keseluruhan jangkitan di Malaysia kepada 15,096.

Sejumlah 4,161 direkodkan sebagai kes aktif yang sudah diasingkan untuk menjalani rawatan lanjut.

Beliau berkata, 73 pesakit pula diisytiharkan pulih, sekali gus menyumbang kepada jumlah keseluruhan 10,780 atau 71.4 peratus.

"Sabah mencatat jumlah kes tertinggi iaitu 277 kes (74.1 peratus) dan lebih banyak saringan terus dijalankan di lapangan, terutama di pelbagai daerah yang menjalani Perintah Kawalan Pergerakan Diperketat (PKPD) dan PKPD Pentadbiran, manakala kapasiti ujian terus ditingkatkan," katanya.

Kedah pula mencatatkan 27 kes atau 7.2 peratus, dengan semuanya daripada Kluster Tembok.

Lembah Klang pula merekodkan 13.1 peratus daripada jumlah keseluruhan iaitu 44 kes di Selangor, empat di Kuala Lumpur dan satu di Putrajaya.

Daripada 374 jangkitan baharu dilaporkan, dua adalah kes import yang dijangkiti dari luar negara iaitu Filipina dan dilaporkan di Kuala Lumpur, masing-masing terdiri daripada seorang rakyat tempatan dan seorang bukan warganegara.

Dr Noor Hisham menambah, kes penularan dalam negara direkodkan sebanyak 372, dengan 343 daripadanya membabitkan rakyat tempatan manakala 29 lagi adalah bukan warga negara.

"Daripada 372 kes itu juga, 17 membabitkan individu yang pulang dari Sabah, sekali gus menjadikan jumlah jangkitan dilaporkan dengan sejarah perjalanan ke Sabah sejak 20 September lalu sebanyak 341 kes," katanya.





AKHBAR : BERITA HARIAN

MUKA SURAT : 9

RUANGAN : NASIONAL

BH 11 OKTOBER 2020

Nasional

9

Yang di-Pertuan Agong, Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah dan Raja Permaisuri Agong, Tunku Azizah Aminah Maimunah Iskandariah serta anakanda Tengku Puteri Raja Tengku Puteri Iman Afzan, semalam berkenan mengenakan reben hijau bersempena Hari Kesihatan Mental Sedunia 2020 yang sambutan pada 10 Oktober setiap tahun. Tengku Puteri Iman Afzan adalah Penaung Antarabangsa bagi Hari Kesihatan Mental Sedunia 2020 selepas menerima undangan Gabungan Badan Kesihatan Mental Sedunia, baru-baru ini.



**Pasangan Diraja pakai reben hijau**

BERNAMA

## 500,000 rakyat alami simptom tekanan

**Kuala Lumpur:** Hampir 500,000 rakyat di negara ini didapati mengalami simptom tekanan atau depresi, menurut Tinjauan Kebangsaan Kesihatan dan Morbiditi (NHMS) 2019.

Penaung Befrienders Kuala Lumpur, Tan Sri Lee Lam Thye, berkata kajian NHMS 2019 itu juga mendapati 424,000 kanak-kanak mengalami masalah kesihatan mental.

"Separuh daripada masalah gangguan mental mula dikesan pada usia 14 tahun dan tiga perempat daripadanya pada pertengahan usia 20-an.

"Oleh itu, perkara ini perlu ditangani segera," katanya dalam satu kenyataan sempena Hari Kesihatan Sedunia 2020, semalam.

Beliau berkata, pandemik COVID-19 dan Perintah Kawalan Pergerakan (PKP) turut menyebabkan tekanan emosi susulan perubahan persekitaran kerja seperti perlu bekerja dari rumah, hilang punca pendapatan dan pekerjaan serta bimbang terhadap keselamatan.

"Ada juga yang rasa ingin bunuh diri. Kementerian Kesihatan (KKM) merekodkan sebanyak 465 kes cubaan bunuh diri antara Januari dan Jun tahun ini," katanya.

Lam Thye berkata, walaupun keadaan bertambah baik dengan pelaksanaan Perintah Kawalan Pergerakan Pemulihan (PKPP), statistik Befrienders Kuala Lumpur pula menunjukkan sebaliknya apabila terdapat peningkatan panggilan diterima daripada mereka yang mengalami kesusahan dan ingin bunuh diri pada bulan Julai, Ogos dan September berbanding April, Mei dan Jun.

BERNAMA

# KKM tambah 200 pegawai kaunseling seluruh negara

Kementerian bantu individu terjejas psikologi akibat COVID-19

**Kuala Lumpur:** Kementerian Kesihatan (KKM) memperluas perkhidmatan kaunseling pada peringkat kesihatan primer dengan menempatkan 200 pegawai psikologi kaunseling baharu di seluruh negara.

Menterinya, Datuk Seri Dr Adham Baba, berkata inisiatif itu bertujuan memberi perkhidmatan kesihatan mental dan kaunseling kepada individu yang memerlukan, terutama dalam situasi COVID-19.

"Penjagaan kesihatan primer yang berkualiti dan mudah diak-

ses adalah asas untuk liputan kesihatan sejagat dan sangat diperlukan ketika dunia bergelut dengan keadaan darurat kesihatan semasa," katanya dalam kenyataan yang dikeluarkan bersempena Hari Kesihatan Mental Sedunia, semalam.

Beliau berkata, perkhidmatan itu akan turut menyokong perkhidmatan kaunseling sedia ada di agensi lain bagi memastikan perkhidmatan kesihatan mental dilaksanakan secara holistik pada peringkat komuniti.

Dr Adham berkata, antara ini-

siatif lain disediakan KKM ialah perkhidmatan Kesihatan Mental dan Sokongan Psikososial (MH-PS) yang mendapat kerjasama MERCY Malaysia bagi memberi perkhidmatan sokongan psikososial dan kaunseling kepada komuniti dan masyarakat, termasuk kakitangan dan petugas kesihatan yang terbabat dalam menangani krisis COVID-19.

Katanya, masyarakat juga boleh mendapatkan perkhidmatan kesihatan mental yang diberikan melalui empat institusi mental, 1,001 klinik kesihatan, 66 hospital KKM dan 28 Pusat Kesihatan Mental Masyarakat (MENTARI) di seluruh negara.

KKM juga menyokong usaha untuk mendekriminalisasikan

cubaan bunuh diri dan sudah mengambil inisiatif untuk meletakkan agenda kesihatan mental dalam belanjawan negara," katanya.

Beliau berkata, usaha mempromosi dan mencegah masalah kesihatan mental perlu dilaksanakan secara berterusan dan bersepadu membabitkan pelbagai individu dan organisasi.

Dr Adham turut merakamkan ucapan tahniah atas pelantikan Tengku Puteri Raja Tengku Puteri Iman Afzan Al-Sultan Abdullah sebagai Penaung Antarabangsa Hari Kesihatan Mental Sedunia 2020 oleh Persekutuan Kesihatan Mental Sedunia (WFMH) dan Pertubuhan Kesihatan Sedunia. BERNAMA

AKHBAR : KOSMO  
 MUKA SURAT : 4  
 RUANGAN : NEGARA

4 | **Negara!**



**Covid-19 #kitamestimenang**

Kosmo/Ahad 11 OKTOBER 2020

Enam kluster baharu dikesan dengan 374 kes dicatatkan semalam

## Covid-19 makin menular di Selangor

Oleh NOR IDAYU BOSRO

**PUTRAJAYA** – Sebanyak 374 kes baharu Covid-19 dilaporkan semalam daripada enam kluster baharu iaitu empat di Selangor, masing-masing satu di Sabah dan Sarawak menjadikan jumlah kes positif sebanyak 15,096 kes.

Ketua Pengarah Kesihatan, Tan Sri Dr. Noor Hisham Abdullah berkata, Kluster Utama, Kluster Bah Manggis, Kluster Tasik dan Kluster Simera dikesan di Selangor, manakala Kluster Highway di Sabah dan Kluster Putra di Sarawak.

Katanya, Kluster Highway dikesan di Kota Belud selepas kes indeks didapati positif hasil saringan bergejala pada 3 Oktober lalu dan kini dirawat di Hospital Queen Elizabeth.

"Kluster Putra pula dikesan di Bintulu membabitkan kes indeks yang didapati positif hasil

saringan di pintu masuk ke negeri Sarawak pada 8 Oktober," katanya pada sidang akhbar secara langsung di Facebook Live Kementerian Kesihatan semalam.

Mengulas lanjut, katanya, Kluster Utama dikenal pasti di daerah Gombak dan Petaling dengan sembilan kes positif selepas kes indeks dikesan hasil saringan individu bergejala pada 4 Oktober lalu dan kini dirawat di Hospital Sungai Buloh.

Beliau berkata, Kluster Tasik pula melibatkan daerah Petaling, Hulu Langat dan Klang serta Miri, Sarawak dengan sembilan kes positif sementara Kluster Bah Manggis melibatkan daerah Kuala Langat dan Tawau dengan tujuh kes positif.

"Kes indeks Kluster Simera pula dikesan hasil saringan individu bergejala pada 6 Oktober dan saringan mengesan tujuh

lagi kes positif di daerah Petaling, Klang, Hulu Langat serta di Besut, Terengganu dan Kuantan, Pahang," katanya.

Tambahnya, pertambahan kes semalam turut disumbangkan daripada 10 kluster aktif iaitu Kluster Tembok dengan 27 kes; Kluster Ramai-Ramai (18); Kluster Benteng LD (lapan) dan Kluster Bah Puchong (enam).

"Selain itu, masing-masing tiga kes di Kluster Penjara Reman; Kluster Tanamera dan Kluster Jalan Meru; Kluster Laut (dua) dan masing-masing satu di Kluster Benteng PK dan Kluster Selasih," ujarnya.

Dalam pada itu, Noor Hisham berkata, tiga kematian semalam membabitkan dua lelaki dan seorang wanita berusia antara 51 hingga 61 tahun yang meninggal dunia di Hospital Semporna, Hospital Queen Elizabeth dan Hospital Tawau.



**Angka Terkini Kes Covid-19 Di Malaysia sehingga semalam**

	Jumlah
• Kes baharu	374
<b>Import: 2 Tempatan: 372</b>	
• Pulih	73
• Kematian	3
• Masih dirawat	4,161
• Jumlah kes sembuh	10,780
• Jumlah Kematian	155
<b>Jumlah kes keseluruhan</b>	<b>15,096</b>

Sementara itu, dua kes positif Covid-19 dikesan membabitkan jururawat di wad Unit Rawatan Rapi (ICU) Hospital Queen Eliza-

beth II, Kota Kinabalu, Sabah selepas saringan ke atas kesemua petugas kesihatan di situ dibuat pada 9 Oktober lalu.

Noor Hisham berkata, seorang jururawat di ICU hospital terbabit didapati bergejala dan saringan mendapati mangsa positif Covid-19 serta telah menjangkiti seorang jururawat lain.

"Kita masih menyiasat jika mangsa mendapat jangkitan daripada komuniti atau semasa bertugas di hospital," katanya.

Beliau berkata demikian bagi mengulas laporan sebuah portal yang mendakwa seramai 40 daripada 66 jururawat di wad ICU Hospital Queen Elizabeth II, Kota Kinabalu terpaksa dikuarantin setelah seorang kakitangan disahkan positif Covid-19.

Menurutnya, seramai 579 petugas kesihatan di negara ini dijangkiti Covid-19 sejak pandemik itu melanda negara.



AKHBAR : KOSMO  
 MUKA SURAT : 6  
 RUANGAN : NEGARA

6 | **Negara!**

Kosmo/ Ahad 11 OKTOBER 2020

## Agong berkenan gayakan reben hijau



**TENGGU PUTERI IMAN AFZAN** memakalkan reben hijau kepada Al-Sultan Abdullah sambil diperhatikan Tunku Azizah di Istana Negara semalam.

**KUALA LUMPUR** – Yang di-Per-tuan Agong, Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah berkenan mengenakan reben hijau sempena Hari Kesihatan Mental Sedunia 2020 yang disambut pada 10 Oktober setiap tahun.

Pemakaian reben hijau itu turut disertai oleh Raja Permaisuri Agong, Tunku Azizah Aminah Maimunah Iskandariah serta anakanda, Tengku Puteri Iman Afzan.

Istana Negara menerusi satu kenyataan berkata, Tengku Puteri Iman Afzan merupakan Penaung Antarabangsa untuk Hari Kesihatan Mental 2020 setelah menerima undangan Gabungan Badan-Badan Kesihatan Mental Sedunia.

"Naungan Diraja Tengku Puteri Iman Afzan adalah sehingga bulan Oktober 2021," katanya di sini semalam.

Sementara itu, menerusi per-tusannya sebagai Penaung Antarabangsa, Tengku Puteri Iman Afzan mengajak rakyat dan kerajaan di seluruh dunia untuk bersatu memartabatkan kesihatan mental.

Katanya, meluangkan masa selain memberi perhatian, sokongan, kasih sayang serta belas kasihan di antara kita bakal menjamin kesejahteraan mental lebih baik.

Pelantikan Tengku Puteri Iman Afzan membuktikan usaha murni Malaysia dalam meningkatkan kesedaran mengenai kesihatan mental, perawatannya dan cabaran polisi yang diperakui oleh Pertubuhan Kesihatan Sedunia.

Riben hijau merupakan simbol kesihatan mental antarabangsa selain menterjemahkan tanda sokongan moral terhadap golongan pesakit.



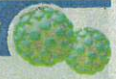
AKHBAR : SINAR AHAD

MUKA SURAT : 4

RUANGAN : MEMERANGI WABAK COVID-19



MEMERANGI WABAK COVID-19



## ICU Hospital Queen Elizabeth II beroperasi seperti biasa

KOTA KINABALU - Ketua Pengarah Kesihatan, Tan Sri Dr Noor Hisham Abdullah menjelaskan bahawa perkhidmatan di Unit Rawatan Rapi (ICU) Hospital Queen Elizabeth II (QEHI) berjalan seperti biasa, namun terpaksa mengurangkan jumlah pesakit daripada lapan kepada enam pesakit.

Penjelasan itu sekali gus menyangkal dakwaan sebuah portal berita semalam bahawa ICU di hospital itu lumpuh ekoran sebahagian petugas barisan hadapan dikuarantin.

Dr Noor Hisham dalam kenyataannya berkata, bagi situasi di ICU (QEHI), terdapat seorang jururawat di kesan positif Covid-19 selepas menjalani saringan bergejala pada 6 Oktober lalu.

"Justeru, saringan di tempat kerja menggunakan kit ujian pantas (RTK) antigen dan juga Ujian Real-Time Reverse Transcription-Polymerase Chain Reaction (RT-PCR) telah dijalankan terhadap 92 petugas perubatan (pe-

gawai perubatan dan jururawat) di QEHI pada 9 Oktober lalu.

"Hasil saringan mendapati seorang lagi jururawat yang merupakan kontak rapat kepada kes indeks adalah positif Covid-19 manakala anggota perubatan yang lain didapati negatif kedua-dua RTK Antigen dan PCR," katanya dalam satu kenyataan di sini semalam.

Terdahulu, dalam satu kenyataan beliau turut memaklumkan, secara keseluruhannya sejak permulaan wabak Covid-19 sehingga semalam, seramai 579 orang kakitangan kesihatan dan perubatan Kementerian Kesihatan daripada pelbagai kategori skim perkhidmatan telah dijangkiti Covid-19.

"Untuk di Sabah, bagi tempoh yang sama seramai 198 kakitangan KKM telah dijangkiti Covid-19 di mana dalam Oktober ini sahaja telah mencatat jumlah paling tinggi setakat ini iaitu 85 orang, berbanding pada September lalu seramai 66 orang," katanya.

# One Utama minta pengunjung buat saringan

Terutama mereka yang mengunjungi bahagian kosmetik Parkson Elite dan Mac City Service Centre

Oleh RAIHAM MOHD SANUSI

PETALING JAYA

Pihak pengurusan pusat beli-belah One Utama di sini meminta orang ramai yang mengunjungi bahagian kosmetik Parkson Elite dan kedai Mac City Service Centre di kompleks itu tampil untuk melakukan ujian saringan susulan berlaku kes positif koronavirus (Covid-19) di pusat itu.

One Utama dalam satu kenyataan menyatakan, orang ramai yang berada di dua bahagian itu pada 25 September hingga 7 Oktober lalu boleh menghubungi Pejabat Kesihatan Daerah Petaling.

Katanya, setakat ini semua pekerja Mac City Service Centre telah disahkan negatif, begitu juga dengan kontak rapat pekerja Parkson Elite.

"KKM (Kementerian Kesihatan Malaysia) telah mengesahkan sebilangan kecil kes di One Utama tidak berhubung atau tersebar oleh satu



Pusat beli-belah One Utama di Petaling Jaya kelihatan lengang semalam.

sumber, dengan individu yang dijangkiti tidak menunjukkan gejala ketika bekerja di premis penyewa kami.

"Kami juga telah menyediakan kemudahan untuk semua kakitangan One Utama dan kakitangan penyewa kami untuk menjalani ujian saringan Covid-19," menurut kenyataan itu yang dikeluarkan di sini semalam.

Kenyataan itu juga mengesahkan tentang penutupan sementara pusat beli-belah tersebut pada hari ini untuk proses saringan kontak rapat dan proses nyahkuman atas nasihat KKM.

Menurutnya, kompleks itu hanya akan dibuka semula setelah semua pekerja One Utama dan penyewa

menjalani ujian saringan dan keputusan ujian itu diperolehi.

Katanya, pihaknya kesal kerana penularan Covid-19 itu berlaku di luar kawalan walaupun usaha terbaik telah dilakukan untuk mencegah penularan Covid-19 di pusat beli-belah itu dengan pelaksanaan prosedur operasi standard (SOP) dan kerja-kerja sanitasi yang ketat.

"Terima kasih kami ucapkan kepada petugas barisan hadapan, penyewa, KKM dan semua pihak yang terus membantu dan menyokong kami sepanjang tempoh mencahar ini.

"Maklumat (mengenai perkembangan semasa) akan dikemas kini di laman sosial pusat beli-belah kami," katanya.



AKHBAR : SINAR AHAD

MUKA SURAT : 5

RUANGAN : MEMERANGI WABAK COVID-19

SINAR AHAD • 11 OKTOBER 2020

**MEMERANGI WABAK COVID-19**



# 374 kes baharu, tiga lagi korban Covid-19

Sebanyak 372 kes penularan tempatan dan dua kes import yang mendapat jangkitan di luar negara

Oleh **NURUL HUDA HUSAIN**

**SHAH ALAM**

**B**ilangan kes baharu Covid-19 di Malaysia kekal pada tiga angka apabila sebanyak 374 kes positif dilaporkan semalam.

Ketua Pengarah Kesihatan, Tan Sri Dr Noor Hisham Abdullah berkata, daripada 374 kes baharu itu, 372 membabitkan penularan tempatan dan dua kes import yang mendapat jangkitan di luar negara.

Menurutnya, setakat jam 12 tengah hari semalam, sebanyak tiga kematian baharu direkodkan dengan kesemua kes adalah di Sabah menjadikan kumulatif

kes kematian akibat wabak itu adalah sebanyak 155 kes.

"Jika dilihat pecahan utama jumlah kes hari ini (semalam), ia menunjukkan trend yang hampir sama dengan semalam. Negeri Sabah mencatat jumlah kes tertinggi iaitu 277 kes atau 74.1 peratus.

"Lebih banyak aktiviti saringan terus dijalankan di lapangan terutama di pelbagai daerah Perintah Kawalan Pergerakan Diperketatkan (PKPD) dan PKPD secara pentadbiran, dan kapasiti ujian terus dipertingkatkan," katanya pada sidang akhbar yang disiarkan secara maya menerusi Facebook Kementerian Kesihatan Malaysia (KKM) di sini semalam.

Mengulas lanjut, Dr Noor

Hisham berkata, terdapat 73 kes yang telah pulih menjadikan jumlah kumulatif kes yang telah pulih sepenuhnya daripada Covid-19 adalah sebanyak 10,780 kes atau 71.4 peratus daripada jumlah keseluruhan kes.

Katanya, jumlah kes aktif dengan kebolehjangkitan Covid-19 pula adalah sebanyak 4,161 kes dan mereka telah diasingkan dan diberi rawatan.

"Sehingga kini, terdapat 73 kes positif yang sedang dirawat di unit rawatan rapi (ICU) dengan 28 kes memerlukan bantuan pernafasan," katanya.



**DR NOOR HISHAM**

Sementara itu, dalam perkembangan sama, Dr Noor Hisham berkata, terdapat enam kluster baharu telah dikenal pasti semalam.

Menurutnya, empat daripada kluster baharu itu melibatkan Selangor dan masing-masing satu di Sabah dan Sarawak.

"Kluster Highway di Sabah dikesan di daerah Kota Belud dengan mencatatkan sebanyak 23 kes positif setakat ini, manakala Kluster Putra di Sarawak dikesan di daerah Bintulu. Setakat ini sebanyak lima kes telah dikesan positif.

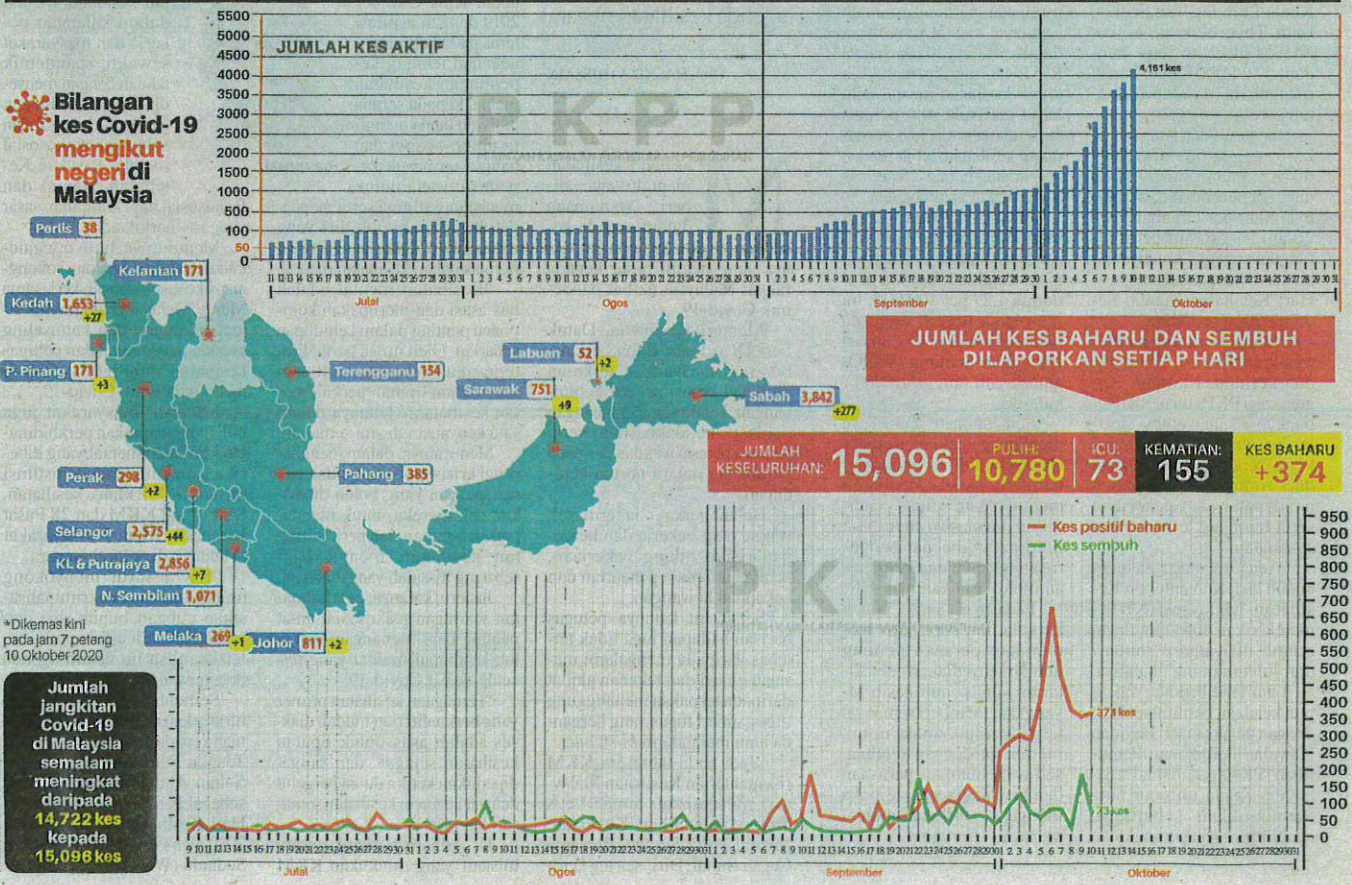
"Kluster Bah Manggis, Se-

langor dikesan di daerah Gombak dan Petaling dengan merekodkan 10 kes positif setakat ini. Kluster Tasik, Selangor melibatkan Miri, Sarawak dan daerah Petaling, Hulu Langat dan Klang, Selangor, setakat ini sebanyak 10 kes positif telah dikesan," katanya.

Menurutnya, dua lagi kluster baharu di Selangor adalah Kluster Simera melibatkan daerah Besut, Terengganu; daerah Kuantan, Pahang; daerah Petaling, Klang dan Hulu Langat, Selangor serta Kluster Utama dikenal pasti di daerah Gombak dan Petaling.

"Kedua-dua kluster ini merekodkan 10 kes positif dan saringan kontak rapat masih dijalankan," kata beliau.

**SITUASI TERKINI KES COVID-19 DI MALAYSIA SETAKAT SEMALAM**





AKHBAR : SINAR AHAD  
 MUKA SURAT : 6  
 RUANGAN : NASIONAL

6



/ NASIONAL /

11 OKTOBER 2020 • SINAR AHAD

## Agong, Permaisuri dan anakanda bereben hijau sempena Hari Kesihatan Mental Sedunia

**KUALA LUMPUR** - Yang di-Pertuan Agong, Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah dan Raja Permaisuri Agong, Tunku Azizah Aminah Maimunah Iskandariah serta anakanda Tengku Puteri Raja Tengku Puteri Iman Afzan semalam berkenan mengenakan reben hijau bersempena Hari Kesihatan Mental Sedunia 2020 yang jatuh pada 10 Oktober setiap tahun.

Reben hijau merupakan simbol kesihatan mental antarabangsa, selain sebagai tanda sokongan bagi kesedaran dan penyebab kesihatan mental serta membantu membina solidariti untuk komuniti itu.

Menurut kenyataan Istana Negara semalam, Tengku Puteri Iman Afzan merupakan Penaung Antarabangsa bagi Hari Kesihatan Mental Sedunia 2020 setelah menerima undangan daripada Gabungan Badan-badan Kesihatan Mental Sedunia baru-baru ini.

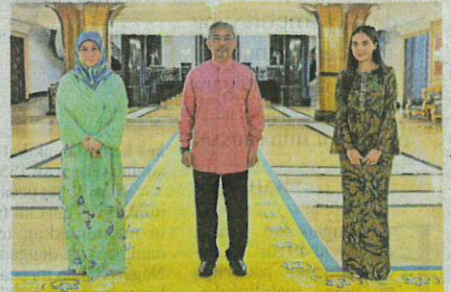
Pelantikan Tengku Puteri Iman Afzan itu bukti usaha murni Malaysia dalam meningkatkan kesedaran mengenai kesihatan mental, cara-cara perawatan dan cabaran polisi. Usaha itu diperakui Pertubuhan Kesihatan Sedunia dan agensi Pertubuhan Bangsa-bangsa Bersatu yang lain.

Naungan diraja Tengku Puteri Iman Afzan itu adalah hingga Ok-

tober 2021.

Menurut kenyataan itu, Tengku Puteri Iman Afzan dalam perutusannya sebagai Penaung Antarabangsa mengajak rakyat dan kerajaan di seluruh dunia bersatu dalam usaha memartabatkan kesihatan mental kerana perkara tersebut adalah tanggungjawab semua.

Anakanda Seri Paduka berdua itu turut dipetik bertitah akan betapa pentingnya meluangkan masa dan memberi perhatian, sokongan, kasih sayang serta belas kasihan sesama kita bagi menjamin kesihatan dan kesejahteraan mental yang lebih baik. - Bernama



Al-Sultan Abdullah dan Tunku Azizah serta Tengku Puteri Iman Afzan semalam berkenan mengenakan reben hijau bersempena Hari Kesihatan Mental Sedunia 2020 yang jatuh pada 10 Oktober setiap tahun.

## Hampir setengah juta rakyat Malaysia alami simptom depresi

**KUALA LUMPUR** - Hampir setengah juta rakyat di negara ini didapati mengalami simptom tekanan atau depresi, menurut Tinjauan Kebangsaan Kesihatan dan Morbiditi (NHMS) 2019.

Penaung Befrienders Kuala Lumpur, Tan Sri Lee Lam Thye berkata, kajian NHSM 2019 itu juga mendapati 424,000 kanak-kanak mengalami masalah kesihatan mental.

"Separuh daripada masalah gangguan mental mula dikesan pada usia 14 tahun dan tiga perempat daripadanya pada pertengahan usia 20-an. Perkara ini perlu ditangani segera," katanya dalam satu kenyataan sempena Hari Kesihatan Mental Sedunia 2020 semalam.

Beliau berkata, pandemik coronavirus (Covid-19) dan Perintah Kawalan Pergerakan (PKP) turut menyebabkan tekanan emosi susulan perubahan persekitaran kerja seperti perlu bekerja dari rumah, hilang punca pendapatan dan pekerjaan serta bimbang terhadap keselamatan.

"Ada juga yang rasa ingin bunuh diri. Kementerian Kesihatan Malaysia (KKM) merekodkan 465 kes cubaan bunuh diri antara Januari dan Jun tahun ini," katanya.

Lam Thye berkata, walaupun keadaan bertambah baik dengan pelaksanaan Perintah Kawalan Pergerakan Pemulihan (PKPP), statistik Befrienders Kuala Lumpur pula menunjukkan sebaliknya apabila terdapat peningkatan

panggilan diterima daripada mereka yang mengalami kesusahan dan ingin bunuh diri pada bulan Julai, Ogos dan September berbanding April, Mei dan Jun.

Justeru, beliau berkata, kerajaan dan KKM perlu menyediakan peruntukan untuk kesihatan mental yang mana dalam Bajet 2020, hanya RM344:82 juta diperuntukkan untuk kesihatan mental iaitu lebih daripada satu peratus daripada keseluruhan peruntukan kesihatan, lebih rendah berbanding purata 2.8 peratus di peringkat antarabangsa.

"Data dari tahun 2018 menunjukkan terdapat 410 psikiatri di negara ini dengan nisbah psikiatri kepada penduduk 1.27 per 100,000. Ini jauh lebih rendah daripada nisbah disyorkan Organisasi Kesihatan Sedunia (WHO) antara satu hingga 10,000," katanya.

Sementara itu, Lam Thye juga menggalakkan Kementerian Pendidikan untuk menambah aspek kesihatan mental dalam silibus pendidikan termasuk membina daya tahan, belajar penguasaan tekanan dan kemahiran menyelesaikan masalah.

Pada masa sama, beliau berkata, ibu bapa juga memainkan peranan penting untuk menyediakan persekitaran yang penuh kasih sayang dan memberi semangat kepada anak-anak untuk membesar dengan selamat, sedia meluahkan perasaan dan bercakap secara terbuka mengenai kesihatan mental mereka. - Bernama

# Kesihatan mental perlu diutamakan

Ia harus dijadikan agenda kesihatan negara

Oleh HASNIZA HUSSAIN

SHAH ALAM

**M**asalah kesihatan mental wajar diberi keutamaan dalam agenda kesihatan negara susulan impaknya yang begitu besar kepada rakyat Malaysia akibat pandemik Covid-19.

Menteri Kesihatan, Datuk Seri Dr Adham Baba berkata, rata-rata masyarakat terkesan dari segi emosi seperti kebimbangan, ketakutan, pengasingan (isolasi), ketidakpastian, serta tekanan perasaan akibat daripada perubahan dalam norma kehidupan.

Beliau berkata, ia termasuk warga yang bekerja dan berdepan risiko hilang pekerjaan, kehilangan mata pencarian dan kekangan kewangan.

Selain itu, katanya, petugas barisan hadapan juga tidak terlepas daripada mengalami masalah emosi dan tekanan akibat daripada terpaksa menanggung tugas, diberi tugas yang berganda atau mengalami *burn out*.

"Jadi pada tahun ini KKM (Kementerian Kesihatan Malaysia) menetapkan tema 'Let's Talk Minda Sihat: Kesihatan Mental Milik Semua, Bersama Cegah Bunuh Diri' seiring kem-

pen sama yang dimulakan sejak Oktober 2019 dengan aspirasi tema pada kali ini menekankan tentang kepentingan kesihatan mental kepada semua individu tanpa mengira umur, agama dan bangsa termasuk keperluan usaha untuk menangani stigma serta mencegah kejadian bunuh diri yang merupakan salah satu impak permasalahan kesihatan mental.

"Kesihatan mental adalah hak asasi dan merupakan komponen penting dalam kehidupan seharian. Oleh itu, ia perlu diintegrasikan sebagai salah satu skop dalam liputan perkhidmatan kesihatan," katanya dalam satu kenyataan di sini semalam.

Menurutnya, dalam menghadapi krisis global ini, tidak ada sesiapa pun yang boleh dinafikan hak mereka untuk mendapatkan bantuan dan perkhidmatan kesihatan mental bagi sebarang masalah yang dihadapi.

Justeru, katanya, perkhidmatan sokongan psikososial amat penting bagi menangani masalah kesihatan mental yang teretus akibat Covid-19.

"Penjagaan kesihatan primer yang berkualiti dan mudah diakses adalah asas untuk liputan kesihatan sejagat dan sangat diperlukan ketika dunia bergelut dengan keadaan kesihatan semasa," katanya.

Dr Adham berkata, antara inisiatif yang dilakukan KKM



DR ADHAM

bagi mengatasi masalah kesihatan mental dalam kalangan pekerja dan masyarakat sewaktu pandemik adalah dengan menyediakan perkhidmatan kesihatan mental dan sokongan psikososial melalui Pasukan Kesihatan Mental dan Psikososial bagi kumpulan sasar yang memerlukan.

Menurutnya, turut diwujudkan ialah talian bantuan sokongan psikososial dengan kerjasama Mercy Malaysia bagi memberikan sokongan dan kaunseling kepada masyarakat dan petugas kesihatan yang terlibat menangani pandemik Covid-19.

Katanya, masyarakat juga boleh mendapatkan perkhidmatan kesihatan mental yang diberikan melalui empat institusi mental, 1,001 klinik kesihatan, 66 hospital KKM dan 28 Pusat Kesihatan Mental Masyarakat (Mentari) di seluruh negara.

"KKM turut menyokong usaha untuk mendekriminalisasikan cubaan bunuh diri dan mengambil inisiatif untuk melataknkan isu itu dalam agenda belanjawan negara," katanya.

Sementara itu, Dr Adham turut menzahirkan ucapan tahniah kepada Tengku Puteri Raja, Tengku Puteri Iman Afzan Al Sultan Abdullah yang dilantik sebagai Penaung Antarabangsa Hari Kesihatan Mental Dunia 2020 oleh Pertubuhan Kesihatan Sedunia (WHO).



AKHBAR : NEW SUNDAY TIMES

MUKA SURAT : 4

RUANGAN : NEWS / NATION

## 374 cases recorded yesterday, nearly all locally transmitted

**KUALA LUMPUR:** The Health Ministry recorded 374 new cases yesterday, 372 of which are local infections with two imported ones.

Health director-general Tan Sri Dr Noor Hisham Abdullah said the majority of the cases came from Sabah, with 277 or 74.1 per cent from the daily total.

Selangor logged 44 new cases. Of the total, six were detected in individuals who had returned from Sabah.

"From the 372 local infections, 17 comprise those who have returned from Sabah, bringing the total number of positive cases with a history of travelling to Sabah since Sept 20 to 341," he said during a Facebook live session yesterday.

The ministry logged 27 cases in Kedah, all linked to the Tembok prison cluster.

Other states that recorded new cases include Sarawak (nine), Kuala Lumpur (four) and Penang (three). Johor, Perak and Labuan logged two cases each, while Melaka and Putrajaya recorded one positive case each.

This takes the total number of Covid-19 cases in the country to 15,096 cases with 4,161 active cases.

"To date, 73 positive cases are being treated in the Intensive Care Unit, with 28 requiring ventilator support," Dr Noor Hisham said.

He said three more deaths were reported, all in Sabah.

The deaths were reported in Hospital Tawau, Hospital Queen Elizabeth in Kota Kinabalu and Hospital Semporna. This increases the death toll to 155.

Six new clusters had been detected, with four in Selangor.

Dr Noor Hisham said the other clusters were located in Sabah and Sarawak.

Of the new clusters, he said the Highway cluster in Sabah had the highest number of confirmed cases at 23.

"The Highway cluster involves the Kota Belud district in Sabah. The index case for the cluster, Case 12,205, tested positive for the virus on Oct 3 and was admitted to Queen Elizabeth Hospital. A total of 59 people related to the cluster have been screened, with 36 testing negative."

In Selangor, Dr Noor Hisham said the "Utama" and "Tasek" clusters had the highest number of cases with 10 positive cases each.

"The Utama cluster was identified in Gombak and Petaling. The index case for the cluster,

Case 2,549, tested positive for Covid-19 on Oct 4. The patient was admitted to Sungai Buloh Hospital.

"Up to noon today (yesterday), the ministry has screened 114 people related to the cluster, with 15 testing negative and 89 awaiting test results."

On the Tasek cluster, Dr Noor Hisham said it was identified in Miri, Sarawak, as well as the Petaling, Hulu Langat and Klang districts in Selangor.

He said the ministry had screened 15 people related to the cluster.

"One tested negative while four others are awaiting results."

The two other new clusters that were detected in Selangor — Bah Manggis and Simera — each have eight positive cases.

The Bah Manggis cluster involved the Tawau district in Sabah and Kuala Langat district in Selangor.

"The index case for the cluster tested positive on Oct 5 and was admitted to Tawau Hospital in Sabah," Dr Noor Hisham said, adding that 107 people related to the cluster had been screened.

Five confirmed cases were detected from the Putra Cluster, which involved Bintulu in Sarawak.

The pandemic's third wave also saw an increase in Covid-19 cases involving healthcare workers in the past month.

Dr Noor Hisham Abdullah said 85 healthcare workers tested positive up to Friday compared with 68 cases last month.

"Apart from family members, healthcare workers are at the highest risk of contracting the virus. Since the beginning of the pandemic, 579 healthcare workers have been infected. The highest number of cases is recorded in Sabah, with 198 infected since the beginning of the pandemic."

Dr Noor Hisham said this in response to a news report by an online portal, which claimed that 40 out of 66 ICU nurses at Hospital Queen Elizabeth II in Kota Kinabalu had been forced into quarantine after at least one staff member tested positive for the virus.

He said the Health Ministry had conducted screening of all medical nurses in the hospital's ICU ward and found that two tested positive.

"We are investigating whether they contracted the virus in the community or from the hospital."



Tan Sri Dr Noor Hisham Abdullah



AKHBAR : NEW SUNDAY TIMES

MUKA SURAT : 6

RUANGAN : NEWS / NATION

6

# DINING OUT SAFELY WITH NEW NORMS IN PLACE

THARANYA ARUMUGAM  
KUALA LUMPUR  
news@nst.com.my

**M**ANY restaurant owners have adapted to new norms and put all necessary standard operating procedures (SOP) in place.

Customers have also been careful to comply with all new rules, such as temperature scanning, screening of details and physical distancing.

Malaysian Muslim Restaurant Owners Association (Presma) president Datuk Jawahar Ali Taib Khan said its members had observed significant improvements in terms of people adhering to the SOP, so much so that it had become a habit for most.

"The announcement by Senior Minister (Security Cluster) Datuk Seri Ismail Sabri Yaakob to allow operating hours until 2am in non-Targeted Enhanced Movement Control Order areas has also brought relief to our members, especially for outlets operating near tourist spots and factories where there are night shift workers.

"Presma is constantly reminding its members to strictly follow new norms via our Facebook page and also through WhatsApp. We have also placed banners at all outlet entrances to remind customers of the need to follow new norms."

He said compliance to new norms was mandatory for operators or they would be at risk of being penalised by the authorities if they were lax.

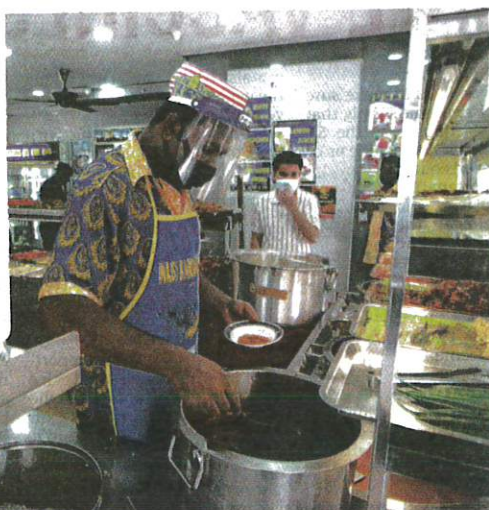
"However, we sometimes encounter rude customers who are hot-headed but we have to face it as this is part and parcel of our job.

"We will strenuously remind them that if they don't adhere to the rules and regulations, they will have to face the consequences.

"They should remember that we are still fighting the virus. We are strict and will turn customers away if they refuse to adhere to the SOP. We



**Bersama Hentikan Wabak Covid-19**



Food being served in accordance with new norms.

place posters stating 'no face masks, no entry' at the entrance of our premises."

Jawahar urged member restaurants to provide or sell face masks to customers who did not have one with them when entering premises.

He added that it was also crucial for operators to ensure physical distancing and maintain cleanliness at all times.

"This includes refilling hand sanitisers, providing soaps and recording the details of customers. Everyone should play their part.

"It will also be helpful if police or officers from the Health Ministry make constant rounds and give reminders to the people through loud

hailers, especially at crowded places like pasar malam, supermarkets and restaurants."

Malaysian Indian Restaurant Owners Association president T. Muthusamy said non-compliance to the SOP would not be tolerated.

He said more stringent action must be taken and awareness campaigns added to positively affect individual behaviour.

"Nevertheless, new norms are becoming part of our lifestyle with increasing public awareness.

"In general, the people are more concerned now about safety and health when dining outside."

For more information, go to [https://www.infosihat.gov.my/images/media\\_sihat/nor-mabaharu/HTML/](https://www.infosihat.gov.my/images/media_sihat/nor-mabaharu/HTML/)

OCTOBER 11, 2020 • NewSundayTimes

## FOR PHYSICAL DISTANCING, AVOID THE 3CS



Crowded places



Confined spaces



Close conversation

## KEEP A DISTANCE OF AT LEAST ONE METRE



While making ATM / banking transactions



Covid-19 spreads via respiratory droplets when someone talks, sneezes or coughs. Keep a distance of at least one metre between one another



While taking public transport



While shopping at supermarkets



While making purchases at pharmacies



While refuelling at petrol stations



Operators ensure patrons adhere to new norms at their restaurants.



AKHBAR : NEW SUNDAY TIMES

MUKA SURAT : 8

RUANGAN : NEWS / NATION

NewSundayTimes . OCTOBER 11, 2020

8 | NEWS / Nation

WEARING A GREEN RIBBON

# ROYAL SUPPORT FOR MENTAL HEALTH

King's eldest daughter appointed international patron for World Mental Health Day

KUALA LUMPUR

**Y**ANG di-Pertuan Agong Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah, Raja Permaisuri Agong Tunku Hajah Azizah Aminah Maimunah Iskandariah and the king's eldest daughter, Tengku Puteri Raja Tengku Puteri Iman Afzan, yesterday wore a green ribbon pin badge in support of World Mental Health Day which is observed on Oct 10 annually.

The green ribbon is the symbol of international mental health and wearing the pin badge is a way of showing support and solidarity with the community.

Istana Negara yesterday said Tengku Puteri Iman Afzan had been appointed the international patron for World Mental Health Day after accepting the invitation from the World Federation for Mental Health recently.

The appointment proved that Malaysia's efforts in raising awareness of mental health had been recognised by the World Health Organisation and other United Nations agencies, said Istana Negara.

Her royal patronage will run until October next year.

Tengku Puteri Iman Afzan called on people and governments around the world to unite to uphold the rights of those with mental health issues.

She said it was important for people to spend time, give attention, show support and compassion to each other to ensure better mental health and well-being.

Bernama



Yang di-Pertuan Agong Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah, Raja Permaisuri Agong Tunku Hajah Azizah Aminah Maimunah Iskandariah and the king's eldest daughter, Tengku Puteri Raja Tengku Puteri Iman Afzan, wearing green ribbon pin badges in support of World Mental Health Day yesterday. BERNAMA PIC

## Stigma, discrimination stumbling blocks to getting mental healthcare services

**KUALA LUMPUR:** In conjunction with World Mental Health Day, the Mental Illness Awareness and Support Association called for the formulation of national plans aimed at providing access to mental healthcare services.

The association said Malaysia needed a public health model that looked into root causes, such as social inequality, stigma, discrimination, prevention and mental health promotion.

In line with the theme of World Mental Health Day 2020, "Mental Health for All: Greater Investment, Greater Access", it highlighted the barrier in accessing mental healthcare services by many around the world, where stigma, discrimination, abuse and inequality exacerbated the situation.

The association said the World Health Organisation (WHO) revealed that though the demand for mental health was increasing, critical mental health services in 93

per cent of countries were disrupted due to the Covid-19 pandemic.

"Countries around the world spend only an average of two per cent of their health budgets on mental health.

"Now with billions of people being affected by this pandemic, there is a greater need for investment in this area."

It said that close to one billion people were living with a mental health disorder.

Suicide contributed to 800,000 deaths every year, which is equivalent to 1 death in every 40 seconds.

"In Malaysia, the National Health and Morbidity Survey (2019) noted that the national prevalence of depression among Malaysian adults is at 2.3 per cent which accounts for about half a million individuals, where 3.6 per cent of the adults reside in rural areas, and 2.7 per cent come from the B40 community."

It said 424,000 youths and children suffered from mental health problems, with

higher prevalence rates observed among girls, children in rural areas, and those from the B40 group.

"WHO also voiced concern about post-pandemic mental health repercussions. In fact, the government psychosocial hotline received 11,791 calls and counting since the Covid-19 outbreak happened. We must work on preventive measures to enable early intervention.

"These must be executed at schools, universities, primary care, the government sector, multinational corporations, healthcare settings and more.

"Better access to quality mental health care services must be provided to all individuals who need them, no matter their financial and social status or location."

MIASA said new platforms of discussions must be held by stakeholders to highlight the importance of mental health to the public and normalise discussions on

its disorders.

The association called on the people to eliminate stigma and discrimination associated with mental health and provide full inclusion for mental health peers in work and employment.

"These are supported by accommodation and housing, education, social protection, better access to quality mental health care services and healthcare for all."

It said Malaysia had taken great strides in advocating for mental health with stronger collaborations focused on the continued spread of awareness and education initiatives.

"We hope to amplify the voices of those with lived experiences, by having peers and caregivers involved in the design, development and delivery of mental health services in Malaysia. We hope that through these insights, people can recover better and lives can be saved."



AKHBAR : THE STAR

MUKA SURAT : 3

RUANGAN : NATION

SUNDAY STAR, SUNDAY 11 OCTOBER 2020

Nation 3

## King and Queen wear green ribbon in support of World Mental Health Day

**KUALA LUMPUR:** Yang di-Pertuan Agong Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah, Raja Permaisuri Agong Tengku Hajah Azizah Aminah Maimunah Iskandariah and their eldest daughter Tengku Puteri Raja Tengku Puteri Iman Afzan put on a green ribbon pin in support of World Mental Health Day, which is usually observed on Oct 10.

The green ribbon is the international symbol for mental health awareness. Wearing it is one way of showing support and solidarity for the community.

Istana Negara, in a statement yesterday, said Tengku Puteri Iman Afzan was appointed as the international patron for World Mental Health Day after accepting the invitation from the World Federation

for Mental Health recently.

The appointment has proven that Malaysia's noble efforts in raising awareness on mental health have been recognised by the World Health Organisation and other United Nations agencies.

Her royal patronage will run until October 2021.

Meanwhile, Tengku Puteri Iman Afzan called on the people and governments around the world to unite in an effort to uphold the rights of those struggling with mental health issues as it is a collective responsibility.

She said it was important for everyone to spend time, give attention and support, and show compassion to each other to ensure better mental health and well-being. — Bernama



**Royal patronage:** Tengku Puteri Iman (right) pinning a green ribbon, the international symbol for mental health awareness, on Sultan Abdullah (centre) while Tengku Azizah looks on. — Bernama

## Our athletes mark World Mental Health Day with touching messages

**PETALING JAYA:** For athletes it isn't just about maintaining physical strength but also good mental well-being.

This is why they thought it important to send out messages to mark World Mental Health Day yesterday.

This year's theme is: "Mental Health for all: Greater Investment-Greater Access".

Former world number one squash champion Datuk Nicole David called for public awareness on understanding mental health.

She posted a photo of herself on Facebook with a caption many found touching: "Behind every smile, behind every face, behind every action there's feelings. Some people have struggles, struggles some of us may not understand or even share but they're real. They're painful and can be overwhelming."

Nicole urged the public to have an open heart and respect others' struggles.

"To anyone going through difficulties, know that you can always reach out for help and please know you're not alone," she said.

Two-time Olympics diving medallist Pandalela Rinong posted a message on Twitter, calling for self-love awareness.

She tweeted a photo of her by a swimming pool with a caption accompanied by a hashtag for World Mental Health Day.

Her message said: "In order to love others, you need to love yourself first."

# 'Mental health a priority'

## Ministry: Society not just physically affected by Covid-19

**PETALING JAYA:** The Health Ministry has made mental health a priority in its fight against the Covid-19 pandemic as it affects frontliners, patients and society.

Minister Datuk Seri Dr Adham Baba (pic) said the ministry had taken various steps to ensure that mental health issues were addressed and treated at all levels of society.

"This year is the most challenging as the whole world has been ravaged by the Covid-19 pandemic, which not only affects our health physically but mentally as well."

"Society has been impacted emotionally with worry, fear, isolation, uncertainty and stress stemming from changes to life's norms."

"Those affected include workers who risk losing their jobs, livelihood and financial constraints."

"Frontliners are not spared from emotional problems and stress due to their duties, increased workload or burnout," said Dr Adham in conjunction with World Mental Health Day yesterday.

The National Health and Morbidity Survey (NHMS) last year found that prevalence of depression in those aged 16 and above was at 2.3% or nearly half a million Malaysians.

In 2017, the NHMS found that suicidal ideation among Malaysian teenagers between the ages of 13 and 17 had increased from 7.9% in 2009 to 10%.

"Based on this, it is important for mental



health to be part of the government's health agenda," said Dr Adham, adding that the ministry had launched "Let's Talk Healthy Minds" in October last year.

"This is catered for everyone, regardless of race, religion, age and gender," he said, adding that during the pandemic, the ministry had provided mental health and psychosocial services to targeted groups.

"The ministry, along with Mercy Malaysia, has created psychosocial support and counselling hotlines to assist staff and health workers handling the Covid-19 pandemic."

"The people can also get mental healthcare

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This year is the most challenging as the whole world has been ravaged by Covid-19, which not only affects our health physically but mentally as well. Society has been impacted emotionally with worry, fear, isolation, uncertainty and stress stemming from changes to life's norms.

Datuk Seri Dr Adham Baba

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through four mental health institutions, 1,001 health clinics, 66 hospitals and 29 community mental health centres throughout the country," said Dr Adham, congratulating Tengku Puteri Raja Tengku Puteri Iman Afzan Al-Sultan Abdullah who was recently appointed the international patron of World Mental Health Day 2020.



AKHBAR : THE STAR

MUKA SURAT : 5

RUANGAN : NATION

## Malaysia keeping its virus screening rates up

By HEMANANTHANI SIVANANDAM  
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**PETALING JAYA:** Malaysia is on par with countries such as South Korea in the number of Covid-19 screening per capita, says Health director-general Tan Sri Dr Noor Hisham Abdullah.

He noted the country conducted 51.96 Covid-19 screening tests for every one thousand Malaysians, with only 0.8% found to be positive.

"In South Korea they do 46.41 tests for every 1,000 people and only 1% is positive.

"In our neighbouring country, Thailand, they conduct 6.57 (test) for every 1,000 people and the pos-

sitive rate is almost the same with us," said Dr Noor Hisham in a live press conference from his home yesterday.

He said New Zealand and Australia had the best testing rates with 205.7 and 309.61 screenings respectively for every 1,000 of their people.

Both New Zealand and Australia had also recorded very low positive rates at 0.2% and 0.3% respectively, said Dr Noor Hisham.

Dr Noor Hisham said Malaysia's 60 labs conducted some 41,354 Reverse Real-Time Polymerase Chain (RT-PCR) tests daily.

"Yesterday (Oct 9), some 17,172 tests were conducted. The total cumulative RT-PCR done as of Oct 9

stands at 266,747 tests," he said.

Dr Noor Hisham also said testing in Sabah had also increased by almost 100% to 4,000 tests daily.

On the healthcare workers at the intensive care unit (ICU) of Queen Elizabeth 11 Hospital in Kota Kinabalu, Sabah, Dr Noor Hisham said screenings had been conducted on all medical officers and nurses at the hospital.

"As of Oct 9, only two positive cases were detected. We are still investigating if the cases were contracted in the community or at the hospital.

"We are trying our best to ensure the nurses (and healthcare workers) comply with effective infection control measures and practise good

clinical guideline," he said.

An online portal reported that healthcare workers at the hospital in Kota Kinabalu were struggling to cope with their workload after many nurses in the ICU department were forced to self-quarantine.

Dr Noor Hisham added that to date, 579 healthcare workers had been infected from the start of the Covid-19 pandemic and from that, 198 were in Sabah.

He said that in October, 85 cases were recorded compared to the 68 cases last month.

Yesterday, Malaysia recorded 374 new Covid-19 cases, with three deaths reported.

Dr Noor Hisham said all three deaths were recorded in Sabah.

Two men aged 61 and 51 years old respectively and a 54-year-old woman were the latest casualties.

Dr Noor Hisham said Sabah recorded 277 cases, making it the most number of infections from the total number of cases recorded yesterday.

This is followed by Selangor (44 cases), Kedah (27 cases from the Tembok, or prison, cluster), Kuala Lumpur (four cases) and Putrajaya (one case).

From the 374 cases, only two were imported cases from the Philippines.

Dr Noor Hisham also said there were six new clusters reported - four in Selangor and one each in Sabah and Sarawak.



AKHBAR : THE STAR

MUKA SURAT : 6

RUANGAN : NATION

**Covid-19: Current situation globally**

(As at 7pm Oct 10, 2020)

	Malaysia											
	New cases			Total cases			Total deaths			Total recovered		
	374	15,096	155	10,780								
<b>Asean+</b>	Philippines	Indonesia	Japan	China	Singapore	S. Korea	Myanmar	Thailand	Vietnam	Cambodia	Brunei	Laos
Confirmed cases	336,926	328,952	87,639	85,536	57,866	24,548	23,906	3,634	1,105	283	146	23
Deaths	6,238	11,765	1,616	4,634	27	430	566	59	35	0	3	0
Recovered	276,094	251,481	80,733	80,696	57,675	22,624	6,738	3,445	1,024	277	143	22
<b>Global Top 10</b>	US	India	Brazil	Russia	Colombia	Spain	Argentina	Peru	Mexico	France		
Confirmed cases	7,895,026	6,979,423	5,057,190	1,285,084	894,300	890,367	871,468	843,355	809,751	691,977		
Deaths	218,661	107,450	149,692	22,454	27,495	32,929	23,225	33,158	83,507	32,583		
Recovered	5,065,054	5,988,822	4,433,595	1,016,202	780,547	N/A	697,141	733,000	588,085	100,828		

# Tributes pour in for heroes

## Virtual Doctors Day held to salute healthcare workers' dedication

By DIYANA PFORDTEN  
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**PETALING JAYA:** It was a fitting tribute to Malaysia's "Unsung Heroes in Healthcare".

A virtual Doctors Day celebration was held yesterday, saluting healthcare workers who persevered in what has been a most demanding year thus far.

"The year 2020 has been very different from other years, as it may go down in history as one of the toughest and most challenging year for all doctors in the world, and also our country," said Section Concerning House Officers and Medical Officers (Schomos) chairman Dr Vijay Ganasan.

"Doctors and frontliners must be appreciated for tirelessly working day and night to defend the nation," he said.

Schomos comes under the Malaysian Medical Association (MMA).

The virtual event was hosted by the MMA along with Schomos and its Private Practitioners

Section (PPS).

The first Doctors Day was observed in 1933 in the United States.

Datuk Seri Dr Adham Baba, who launched the virtual event, said the ministry was grateful to all frontliners for their dedication in fighting the coronavirus.

"Thank you, doctors. You've made Malaysia a better place. Together we can make a difference and make Malaysia safe," the Health Minister said.

Health Department director Datuk Dr Norhizan Ismail commended frontliners who made the Malaysian healthcare services one of the best in the world.

"Medicine and healthcare is a noble profession through saving lives and also easing pain. It is not an occupation without hazards.

"From the physical hazards to mental hazards, frontliners are also exposed to chemical, biological, environmental and economic hazard while discharging their duties."

Dr Norhizan noted that no matter the condition, healthcare workers

had been tirelessly dedicating their service to the people.

"In the Armed Forces, we call normal days peace time but even during peace time, our healthcare workers are diligently carrying out their duties treating patients, doing activities for disease prevention and health promotion, as well as conducting research to further enhance our understanding in various fields and diseases," he said.

During the time of a pandemic, Dr Norhizan noted that there was an uphill task faced by healthcare workers in containing and preventing diseases through screening and surveillance activities.

"They spend extra time at work at the expense of family time for the sake of the nation.

"They have been serving the country selflessly and some even have been 'shot down' by the invisible enemy.

"On this special day, let us show our gratitude and appreciation to our unsung heroes, warriors, frontliners and backliners who have been and are still fighting to keep

the country and the people safe and healthy," he added.

Also conveying his appreciation to frontliners was deputy director-general (medical) Datuk Dr Rohaizat Yon, who said there were sufficient resources to meet the rising number of cases in the country and the increased demand for Covid-19 tests.

"We realise frontliners and backliners have a tough job, and it is not easy wearing full personal protective equipment (PPE) for hours.

"We will ensure that there is sufficient human resource and equipment needed as the screening of the disease will definitely increase," he said.

Dr Rohaizat said doctors, nurses and other healthcare personnel had been deployed to help ease the burden of the already overstretched frontliners and backliners.

"PPE and Covid-19 test kits are distributed to the places which need them most. We will not let our beloved staff face the challenge without adequate protection," he said.

## Sabah kids back to online classes with limited Internet access

By KRISTY INUS  
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**KOTA KINABALU:** With all the schools here closed due to rising Covid-19 cases, Sabah has found itself back in the limelight for its insufficient digital infrastructure to cope with online learning.

Although parents believe that closing schools is the right move, they are concerned about the current teaching-learning process, which they claim is not as effective and needs to be improved.

Another major issue, especially in rural areas, is limited Internet access, as well as the parents' lack of funding and understanding of the technology to support their children's studies.

SK Advent Tamparuli's Parents Teachers Association chairman Salbinous Saribun said there was a need to upgrade Internet connectivity as many parents had voiced their difficulties in getting access where they lived.

"Infrastructure development needs political push and government willpower.

"At the same time, I urge the Education Ministry to find a way to teach those B40 groups that are less experienced in using the Internet effectively," said the 35-year-old father of two from Tuaran.

Saribun said for now, there were no live online classes for his son, who is in Primary Two, as not all parents had Internet access and they depended mostly on WhatsApp group interaction.

Kota Kinabalu City Hall staff Julita Joingin, 42, said her Form One daughter started with online classes this week but only for about two hours daily.

"While it is easier to adapt because we have gone through this before during the movement control order (MCO), it is a pity because I know of her classmates who are unable to go online.

"We are lucky we have strong Wi-Fi at home," said the Penampang resident.

Businesswoman and mother of four, Alessandra Kong, said her two daughters studying at SJKC St James in Likas were being put through project-based learning instead of online classes.

"I realise now how much time I need to put in to help them out. It is time-consuming.

"My son who is in kindergarten received video clips for learning from the teacher via WhatsApp," said the 41-year-old from Penampang.

All three parents agreed that the lack of a physical classroom has hindered their children's full learning experience.

# Mixed views about sending kids to school

By SANDHYA MENON  
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**PETALING JAYA:** Instead of fretting over the unpredictable nature of Covid-19, some parents are looking on the bright side as they find a silver lining in sending their children to school.

Mother of two Priya Krishnan, 40, said of the 38 pupils in her daughter's Year Three class, only about 10 turned up.

This, she said, increased the attention and interaction between teachers and pupils.

"My daughter's school practises strict standard operating procedure (SOP), and now with fewer kids in her class, they are seated further apart. So I'm not too worried.

"Their lessons have become more interesting as teachers are incorporating games during classes.

"My daughter used to be an introvert but now, she's more active in class because she enjoys her lessons more," said the journalist.

Starting yesterday, all schools in Sabah were ordered to close for two weeks by the Education Ministry.

As Covid-19 cases were also detected in SK Presint 8 (1) in Putrajaya and SK Bangsar in Kuala Lumpur, the ministry said in a statement that both schools had to close from Oct 9-16.

It also said any schools in the country that recorded a Covid-19 positive case must close for seven days without having to wait for a risk-analysis assessment by the Health Ministry.



**Keeping clean:** A worker disinfecting the entrance to SK Presint 8 (1) in Putrajaya after the school was instructed to close for eight days from Oct 9-16. — Bernama

"This is to ensure that cleaning, disinfection and contact tracing can be carried out by the Health Ministry.

"Schools that recorded Covid-19 positive cases must follow the school closure guidelines that will be released by the Education Ministry," the statement said.

As working parents, Fong Yit Meng and his wife felt they didn't have the luxury of time to educate their Year One son at home.

They are grateful that teachers in their son's vernacular school are observing the SOP strictly.

"The teachers are concerned about the progress of their pupils

and are doing a good job teaching them amid the pandemic.

"E-learning is still very new and not as efficient as classroom learning.

"Life goes on ... the boy needs to learn how to navigate his life by understanding the virus and how to maintain a healthy lifestyle and personal hygiene," said Fong, 37.

Some parents, however, are taking a more cautious approach.

Ann Gomez, 45, stopped sending her teenage sons to school on Thursday.

Since the rise in Covid-19 cases in Selangor, she and her husband have been taking turns to teach

their children who are in Forms Two, Three and Five.

"The benefit of keeping them at home is that we get to spend more time together as a family and it reduces their risk of contracting the virus.

"Safety is a priority and we don't want to take a risk, although we're hoping to send them back to school after 14 days as they can't afford to miss classes for too long," she said.

She added that she was glad the secondary school her sons were attending gave parents the option of not sending students to school due to the spike in cases.