

AKHBAR : BERITA HARIAN

MUKA SURAT : 4

RUANGAN : NASIONAL

Penularan COVID-19

Amal gaya hidup sihat elak Long COVID tambah teruk

Bekas pesakit cenderung dapat serangan jantung

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Kuala Lumpur: Komplikasi jangka panjang akibat COVID-19 yang dikenali sebagai *Long COVID* menyebabkan mereka yang sudah sembuh selepas dijangkiti virus itu, terpaksa dirujuk semula ke hospital dan unit rawatan rapi (ICU).

Pakar Perunding Perubatan dan Paru-Paru Pusat Perubatan Sunway Velocity, Dr Nurul Yaqeen Mohd Esa, berkata bagi pusat perubatan itu sahaja, jumlah pesakit memerlukan rawatan akibat *Long COVID* dan dimasukkan ke wad meningkat kira-kira 10 orang bulan ini dengan punca utama kerana *organizing pneumonia* (radang paru-paru).

"*Organizing pneumonia* apabila paru-paru pesakit berparut selepas sembuh kerana ketika di-

jangkiti, virus itu menyebabkan radang atau kecederaan pada paru-paru. Ia boleh bertambah serius walaupun sudah sembuh daripada COVID-19, menyebabkan mereka terpaksa dirawat semula dan ada terpaksa dimasukkan ke ICU," katanya kepada BH.

Long COVID adalah keadaan di mana gejala dan tanda COVID-19 dihidapi melebihi tempoh empat minggu. Ia merangkumi dua tahap, gejala berterusan COVID-19 bagi pesakit bergejala dalam tempoh empat hingga 12 minggu serta sindrom pasca COVID-19, iaitu bergejala lebih 12 minggu dan tidak dapat dikaitkan dengan diagnosis alternatif lain.

Sebelum ini, Pegawai Perubatan Hospital Kuala Lumpur (HKL), Dr Ahmad Samhan Awang, dilaporkan berkata pesakit COVID-19 yang sudah sembuh, khususnya kategori 2, 3, 4 dan 5 kemungkinan besar mengalami komplikasi *Long COVID*.

Dr Nurul Yaqeen berkata, me-

reka yang pernah dijangkiti COVID-19 yang mengalami situasi itu terpaksa dirawat di ICU kerana paru-paru tidak dapat menjalankan fungsi pertukaran gas oksigen dan karbon dioksida dengan baik akibat keradangan.

"Ia menyebabkan penghidap *Long COVID* itu kekurangan oksigen dan boleh menjadi kritikal, sekali gus memerlukan bantuan pernafasan di ICU. Ketika ini, tempoh rawatan di ICU bagi pesakit *Long COVID* adalah sekitar seminggu atau lebih," katanya.

Selain *organizing pneumonia*, beliau berkata, pesakit dengan komplikasi *Long COVID* juga mengalami masalah darah beku pada paru-paru dan walaupun sudah sembuh, keadaan itu masih boleh berlaku dalam saluran darah paru-paru, menyebabkan pesakit susah bernafas serta perlu dirawat dan diberi ubat cair darah.

Lebih membimbangkan, Dr Nurul Yaqeen memaklumkan, bekas pesakit COVID-19 juga cenderung mendapat serangan jan-

tung, terutama jika virus itu menyebabkan keradangan pada jantung ketika mereka dijangkiti.

"Jika keradangan pada paru-paru, pesakit yang sudah sembuh boleh terkena serangan jantung dan perlu dirawat di ICU walaupun tidak memiliki sejarah sakit jantung atau penyakit lain sebelum dijangkiti COVID-19," katanya menyaran mereka yang pernah dijangkiti COVID-19 agar mengamalkan gaya hidup sihat.

"Ambil makanan seimbang, kerap bersenam, rehat mencukupi bagi tingkatkan imuniti tubuh, sekali gus berpotensi elak komplikasi *Long COVID* menjadi teruk. Bersenam 20 hingga 30 minit setiap hari, tidur mencukupi antara enam hingga tujuh jam boleh meningkatkan antibodi dan boleh memastikan *Long COVID* tidak bertambah teruk.

"Mereka juga perlu elak mengambil ubat tradisional dan rawatan herba yang tidak jelas kandungannya," katanya menambah, kebanyakan ubat tradisional dan seumpamanya memiliki kandungan steroid tidak terkawal atau bahan toksik seperti merkuri yang boleh menyebabkan kegagalan buah pinggang, hati dan sebagainya.



Dr Nurul Yaqeen Mohd Esa

AKHBAR : BERITA HARIAN

MUKA SURAT : 5

RUANGAN : NASIONAL

Penularan COVID-19

Jumlah jangkitan baharu harian terus menurun

Kuala Lumpur: Jumlah jangkitan baharu-harian COVID-19 di negara ini terus menurun dengan 14,345 kes, semalam berbanding 14,954 kes kelmarin.

Ketua Pengarah Kesihatan, Tan Sri Dr Noor Hisham Abdullah, berkata Sarawak kekal mencatatkan kes tertinggi dengan 3,611 kes menjadikan keseluruhan kes di negeri itu 183,399 kes, manakala Labuan merekodkan sifar kes.

Enam negeri turut mencatatkan kes melebihi 1,000 iaitu Johor (1,598), Selangor (1,365), Sabah (1,255), Pulau Pinang (1,170), Perak (1,090) dan Kelan-

tan (1,050).

Beliau berkata, negeri mencatatkan kes COVID-19 tiga angka iaitu Kedah (967), Terengganu (804), Pahang (779), Kuala Lumpur (307) dan Melaka (162).

Perlis dan Putrajaya mencatatkan kes dua angka dengan masing-masing 51 kes dan 11 kes.

Sementara itu, Menteri Kesihatan, Khairy Jamaluddin, berkata pengembara dari luar negara boleh membuat permohonan kuarantin di rumah menerusi laman web Kementerian Kesihatan (KKM), bermula jam 8 pagi ini.

Beliau berkata, permohonan

menerusi laman web itu lebih memudahkan pengembara dan kelulusan bagi permohonan kuarantin itu akan diterima dalam tempoh tiga hari selepas menghantar permohonan yang lengkap.

Sebelum ini, permohonan dibuat menerusi e-mel dan proses itu menyebabkan terdapat lebih 6,000 permohonan tertunggak atau 'backlog'.

"Ini adalah satu langkah penambahbaikan yang dibuat terhadap sistem Pusat Kesiapsiagaan dan Tindak Cepat Krisis Kebangsaan (CPRC), permohonan yang baharu ini lebih

mantap dan memudahkan.

"Hanya perlu pergi ke laman web KKM dan ke bahagian 'Home Quarantine' serta mengisi satu borang yang disediakan.

"Permohonan itu perlu dibuat dalam tempoh tujuh hari sebelum pengembara tiba di negara ini. Oleh itu, pengembara yang akan tiba di negara ini pada 28 September ini boleh berbuat demikian bermula jam 8 pagi esok (hari ini)," katanya.

Beliau berkata demikian pada sidang media selepas meninjau kemudahan baharu yang disediakan di Lapangan Terbang Antarabangsa Kuala Lumpur

(KLIA) iaitu tempat saringan COVID-19 persendirian.

Mengulas lanjut, beliau berkata, pengembara tidak perlu lagi menjalani kuarantin di pusat kuarantin atau di hotel sementara menunggu kelulusan yang diberikan menerusi e-mel.

Katanya, pengembara terbit perlu mengikuti syarat yang ditetapkan sebelum dibenarkan menjalani kuarantin wajib di rumah seperti tidak berkongsi bilik dan bilik air dengan orang lain di rumah.

Mereka juga, kata Khairy, akan dipantau oleh pegawai KKM.

20 September 2021

TERKINI
COVID-19

14,345 Jumlah kes baharu

20 September 2021

2,112,175 Jumlah kes disahkan positif

19 September 2021

56.5% Populasi dewasa lengkap divaksin

AKHBAR : BERITA HARIAN

MUKA SURAT : 6

RUANGAN : NASIONAL

Program Imunisasi COVID-19 Kebangsaan Remaja

Pelbagai kaedah pastikan 3.2 juta remaja divaksin

Pemberian dos dilakukan secara jangkau luar ke sekolah, di PPV terpilih

Oleh Zanariah Abd Mutalib, Saadiah Ismail dan Noor Atiqah Sulaiman
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Putrajaya: Program Imunisasi COVID-19 Kebangsaan (PICK) Remaja dimulakan secara rasmi semalam dengan menasaskan pembabitan 3.2 juta remaja berusia 12 hingga 17 tahun.

Menteri Kesihatan, Khairy Jamaluddin, berkata pelaksanaan PICK Remaja dilakukan melalui beberapa kaedah antaranya secara jangkau luar (*outreach*) ke sekolah atau institusi secara berjadual, suntikan di klinik kesihatan dan hospital serta kaedah jumpa terus (*walk-in*) di pusat pemberian vaksin (PPV) terpilih di seluruh negara.

Beliau berkata, beberapa Pusat Pemberian Vaksin (PPV) sedia ada yang sedang beroperasi akan digunakan bagi pemberian suntikan vaksin COVID-19 kepada murid sekolah.

Katanya, ia adalah antara dua kaedah yang akan digunakan Kementerian Kesihatan (KKM) bagi tujuan itu, selain secara jangkau luar di sekolah.

Beliau berkata, KKM akan mengemukakan senarai PPV berkenaan hari ini, yang akan membolehkan remaja berusia 12 hingga 17 tahun hadir secara *walk-in* bagi mendapatkan vaksinasi, dengan diiringi ibu bapa atau penjaga.

"Bagi kaedah jangkau luar, sebagai contoh, Sekolah Menengah Kebangsaan (SMK) Putrajaya 8 (1) akan menjadi PPV sementara, yang akan digunakan pada hari pemberian vaksin saja.

"Jika tidak cukup kakitangan KKM, kita akan mendapatkan khidmat pengamal perubatan swasta," katanya.

Beliau berkata demikian pada sidang media selepas pelancaran Program Imunisasi COVID-19 Kebangsaan (PICK) Remaja di SMK Presint 8 (1) di sini, semalam.

Yang turut hadir, Menteri Kanan Pendidikan, Datuk Dr Radzi Jidin dan Timbalan Menteri Kesihatan I, Datuk Dr Noor Azmi Ghazali yang juga Pengerusi Pasukan Bertindak Imunisasi CO-

LINDUNG DIRI, LINDUNG SEMUA



Khairy (dua dari kiri) bersama Radzi menyaksikan Dr Noor Azmi memberi suntikan kepada pelajar, Haziq Zafri Hiruddin, pada pelancaran PICK Remaja di SMK Presint 8 (1) Putrajaya, semalam. (Foto Mohd Fadli Hamzah/BH)

VID-19 Remaja (CITF-A).

Khairy berkata, sehingga 15 September lalu, pihaknya sudah memberi kelulusan kepada semua remaja dalam lingkungan usia berkenaan untuk mendapatkannya.

"PICK Remaja ini penting sebagai persediaan untuk pembukaan sekolah pada Oktober ini, dengan keutamaan diberikan kepada pelajar peperiksaan.

"Jika kawasan itu mempunyai sedikit bekalan vaksin, kita sarankan PICK itu dimulakan bagi remaja berusia 16 dan 17 tahun, manakala bagi kawasan yang vaksinnya mencukupi, kita membenarkan semua remaja untuk mendapatkannya," katanya.

Katanya, sehingga 16 September lalu, seramai 85,076 remaja sudah divaksin melalui program berkenaan, yang sudah pun dimulakan di Labuan, Sabah, Sarawak, dan setakat ini, tiada kesan sampingan serius yang dilaporkan dalam kalangan mereka.

"KKM menasaskan 60 peratus remaja berusia 12 sehingga 17 tahun akan menerima sekurang-kurangnya satu dos pada November ini dan 80 peratus menerima dos lengkap pada Januari," katanya.

Mengenai trend peningkatan jangkitan COVID-19 dalam kalangan remaja berusia di bawah 18 tahun, Khairy menyifatkan ia sebagai membimbangkan.

Katanya, sehingga 16 September lalu, sebanyak 400,668 kes di-

laporkan dalam kalangan remaja, berbanding 12,620 kes pada tahun lalu, dan daripada jumlah itu, 252,569 kes membabitkan murid sekolah dan 42,831 kes membabitkan kanak-kanak prasekolah.

"Sebanyak 62 kematian dalam kalangan kanak-kanak dilaporkan pada tahun ini, berbanding enam kematian pada 2020.

Sementara itu, Radzi berkata, Kementerian Pendidikan (KPM) akan meneliti perkembangan PICK Remaja, sebelum melaksanakan sebarang tindakan terhadap pelajar yang tidak dibenarkan vaksinasi oleh ibu bapa masing-masing.

Katanya, program itu baru saja bermula di seluruh negara, justeru penerimaannya masih belum dapat dipastikan lagi.

"Ketetapan akan dilakukan selepas kita lihat penerimaan dalam kalangan ibu bapa, sama ada mereka membenarkan atau tidak.

"Pada masa sama, KPM akan bekerjasama rapat dengan Kementerian Kesihatan (KKM) untuk memastikan proses vaksinasi pelajar ini berjalan dengan baik.

"Kita akan membolehkan sekolah menjadi pusat pemberian vaksin dengan bantuan logistik serta sukarelawan supaya program ini dapat diselesaikan dalam tempoh terdekat," katanya pada sidang media semalam.

Program itu dirasmikan Menteri Kanan Pertahanan, Datuk Seri Hishammuddin Hussein.

Reaksi

☉ Vaksin ini pencegahan penyakit untuk saya masuk sekolah, tidak sabar untuk ke sekolah sebab sudah lama tidak ke sekolah, kali terakhir, sebelum puasa tempoh hari ☉



Amirul Hanif Tenang Haffis, Pelajar Tingkatan Lima SMK Seri Perdana

☉ Kena ambil suntikan, sebab kita akan bersemuka dengan ramai orang di sekolah, ini untuk melindungi, usaha untuk masuk sekolah ☉

Batrisyia Mohd Zaidee, Pelajar Tingkatan Lima SMK Sri Perdana



☉ Saya membuat pendaftaran minggu lalu dan beberapa hari selepas itu terus menerima pemberitahuan untuk mendapatkan suntikan di Pusat Pemberian Vaksin (PPV) ☉



Nuramelia Huda Mohd Daud, Pelajar Tingkatan Empat SMK Padang Enggang, Kelantan

"KPM turut membantu dalam menyediakan petugas dan keperluan logistik untuk tujuan ini.

"Kerjasama strategik KPM dan KKM ini pastinya dapat mempercepatkan pelaksanaan vaksinasi kepada murid sekolah. KPM komited melakukan yang terbaik," katanya dalam satu kenyataan lain.

AKHBAR : BERITA HARIAN

MUKA SURAT : 7

RUANGAN : NASIONAL

Rangka tindakan tangani ujian positif, negatif palsu

Kuala Lumpur: Kerajaan perlu merangka tindakan penyelesaian sewajarnya bagi mengurangkan laporan 'positif palsu' dan 'negatif palsu' menerusi ujian kit saringan pantas (RTK) antigen menggunakan air liur.

Alice Lau Kiong Yieng (PH-Lanang) ketika menyuarakan gesaan itu berkata, semakin ramai masyarakat memilih untuk melakukan ujian saringan sendiri memandangkan ia senang didapati di rangkaian kedai farmasi di seluruh negara.

Bagaimanapun, katanya, setengah ujian yang dijalankan mengundang kekeliruan dalam kalangan orang ramai apabila mereka mendapat keputusan positif atau negatif palsu.

"Rabu lalu, ada 12 orang yang ambil ujian air liur di Parlimen mendapat keputusan positif palsu, justeru apa langkah kerajaan untuk menangani isu ini.

"Malah, adakah kerajaan bercadang untuk mengeluarkan garis panduan lengkap supaya rakyat tahu menggunakan kit ujian saringan sendiri ini dengan betul dan tidak panik selepas dapat keputusan," katanya pada sesi perbahasan titah diraja di Dewan Rakyat, semalam.

Susulan dasar terbaru dalam Program Imunisasi COVID-19 Kebangsaan (PICK), Kiong Yieng berkata segelintir masyarakat mengambil keputusan untuk melakukan ujian antibodi yang ditawarkan penyedia perkhidmatan makmal dan perubatan.

Sehubungan itu, beliau meminta perincian sama ada kerajaan bakal memberikan keutamaan kepada individu yang didapati mempunyai tahap perlindungan antibodi bagi mengekang risiko jangkitan COVID-19 kurang 30 peratus.

"Kerajaan baru umumkan dasar pemberian dos ketiga, justeru ada antara rakyat yang buat ujian antibodi dan didapati tiada langsung pertahanan daripada COVID-19 atau kurang 30 peratus.

"Justeru, adakah mereka ini akan diberikan keutamaan untuk mendapatkan suntikan dos penggalak?

"Persoalan lain turut mencahupi sama ada suntikan dos penggalak juga dilindungi insurans menerusi bantuan khas kesan mudarat vaksin COVID-19 seperti ketika dos pertama dan kedua sebelum ini," katanya.

AKHBAR : BERITA HARIAN

MUKA SURAT : 13

RUANGAN : MINDA PEMBACA

Khairy diyakini mampu selesai pelbagai isu sektor kesihatan

Dr Myelone Tharmaseelan,
Pegawai Perubatan, Kementerian Kesihatan

Pelantikan Khairy Jamaluddin sebagai Menteri Kesihatan berdasarkan prestasi dan pencapaiannya. Sebagai bekas Menteri Penyelaras Program Imunisasi COVID-19 Kebangsaan (PICIK), beliau memiliki rekod prestasi baik untuk meletakkan Malaysia pada landasan betul.

Khairy segera mengumumkan 80 peratus populasi dewasa akan diberi vaksin sepe-nuhnya dalam 100 hari pertamanya di pejabat, selain melancarkan vaksinasi untuk remaja berusia 12 hingga 17 tahun, dimulai Sarawak.

Fasa pandemik COVID-19 juga diumumkan akan beralih ke fasa endemik untuk memastikan pembukaan semula sektor ekonomi dilaksanakan dengan segera.

Bagaimanapun, beberapa masalah lain perlu ditangani segera. Pertama, sistem penjagaan kesihatan kita tidak dirancang untuk menangani krisis ini dan menghadapi tantangan kesihatan berskala besar yang memerlukan mobilisasi sumber daya dengan segera.

Disebabkan seluruh populasi berisiko, sektor kesihatan dilihat semakin lemah kerana pekerja kesihatan seperti doktor dan jururawat semakin letih dari segi fizikal dan mental.

Selain itu, infrastruktur dan kemudahan hospital sedia ada kekurangan kapasiti untuk menampung pesakit COVID-19.

Kerajaan seharusnya memikirkan strategi untuk menggunakan ruang awam dan fungsi pentadbiran yang tidak memerlukan perawatan pesakit langsung hingga memperuntukkan lebih banyak ruangan fizikal untuk digunakan kepada pesakit kritikal.

Antara langkah penyelesaian ialah kerjasama awam swasta (PPP) untuk peningkatan kecekapan dan hasil lebih baik berkaitan penyampaian perawatan kesihatan.

Kementerian Kesihatan (KKM) juga dapat me-

manfaatkan sekitar 6,000 pengamal perubatan dari sektor swasta dengan memindahkan sebahagian pesakit kepada mereka. Kos akan ditanggung kerajaan agar overhead di klinik kesihatan awam boleh dikenakan bayaran sama oleh pengamal perubatan dari sektor swasta.

Disebabkan sebahagian besar hospital swasta dimiliki syarikat berkaitan kerajaan (GLC), perkara ini akan lebih memudahkan KKM untuk terbabit dalam membincang dan menyusun perincian dan mengintegrasikan pendekatan lebih holistik dengan alasan tanggungjawab sosial korporat (CSR).

KKM juga harus diperkuatkan untuk mencegah penyebaran varian baharu, bukan hanya menangan-kan cabaran seperti itu hanya ketika berlaku pandemik.

Sementara itu, fokus kepada pesakit COVID-19 mengakibatkan peningkatan prosedur perawatan kesihatan lain dan peningkatan prevalensi penyakit tidak berjangkit seperti barah, obesiti serta diabetes ketika pandemik ini.

Keperluan mendesak lain adalah untuk memperbaiki dilema doktor kontrak. Pada Disember 2016, sistem ini diperkenalkan untuk mengatasi kekurangan graduan perubatan daripada 11 universiti awam (UA), 21 kolej swasta dan 300 sekolah perubatan asing diiktiraf dengan jumlah 4,000 doktor graduan setiap tahun.

Menurut KKM, ada 23,077 pegawai perubatan kontrak diserap masuk sejak 2016 yang hanya 789 diserap sebagai kakitangan tetap. Selebihnya dilantik berdasarkan kontrak antara dua hingga lima tahun oleh Jabatan Perkhidmatan Awam (JPA).

Baru-baru ini, sebahagian doktor kontrak melakukan hartal, menuntut hak lebih adil kepada lebih daripada 20,000 doktor junior bekerja berdasarkan kontrak, walaupun mereka memainkan peranan penting dalam memerangi COVID-19.

Apa diinginkan mereka ialah keselamatan kerja,

hak sama dan adil, kriteria terperinci serta telus untuk kemasukan ke jawatan tetap dan laluan jelas bagi pengkhususan pascasiswazah.

Lebih doktor dapat diatasi dengan memastikan semua UA memilih pelajar berdasarkan mempunyai kelulusan seperti Sijil Pelajaran Malaysia (SPM).

Akhirnya, kita harus melihat ukuran anggaran, peruntukan khusus dan kesinambungan kewangan belanjawan penjagaan kesihatan semasa. KKM memerlukan dana untuk kemudahan infrastruktur kesihatan lebih baik.

Anggarannya belanjawan terkini sekitar RM32 bilion, ketika ini hampir mendekati RM60 bilion kerana kita memerlukan sistem penjagaan kesihatan dan kemudahan lebih baik.

Bagi kumpulan berpendapatan rendah, kerajaan sebelum ini mencadangkan skim insurans penjagaan kesihatan nasional dengan memberikan perlindungan insurans kesihatan RM10,000 setiap tahun kepada semua keluarga B40 untuk rawatan di pusat rawatan kesihatan swasta.

KKM harus terbabit dengan masyarakat sivil untuk memastikan perkara ini dapat dilaksanakan dengan berkesan.

Oleh itu, Belanjawan 2022 dibuat untuk memfokuskan pembangunan sektor kesihatan awam dengan meningkatkan kemampuan dan kualitinya, memperkuat modal insan dalam perawatan kesihatan awam serta memupuk kerjasama lebih erat antara penyedia kesihatan sektor awam dengan swasta.

Pandemik ini menunjukkan saling bergantung-nya antara dasar penjagaan kesihatan, sumber, kewangan dan penjagaan berpatutan untuk semua rakyat. Dasar kami harus memastikan sumber sedia ada digunakan secara optimum.

Sebagai pegawai perubatan di KKM, saya yakin Khairy akan menyelesaikan semua masalah diseb-
butkan dengan kemampuan terbaiknya.

AKHBAR : HARIAN METRO
MUKA SURAT : 4
RUANGAN : COVID-19

Hari kelima kes kurang

Kuala Lumpur: Kes Covid-19 di Malaysia terus mencatatkan tren penurunan untuk lima hari berturut-turut apabila 14,345 kes dicatatkan pada semalam berbanding 14,954 kes kelmarin.

Ketua Pengarah Kesihatan, Tan Sri Dr Noor Hisham Abdullah menerusi hantaran di akaun Twitter beliau berkata, Sarawak mencatatkan kes tertinggi dengan 3,611 kes diikuti Johor (1,598), Selangor (1,365) dan Sabah (1,255).

“Tiga negeri lagi yang mencatatkan kes Covid-19 melebihi 1,000 kes ialah Pulau Pinang (1,170), Perak (1,090) dan Kelantan (1,050),” katanya.

Menurut Dr Noor Hisham, lima negeri mencatatkan kes Covid-19 tiga angka semalam adalah Kedah dengan 967 kes, Terengganu (804), Pahang (779), Kuala Lumpur (307) dan Melaka (162).

Perlis dan Putrajaya mencatatkan kes dua angka dengan masing-masing 51 dan 11 kes sementara Labuan merekodkan sifar kes pada semalam. - Bernama

AKHBAR : HARIAN METRO

MUKA SURAT : 5

RUANGAN : COVID-19

Sasar suntik 3.2 juta remaja

Pick Remaja digerak menerusi beberapa kaedah sebagai persediaan pembukaan sekolah

Bernama
Putrajaya

Program Imunisasi Covid-19 Kebangsaan (Pick) Remaja dimulakan secara rasmi semalam dengan menyasarkan pembabitkan 3.2 juta remaja berusia 12 hingga 17 tahun.

Menteri Kesihatan Khairy Jamaluddin berkata, pelaksanaan Pick Remaja dilakukan melalui beberapa kaedah antaranya secara jangkauan luar (*outreach*) ke sekolah atau institusi secara berjadual, suntikan di klinik kesihatan dan hospital serta kaedah jumpa terus (*walk-in*) di pusat pemberian vaksin (PPV) terpilih di seluruh negara.

"Remaja yang menerima suntikan vaksin Covid-19 perlu hadir bersama ibu ba-

pa atau penjaga bagi menandatangani borang persetujuan terima vaksin," katanya serta menambah remaja yang mempunyai masalah kesihatan akan diberi pengecualian daripada menerima suntikan vaksin.

Dalam sidang media bersama Menteri Kanan Pendidikan Datuk Dr Radzi Jidin sempena *kick-off* Pick Remaja di Sekolah Menengah Kebangsaan (SMK) Putrajaya Presint 8(1) di sini, semalam, Khairy berkata, senarai PPV khas untuk remaja mendapatkan suntikan vaksin Covid-19 secara jumpa terus akan diumumkan hari ini.

Khairy berkata, pelaksanaan Pick Remaja adalah penting sebagai persediaan untuk pembukaan sekolah pada Oktober hadapan bagi memastikan risiko jangkitan di sekolah dapat dikur-



LINDUNG DIRI, LINDUNG SEMI

DR Radzi (dua dari kiri) dan Khairy (tengah) menyaksikan Timbalan Menteri Kesihatan Datuk Dr Noor Azmi Ghazali memberikan vaksin Covid-19 kepada pelajar SMK Putrajaya Presint 8 (1), semalam.

rangkan serta mencegah kejadian kluster dan kes dalam kalangan warga sekolah.

Pada 12 September lalu, Radzi mengumumkan sesi persekolahan akan dimulakan secara bersemuka mulai

3 Oktober ini mengikut fasa dalam Pelan Pemulihan Negara (PPN) dan menggunakan kaedah penggiliran murid secara bergantian.

Khairy berkata, statistik menunjukkan *trend* pening-

katan jangkitan Covid-19 dalam kalangan kanak-kanak hingga remaja berusia 18 tahun di Malaysia adalah membimbangkan.

Menurutnya, terdapat peningkatan daripada 12,620

kes pada 2020 kepada 400,668 kes pada tahun ini.

Khairy berkata, semua negeri yang mempunyai bekalan vaksin diberi kebenaran untuk memulakan Pick Remaja.

Beliau berkata, Pick Remaja dimulakan lebih awal di Sarawak pada 8 September dan Wilayah Persekutuan Labuan pada 11 September selepas kadar vaksinasi di negeri dan wilayah itu mencapai 80 peratus.

Pick Remaja di Sabah pula dimulakan pada 16 September kerana sebahagian besar remaja tinggal di kawasan pedalaman dan memerlukan lebih masa bagi aktiviti jangkauan luar, katanya.

Sehingga 16 September, seramai 86,076 remaja diberikan dos pertama vaksin Covid-19 di Sabah, Sarawak dan Labuan.

KPM kenal pasti sekolah sebagai PPV

Putrajaya: Kementerian Pendidikan Malaysia (KPM) akan bekerjasama dengan Kementerian Kesihatan Malaysia (KKM) dan Pasukan Petugas Khas Imunisasi Covid-19 Kebangsaan (CITF) bagi membantu pendaftaran murid sekolah bagi tujuan vaksinasi Covid-19.

Menteri Kanan Pendidikan Datuk Dr Radzi Jidin berkata, pihaknya juga mengenal pasti sekolah di seluruh negara untuk dijadikan Pusat Pemberian Vaksin (PPV) kepada murid sekolah.

"KPM turut membantu dalam menyediakan tugas dan keperluan logistik untuk tujuan ini.

323
Jumlah murid berusia 16 dan 17 tahun dari SMK Putrajaya Presint 8 (1) menjadi kumpulan pertama menerima vaksin Covid-19

"Kerjasama strategik KPM dan KKM ini pastinya dapat mempercepatkan pelaksanaan vaksinasi kepada murid sekolah. KPM komited melakukan yang terbaik," katanya semalam.

Radzi sebelum ini menghadiri pelancaran Program Imunisasi Covid-19 Kebangsaan (Pick) Remaja di SMK

Presint 8 (1) di sini, semalam dan turut melihat sendiri pelaksanaan program berkenaan.

Turut hadir, Menteri Kesihatan Khairy Jamaluddin dan Timbalan Menteri Kesihatan I Datuk Dr Noor Azmi Ghazali, yang juga Pengerusi Pasukan Bertindak Imunisasi Covid-19 Remaja (CITF-A).

Radzi berkata, seramai 323 murid berusia 16 dan 17 tahun dari SMK Putrajaya Presint 8 (1) menjadi kumpulan pertama menerima vaksin Covid-19 selepas pelancaran program Pick Remaja berkenaan secara rasmi.

Katanya, secara keseluruhan, seramai 377,591 murid

berusia 16 tahun dan 371,676 murid berusia 17 tahun di seluruh negara.

"Alhamdulillah, proses vaksinasi pagi ini (semalam) berlangsung teratur dan tersusun. Sejurus tiba, murid yang ditemani ibu bapa atau penjaga perlu mendaftar, diambil suhu badan, diikuti sesi kaunseling dan persetujuan sebelum dibenarkan menerima suntikan vaksin," katanya.

Pick Remaja menyasarkan 60 peratus daripada 3.2 juta remaja berusia 12 sehingga 17 tahun menerima sekurang-kurangnya satu dos pada November ini dan 80 peratus menerima dos lengkap pada Januari," katanya.

'CanSino mungkin perlu dos penggalak'

Putrajaya: Kementerian Kesihatan Malaysia (KKM) sedang membuat pertimbangan memberikan dos penggalak kepada penerima vaksin tunggal CanSino.

Menterinya, Khairy Jamaluddin berkata, perkara itu juga dinyatakan dalam permohonan pengeluaran vaksin Cansino kepada Bahagian Regulatori Farmasi Negara (NPRA).

"Berkemungkinan penerima CanSino juga akan menerima dos penggalak selepas enam bulan diberikan vaksin berkenaan.

"Bagaimanapun, kita akan memantau data dari negara lain yang menggunakan CanSino. Sekiranya mendapati mereka diberikan dos kedua selepas pemberian dos tunggal itu, kita akan mempertimbangkan.

"Apa yang positif mengenai vaksin ini adalah kita mempunyai kilang di Malaysia dan kerajaan tidak mempunyai masalah dari segi perolehan," katanya selepas pelancaran Program Imunisasi Covid-19 Kebangsaan (Pick) Remaja di SMK Presint 8 (1) di sini, semalam.

'Lepas cucuk baru hilang gemuruh...'

Putrajaya: "Mulanya wujud rasa gemuruh namun selepas menerima suntikan vaksin, ia diganti dengan rasa kelegaan serta gembira," ujar pelajar Sekolah Menengah Kebangsaan (SMK) Putrajaya Presint 8(1), Muhammad Ihsan Syafiqin Idris, 17, yang menjadi pelajar terawal menerima vaksin Covid-19 di pusat pentadbiran negara di sini, semalam.

Menurutnya, suntikan vaksin Covid-19 itu membolehkannya melakukan pelbagai aktiviti seperti pergi ke sekolah dan bersukan dengan penuh yakin.

"Saranan saya kepada golongan remaja ini, jangan takut untuk menerima vaksin," katanya selepas menerima vaksin Covid-19 di SMK Putrajaya Presint 8(1) di sini menerusi Pelaksanaan Program Imunisasi Covid-19 Kebangsaan (Pick).

Sekolah berkenaan dipilih sebagai pusat pemberian vaksin (PPV) sementara sepanjang pelaksanaan tempoh Pick Remaja di Putrajaya membabitkan 3,539 pelajar tingkatan 4 dan 5 di wilayah berkenaan.

Sementara itu, ibu Muhammad Ihsan, Datin

Mas'amah Ibrahim, 54, berkata, anaknya kini sudah boleh melakukan aktiviti harian tanpa rasa gusar.

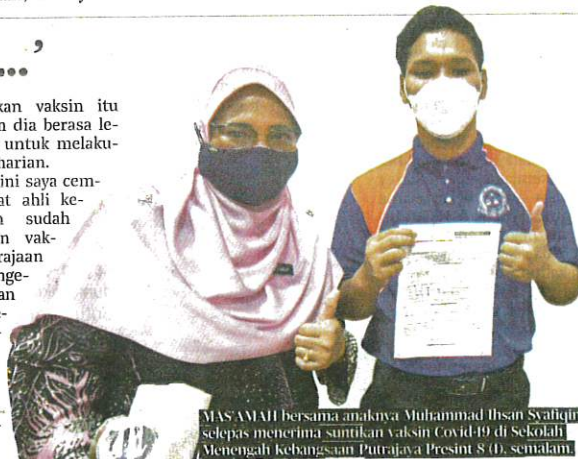
"Sebelum ini, saya risau kerana semua ahli keluarga saya sudah menerima suntikan vaksin, hanya dia (Muhammad Ihsan) belum mendapat vaksin. Namun pelaksanaan Pick ternyata memberi kelegaan kepada kami.

"Nak berjumpa kawan atau balik kampung pun sudah tidak perlu risau kerana kami semua sudah mendapatkan vaksin," katanya.

Seorang lagi pelajar, Husna Kader Ridzwan, 17, ber-

kata, suntikan vaksin itu membolehkan dia berasa lebih selamat untuk melakukan aktiviti harian.

"Sebelum ini saya cuba-cuba melihat ahli keluarga lain sudah mendapatkan vaksin. Bila kerajaan umum mengenai pemberian vaksin kepada remaja, saya tidak sabar untuk mendapatkannya," katanya.



MAS'AMAH bersama anaknya Muhammad Ihsan Syafiqin selepas menerima suntikan vaksin Covid-19 di Sekolah Menengah Kebangsaan Putrajaya Presint 8 (1), semalam.

AKHBAR : HARIAN METRO
MUKA SURAT : 6
RUANGAN : COVID-19

Kuala Lumpur

Geombang keempat penularan Covid-19 di negara ini bermula pada Jun lepas merupakan yang terburuk setakat ini apabila ribuan nyawa menjadi korban dan bagi pakar patologi forensik Dr Nur Ayutimasery Abdullah, tekanan yang membebani beliau dan pasukannya begitu hebat.

Menahan air matanya yang bertakung, Ketua Jabatan Perubatan Forensik Hospital Tengku Ampuan Rahimah (HTAR) di Klang, Selangor itu membuka cerita bagaimana beliau dan pasukannya mengendalikan mayat demi mayat yang tiba tidak putus-putus di jabatannya dalam tempoh yang sangat sekejap.

"(Kami) tidak dapat tidur malam kerana resah memirikan tentang hari esok, apa yang menunggu kami, jumlah mayat yang akan kami kendalikan serta aduan yang bakal kami terima," katanya.

Menurutnya, ada satu ketika pada Ogos lepas, tatkala jangkitan baharu harian di Selangor sering kali melepasi angka 8,000, jabatannya menerima 155 mayat. Malah, ketika temu bual diadakan, masih ada 27 mayat warga asing yang tersimpan di dalam kontena simpanan mayat semestara hospital sejak lebih setahun lalu, kerana menunggu cedutaan yang berkenaan memberi kebenaran untuk penyerahan bagi urusan pengebumian.

Setiap hari, selain membuat susulan dengan kedutaan, Dr Nur Ayutimasery dan kakitangannya berdepan emosi ahli keluarga si mati yang mahu melihat mayat orang kesayangannya mereka buat kali terakhir, menunggu keputusan ujian makmal bagi mengesahkan jangkitan Covid-19 serta memadamkan nama si mati dengan mayat yang betul.

Namun kebelakangan ini tekanan dirasai reda sedikit berikutan kes baharu harian di Lembah Klang sudah menurun kepada bawah 3,000 dan jabatan beliau menggunakan masa yang ada menyelesaikan kes tertunggak.

Menurutnya, bantuan daripada Angkatan Tentera Malaysia, Jabatan Pertahanan Awam Malaysia dan badan bukan kerajaan seperti Mercy Malaysia yang bekerjasama dengan Maybank di HTAR turut membantu mengurangkan beban hospital.

Sekalipun beban kerja berkurangan sedikit buat Dr Nur Ayutimasery dan lain-lain petugas barisan hadapan, ramai antara mereka yang berkata, tidak mampu menarik nafas lega disebabkan bimbang satu lagi gelombang akan melanda - sama ada kerana varian baharu ma-

18,453,322 sudah lengkap divaksin

Kuala Lumpur Seramai 18,453,322 individu atau 78.8 peratus daripada populasi dewasa di negara ini sudah melengkapkan suntikan vaksin Covid-19 setakat kelmarin, menurut Jawatankuasa Khas Jaminan Akses Bekalan Vaksin Covid-19 (JKJAV).

Menerusi perkongsian infografik di laman Twitter rasminya semalam, JKJAV memaklumkan setakat kelmarin, 93.3 peratus atau 22,001,266 individu daripada populasi dewasa menerima sekurang-kurangnya satu dos vaksin.

Bagi vaksinasi harian pula, 219,081 dos suntikan vaksin diberi kelmarin membabitkan 60,773 dos pertama daripada vaksin dua dos dan 158,308 dos lengkap, menjadikan jumlah kumulatif pemberian dos vaksin menerusi Program

Imunisasi Covid-19 Kebangsaan (Pick) sebanyak 40,375,056 dos.

Pick dilancar pada 24 Februari lalu bagi memberikan vaksinasi untuk membendung pandemik Covid-19 di seluruh negara.

Sementara itu, menurut portal Covidnow dan GiTHub Kementerian Kesihatan (KKM) ada pertambahan 376 kes maut akibat Covid-19 dilapor setakat jam 11.59 malam kelmarin, menjadikan jumlah keseluruhan kes kematian di negara ini kini 23,443.

Jumlah itu merangkumi tujuh kematian sebenar harian Covid-19 direkodkan dalam tempoh 24 jam (kelmarin) manakala selebihnya kes kematian tertunggak atau *backlog* namun angka itu boleh berubah jika ada kes kematian dikemas kini.

hupun akibat pembukaan semula sektor ekonomi dan sosial yang disifatkan terlalu awal.

Mereka menyifatkan situasi itu sebagai persediaan menghadapi kemungkinan terburuk.

Dr Nur Ayutimasery berkata, walaupun jabatannya mengendalikan mayat setiap hari, ada kes kematian akibat Covid-19 yang benar-benar menyentuh perasaan mereka seperti satu kes pada Julai melibatkan sepasang suami isteri.

"Kedua-duanya meninggal dunia akibat Covid-19. Satu-satunya individu yang dapat kami hubungi (pada peringkat awal) anak lelaki mereka berusia 11 tahun," katanya dengan nada sebak.

Menurutnya, mereka dapat menghubungi bapa saudara kanak-kanak itu yang datang menuntut jenazah pasangan suami isteri tersebut.

Ditanya mengenai kaunseling, ra-

mai petugas kesihatan terbahit menyatakan mereka tiada masa mendapatkan khidmat itu.

Ahli psikologi melihat keadaan tersebut sebagai kesan berpanjangan Covid-19 ke atas petugas kesihatan yang berjuang menentang penyakit berkenaan tanpa henti sejak Mac tahun lepas.

Perunding psikologi Dr Hariyati Abdul Majid yang juga Penasihat Kesihatan Mental dan Sokongan Psikososial Mercy Malaysia tidak hairan dengan situasi itu dan berkata, penurunan kes harian tidak bermakna stres petugas kesihatan juga mereda.

"Berikutan kes (di Lembah Klang) sekarang menurut mereka sebenarnya boleh berehat dan melihat semula apa yang berlaku dalam tempoh setahun setengah yang lalu, dan apa yang mereka rasakan sekarang ialah kombinasi perasaan (dan kesedihan yang tertangguh)," katanya.

Tambah beliau, stresor yang berterusan tidak bagus untuk kesihatan emosi dan



fizikal walau sesiapa juga. Stresor atau pencetus stres ini pula banyak.

Bermula penghujung Jun, laporan berita serta hantaran media sosial banyak berkisar tentang kisah pesakit terbahring di atas lantai sementara menunggu kekosongan katil, selain berkenaan hospital termasuk HTAR menempatkan katil di kawasan letak kenderaan bagi menampung pertambahan pesakit.

Sama seperti anggota tentera yang bertukar-tukar cerita tentang pengalaman mereka di medan perang, staf HTAR juga mempunyai kisah ngeri sendiri untuk dikongsi.

Ketua Jabatan Kecemasan dan Trauma HTAR Dr Ahmad Tajuddin Mohamad Nor berkata, peringkat awal jabatannya tidak terkawal dalam masa singkat kerana tidak bersedia menangani jumlah pe-



Segalanya huru-hara, kami langsung tidak dapat memenuhi keperluan, dan yang kami nampak hanyalah barisan panjang pesakit Covid-19 di jabatan kami"

Dr Ahmad Tajuddin

sakit yang sebegitu besar serentak.

"Segalanya huru-hara, kami langsung tidak dapat memenuhi keperluan dan yang kami nampak hanyalah barisan panjang pesakit Covid-19 di jabatan kami. Pada satu ketika, ada sekitar 200 pesakit yang kami hanya dapat atur berdasarkan keadaan mereka, belum lagi diberikan rawatan sempurna...cuma di-

proses," katanya.

Beliau berkata, apa yang benar-benar membezakan gelombang terbaharu itu dengan yang terdahulu ialah keadaan pesakit merosot dengan amat pantas, sekali gus menyebabkan petugas berdepan kesukaran mendapatkan bekalan oksigen buat pesakit memerlukan.

Pada masa yang sama, katanya, beliau dan rakan setugas terpaksa menangani ketakutan membawa pulang virus maut tersebut dan menjangkiti ahli keluarga serta rakan memandangkan pada waktu itu tidak semua memperoleh vaksin Covid-19.

"Walaupun saya tidak pernah mengendalikan rakan-rakan sejabatan, saya tahu ada antara mereka yang menjadi mangsa (Covid-19). Penyakit ini tidak kenal siapa. Kita ingat kita akan selamat, tapi tahu-tahu kita juga di-



Kedua-duanya meninggal dunia akibat Covid-19. Satu-satunya individu yang dapat kami hubungi (pada peringkat awal) anak lelaki mereka berusia 11 tahun"

Dr Nur Ayutimasery

AKHBAR : HARIAN METRO
 MUKA SURAT : 7
 RUANGAN : COVID-19



AIR MATA DI HTAR

PUKULAN MAUT GELOMBANG KEEMPAT

jangkiti," katanya.

Beberapa jururawat HTAR ditemui mendedahkan mereka tertekan pada Julai dan awal Ogos lepas kerana berhadapan masalah kekurangan petugas. Rakan sekerja terdedah kepada jangkitan dan dikuarantin, sekali gus menambah beban tugas kepada yang lain yang adakala menjaga lebih 20 pesakit setiap seorang.

Seorang daripada mereka memberitahu beliau sedih netizen mengkritik kononnya tidak menerima jagaan sewajarnya daripada jururawat.

"Mereka tidak faham kami bekerja," keluhnya.

Pihak pengurusan HTAR yang memuji kekuatan mental dan fizikal barisan petugasnya berkata, mereka yang berkhidmat dalam bidang penjagaan kesihatan selalunya tabah. Namun mereka



Petugas penjagaan kesihatan sudah biasa menghadapi bencana. Cuma bencana yang berlaku sekarang ini belum berakhir"

Dr Zulkarnain

mengakui keunikan cabaran yang dibawa oleh Covid-19.

"Petugas penjagaan kesihatan sudah biasa menghadapi bencana. Cuma bencana yang berlaku sekarang ini belum berakhir," kata Pengarah HTAR Dr Zulkarnain Mohd Rawi.

Beliau berkata, hospital itu berusaha mengurangkan stres dan kelesuan dalam kalangan tenaga kerjanya dengan menetapkan setiap petugas berehat sehari selepas

tiga hari bekerja, selain menggalakkan mereka mendapatkan terapi daripada ahli psikoterapi hospital.

Dr Hariyati berkata, setakat ini, lebih 160 petugas barisan hadapan HTAR mendapatkan perkhidmatan psikososial Mercy Malaysia dan menambah ramai yang bimbang tentang aspek kerahsiaan.

Beliau berkata, Covid-19 menekankan kepentingan kesihatan mental, justeru, tabu atau stigma tidak seharusnya wujud terhadap sesiapa sahaja termasuk petugas barisan hadapan yang mendapatkan sokongan emosi.

Tambah beliau, semua tempat kerja harus menyediakan ruang yang selamat untuk pekerja mereka mendapatkan bantuan selain memberikan jaminan tidak ada akibat buruk yang menanti mereka.

"Kesihatan mental tidak harus dikesampingkan. Ia bu-

kan sesuatu yang hanya kita bincang apabila ada kes bunuh diri," ujarinya.

"Kesimpulannya, amat penting untuk kita meyakinkan mereka bahawa okey untuk dapatkan sokongan dan okey berjumpa ahli psikologi," katanya.

Dr Hariyati berkata, antara tanda-tanda utama perlu diperhatikan ialah perubahan sikap dan corak hidup dalam jangka panjang.

"Perhatikan tanda seperti perubahan selera - sesuatu yang tidak biasa. Kadang-kadang kita dengar 'saya tak nak makan, tak ada selera'. Kalau sehari tidak mengapa namun jika mereka menunjukkan penurunan selera makan ketara, mengalami susut berat badan selama lebih dua bulan, ini bermakna ada sesuatu lebih serius," jelasnya.



PETUGAS penjagaan kesihatan berjuang tanpa henti untuk melawan kesan penyebaran pandemik Covid-19 dalam negara.



AKHBAR : HARIAN METRO
MUKA SURAT : 8
RUANGAN : COVID-19

Katil ICU hospital Negeri Sembilan 50 peratus kosong

Seremban: Semakin melegakan apabila kadar penggunaan katil di Unit Rawatan Rapi (ICU) hospital awam di Negeri Sembilan terus merekodkan penurunan di bawah 50 peratus manakala penggunaan katil di wad hospital mencatatkan penggunaan bawah 65 peratus setakat ini.

Menteri Besar, Datuk Seri Aminuddin Harun berkata, kadar penggunaan pusat kuarantin juga menurun di bawah 50 peratus.

Katanya, seramai 757,897 orang atau 93.1 peratus penduduk dewasa di Negeri Sembilan sudah melengkapkan kedua-dua dos suntikan vaksin Covid-19 setakat ini.

"Manakala seramai 823,163 orang atau 101.1 pe-

ratus sudah menerima dos pertama vaksin.

"Dapat dilihat penggunaan fasiliti kesihatan di negeri ini juga berada dalam keadaan yang baik dengan penggunaan alat bantuan pernafasan pada kadar bawah 50 peratus.

"Berdasarkan indikator berkenaan, Negeri Sembilan berpeluang cerah untuk beralih ke Fasa Empat Pelan Pemulihan Negara (PPN) dalam masa terdekat," katanya, semalam.

Aminuddin berkata, berpandukan laporan Kementerian Kesihatan (KKM) mendapati Negeri Sembilan mencatatkan 2.6 kes per 1,000 orang ketika ini iaitu kadar kedua terendah dalam negara dari segi jangkitan pandemik Covid-19.

69% populasi Labuan lengkap dua suntikan

Labuan: Daripada keseluruhan 103,000 penduduk Labuan, 73.63 peratus sudah menerima sekurang-kurangnya satu dos vaksin Covid-19 setakat 19 September lalu manakala 69.49 peratus lengkap divaksinasi.

Pengerusi Jawatankuasa Pasukan Petugas Khas Imunisasi Covid-19 Labuan Rithuan Ismail berkata, jumlah yang menerima vaksin semakin meningkat dalam tempoh dua bulan lalu.

Beliau berkata, bagi individu dewasa, 100.97 peratus sudah selesai menerima dos kedua.

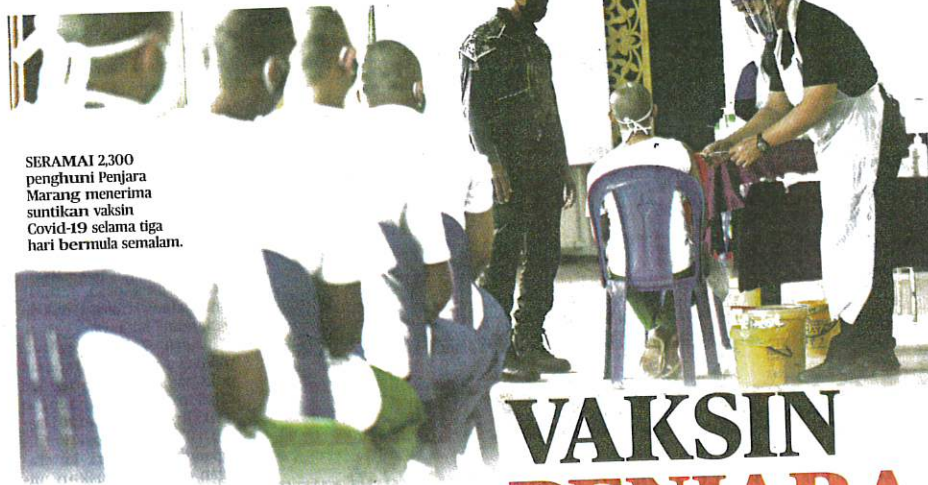
"Lebih sedikit daripada

100 peratus disebabkan tambahan jumlah pekerja yang bekerja di sektor berkaitan minyak dan gas Labuan yang menerima vaksin serta mereka yang dalam skim penempatan masyarakat pelarian. Kami ingin mengurangkan penularan jangkitan jadi kami mahu mereka yang bekerja di pulau ini menerima suntikan," katanya, semalam.

Beliau berkata, fasa satu program vaksinasi untuk pelajar sekolah yang dilancarkan baru-baru ini menyaksikan 2,469 daripada 2,593 pelajar layak menerima suntikan pertama.

AKHBAR : HARIAN METRO
 MUKA SURAT : 10
 RUANGAN : COVID-19

COVID-19



SERAMAI 2,300 penghuni Penjara Marang menerima suntikan vaksin Covid-19 selama tiga hari bermula semalam.

VAKSIN PENJARA

2,300 warga Penjara Marang terima dos CanSino

Oleh Ahmad Rabiul Zulkifli
 am@hmetro.com.my

Marang

Seramai 2,300 penghuni Penjara Marang di sini menerima suntikan satu dos vaksin CanSino bermula semalam. Pengarah Jabatan Kesihatan Negeri Terengganu, Datuk Dr Kasemani Embong berkata, terdapat seramai 300 penghuni dikecualikan daripada menerima vaksinasi pada program selama

tiga hari berkenaan. "Mereka yang terabit dikecualikan buat sementara waktu kerana beberapa faktor seperti tidak menepati syarat ditetapkan termasuk masalah kesihatan dan sedang dikuarantin. "Bagaimanapun, baki 300 penghuni itu akan diberikan vaksin selepas mereka menepati syarat yang ditetapkan," katanya ketika ditemui pada Program Vaksinasi Penjara Marang di sini. Hadir sama, Pengarah Penjara Marang Penolong

Kanan Komisioner Nik Robinid Ab Rahman dan Pegawai Daerah Marang Lizan Che Mat. Menurutnya, kesemua

penghuni akan menerima suntikan vaksin dalam usaha membendung penularan Covid-19 di penjara. "Orang kena tuduh (OKT) termasuk penghuni penjara dan Orang Asli akan diberikan suntikan Covid-19 jenis Cansino. "Terdapat sebanyak 364 kes positif di Penjara Marang sejak penularan Covid-19 di negeri ini dengan pergerakan berpunca daripada pergerakan kakitangan dan penghuni sendiri walaupun sekatan dan prosedur operasi standard (SOP) yang ditetapkan di penjara ketat," katanya. Sementara itu, penghuni Man (bukan nama sebenar), 34, berkata, dia bersyukur kerana

menerima suntikan vaksin Covid-19 berkenaan. "Walaupun berada di penjara, saya berasa tidak selamat selagi tidak menerima suntikan vaksin. Kami faham kepentingan vaksin seterusnya berasa lega apabila menerima vaksin sekarang," katanya. Penghuni lain Abu (bukan nama sebenar), 28, berkata, dia berterima kasih kepada semua pihak kerana tidak menysihkan penghuni penjara. "Walaupun kami berada di penjara, namun tetap diberi keutamaan untuk menerima vaksin sekali gus terhindar daripada jangkitan Covid-19," katanya.



PENGHUNI Penjara Marang berjalan menuju ke tempat pemberian vaksin.

Padang Terap: "Kami sangat teruja, tapi sedikit gementar untuk menerima suntikan vaksin, mujurlah saya bersama adik kembar dapat janji temu hari sama," kata Wan Anis Farhana Zainol Abidin, 16. Pelajar Sekolah Menengah Kebangsaan Dato Syed Ahmad (SMKDSA) Kuala NERANG itu berkata, dia dan adiknya, Wan Anis Farhanis, 16, mendapat tarikh janji temu menerusi pihak sekolah dan dimaklumkan guru supaya hadir ke Pusat Pemberian Vaksin (PPV) di Dewan Tunku Putra, semalam. Menurut mereka, perasaan teruja menerima vaksin itu sukar digambarkan selepas kedua ibu bapa mereka sudah lengkap divaksinasi. "Kami bertolak dari rumah pada 10 pagi dan ayah turut bersemangat menghantar kami ke PPV. "Apabila tiba pada 10.30 pagi, kami tidak menunggu lama untuk disuntik dan pada 11 pagi, kami selesai disuntik dan boleh pulang ke rumah," katanya yang tinggal di Kampung Sireh, Mukim Tekai Kiri di sini. Pasangan kembar lain, Nur Aina Dayana Mohd Ak-



NUR Aina Dayana (kanan) dan Nur Aida Dayana bersama Wan Anis Farhana dan Wan Anis Farhani (kiri) selepas menerima suntikan vaksin dos pertama di PPV Dewan Tunku Putra, Kuala NERANG, semalam. - Gambar NSTP/LUQMAN HAKIM ZUBIR

Murid kembar tak takut jarum

mal, 16, dan adiknya, Nur Aida Dayana, 16, berkata, mereka tidak sabar melengkapkan dua dos vaksin supaya boleh belajar di sekolah secara berseamuka. Nur Aina Dayana berkata, proses pembelajaran secara berseamuka lebih mudah difahami, namun ketika pandemik Covid-19, semua pelajar perlu akur dengan proses Pengajaran dan Pembelajaran di Rumah (PdPR). "Kedah belum dapat

beralih ke Fasa Dua Pelan Pemulihan Negara (PPN), kami harap dapat beralih ke Fasa Dua tidak lama lagi. "Tak sabar nak jumpa cikgu dan kawan di sekolah selepas ini," katanya yang juga pelajar SMKDSA. Sementara itu, Penolong Pegawai Daerah Padang Terap (Pentadbiran dan Kawangan), Abd Rahim Abu Bakar berkata, seramai 777 remaja berusia 16 dan 17 tahun menerima suntikan

vaksin, semalam. "Program suntikan vaksin ini diadakan selama tiga hari bermula Isnin hingga Khamis dan dianggarkan 2,151 remaja membabitkan pelajar 12 sekolah di daerah ini akan disuntik. "Kami turut menerima remaja tidak bersekolah secara terus tanpa janji temu bermula 3.30 petang tertakluk kepada lebih vaksin pada hari berkenaan," katanya.

Cari punca jika ada pelajar tolak vaksin

Kangar: Kerajaan negeri Perlis akan meneliti terlebih dahulu punca sebelum mengambil tindakan sekiranya terdapat remaja berusia 16 hingga 18 tahun enggan menerima vaksin Covid-19 seperti ditetapkan kerajaan. Pengerusi Jawatankuasa Pendidikan, Pembangunan Sumber Manusia, Sains, Teknologi dan Inovasi, Teknologi Maklumat dan Komunikasi (ICT) negeri Roziyana Ahmad berkata, se-takat ini tiada pelajar dalam kategori usia berkenaan didapati tidak hadir atau menolak untuk menerima vaksin diperuntukkan kepada mereka. "Buat masa ini, tiada yang menolak namun kami akan meneliti proses ini apabila mendapat laporan daripada pihak sekolah sekiranya terdapat pelajar dalam kategori ini tidak hadir atau

enggan menerima vaksin Covid-19. "Nama pelajar daripada laporan sekolah itu kemudian akan diserahkan terus kepada Kementerian Pendidikan Malaysia (KPM) untuk dikenalpasti dan mungkin akan ada tindakan selanjutnya bagi memastikan pelajar tidak menerima vaksin ini akan tetap menerima vaksin berkenaan," katanya. Beliau berkata demikian selepas melakukan tinjauan opektan terhadap pelajar tingkatan empat dan lima dari seluruh sekolah di Perlis di Pusat Pemberian Vaksin (PPV) Dewan 2020, semalam. Beliau berkata, pihaknya belum memikirkan mengenai tindakan selanjutnya akan diambil sekiranya berlaku penolakan vaksin dalam kalangan pelajar bagi kategori usia berkenaan.

“ Nama pelajar daripada laporan sekolah akan diserahkan terus kepada KPM Roziyana ”

AKHBAR : HARIAN METRO

MUKA SURAT : 11

RUANGAN : VAKSIN UNTUK RAKYAT

Malaysia menuju endemik Covid-19

Kes baharu menurun bukti keberkesanan program vaksinasi negara

Oleh NURUL NABILA AHMAD HALIMY

SHAH ALAM

Trend penurunan kes positif Covid-19 selama enam hari berturut-turut memberikan petanda positif yang Malaysia kini sedang menuju ke fasa endemik Covid-19 seperti diramalkan hujung Oktober ini.

Data kes jangkitan Covid-19 Kementerian Kesihatan Malaysia (KKM) menunjukkan penurunan sepanjang enam hari bermula 15 September lalu dengan jumlah kes sebanyak 19,495.

Kes positif terus menyaksikan penurunan setiap hari selepas itu dengan 16 September (18,815 kes), 17 September (17,577 kes), 18 September (15,549 kes), 19 September (14,954 kes) dan 20 September (14,345 kes).

Ini juga membuktikan bahawa program vaksinasi negara yang kini mencapai 78.2 peratus dan lebih 93 peratus individu sudah



Kadar vaksinasi kini yang sudah melebihi 78 peratus berjaya mengawal penularan virus.

menerima sekurang-kurangnya satu dos vaksin memberi harapan untuk kita bergerak ke fasa endemik yang memberikan lebih kelonggaran atau ruang bagi masyarakat bernafas dengan lebih selesa.

Pakar Virologi Universiti Sains Malaysia, Profesor Madya Dr Yahya Mat Arip berkata, penurunan kes tersebut adalah satu petanda yang menunjukkan bahawa kita sudah boleh mengawal pandemik ini ditambah program vaksinasi yang dijalankan itu berjaya.

"Kita dapat melihat kesan

vaksinasi yang pihak kerajaan lakukan menunjukkan kemajuan yang sangat baik dan tahap vaksinasi yang sangat memberangsangkan apabila ia dapat menurunkan data kes Covid-19.

"Vaksinasi adalah satu usaha yang berjaya. Walaupun banyak sektor ekonomi dan sosial dibuka, sekiranya seseorang itu telah divaksin dan berlaku jangkitan sekalipun, kemungkinan untuk dia mengalami kesan yang teruk adalah sangat kurang," katanya kepada *Sinar Harian*.

Bagaimanapun, beliau berpandangan bahawa negara masih belum berada di zon selesa walaupun menuju ke fasa ende-

Trend penurunan kes Covid-19 selama enam hari berturut-turut

• 15/9	19,495
• 16/9	18,815
• 17/9	17,577
• 18/9	15,549
• 19/9	14,954
• 20/9	14,345

mik di mana masih wujud kumpulan yang belum divaksin atau tidak boleh menerima vaksin.

"Buat masa ini, kita belum berada di zon selesa namun menuju ke fasa endemik dengan harapan bahawa program vaksinasi ini dapat mencapai 80 peratus dengan lebih cepat walaupun kita hampir mencapai sasaran itu ketika ini bagi golongan dewasa.

"Namun, kita juga harus ingat terdapat kumpulan yang baru menerima vaksin iaitu mereka berumur 12 hingga 17 tahun. Itu juga sedang dilaksanakan dan pertambahan liputan vaksinasi ini akan memberikan lebih kelebihan dari segi menangani pandemik ini," katanya.

Tambahnya, walaupun menuju endemik, masyarakat tidak boleh leka dan terus mengamalkan prosedur operasi standard (SOP) demi memastikan kes jangkitan Covid-19 terus menurun.

"Sekarang ini, ia berbalik kepada masyarakat pula sama ada masyarakat mampu untuk terus mematuhi SOP. Vaksinasi tidak bermaksud kita kebal kerana jangkitan masih boleh berlaku cuma kesannya kurang.

"Masyarakat juga harus memahami bahawa vaksin membantu tetapi tidak semestinya menghalang jangkitan. Dengan adanya golongan yang belum divaksin dan tidak boleh divaksin, maka SOP itu perlulah dipatuhi supaya kita tidak menyebabkan jangkitan kepada dua golongan tersebut," katanya.

Sementara itu, Pakar Perunding Mikrobiologi Klinikal, Universiti Putra Malaysia, Profesor Dr Zamberi Sekawi berkata, biarpun punca utama penurunan kes tersebut disebabkan oleh vaksin, ia bukanlah merupakan satu kelegaan dan perjuangan menentang Covid-19 masih belum selesai.

"Data penting kita kena lihat adalah data kematian atau Covid-19 yang teruk di kategori 4 dan 5 atau kadar kemasukan individu ke hospital untuk rawatan. Ini lebih penting daripada data yang tiada gejala atau gejala ringan.

"Punca utama data atau kes menurun adalah kerana vaksin. Mereka yang mengambil vaksin kemungkinan akan dijangkiti juga tetapi ia berkesan untuk mengawal Covid-19 yang teruk dan kematian," katanya.

Bekalan vaksin dos ketiga, PICK Remaja mencukupi

PUTRAJAYA - Bekalan vaksin Covid-19 bagi program pemberian dos ketiga (dos penggalak) dan pelaksanaan Program Imunisasi Covid-19 Kebangsaan Remaja (PICK Remaja) adalah mencukupi, kata Menteri Kesihatan, Khairy Jamaluddin Abu Bakar.

"Dari segi bekalan insya-ALLAH cukup," katanya dalam sidang akhbar empena pelancaran PICK Remaja di Sekolah Menengah Kebangsaan (SMK) Putrajaya Presint 8 di sini pada Isnin.

Khairy berkata, perincian mengenai program dos ketiga akan diumumkan dalam tempoh 'seminggu dua lagi'.

Ditanya keperluan pemberian dos penggalak bagi vaksin dos

tunggal jenis CanSino, Khairy berkata, CanSino telah mengemukakan permohonan kepada Bahagian Regulatori Farmasi Negara (NPRA) dengan menyatakan kemungkinan keperluan untuk dos kedua selepas enam bulan individu menerima suntikan.

Menurutnya, Kementerian Kesihatan (KKM) akan memantau data dari negara lain yang menggunakan vaksin CanSino untuk mendapatkan maklumat lanjutan sama ada dos penggalak diperlukan selepas enam bulan.

Beliau juga berkata, tiada masalah dari segi perolehan vaksin jenis CanSino dan Sinovac untuk dos penggalak kerana kilang pembotolan berpangkalan di Malaysia. - *Bernama*

MEDEPAN KRISIS
**COVID-19:
APA TINDAKAN
KITA?**

LAPORAN
MUKA
DEPAN

AKHBAR : KOSMO
 MUKA SURAT : 4
 RUANGAN : NEGARA

COVID-19

**PROGRAM IMUNISASI COVID-19
 KEBANGSAAN (PICK) REMAJA**
 LINDUNG DIRI, LINDUNG SEMUA.



KHAIRY JAMALUDDIN (tiga dari kiri) dan Radzi (dua dari kiri) melihat seorang pelajar, Haziq Zafri Hiruddin, 17, menerima suntikan vaksin di SMK Putrajaya Presint 8 (1) di Putrajaya semalam. - FAISOL MUSTAFA

KKM guna 2 kaedah untuk vaksin remaja

Oleh MOHD. HUSNI MOHD. NOOR

PUTRAJAYA – Beberapa Pusat Pemberian Vaksin (PPV) sedia ada yang sedang beroperasi di seluruh negara akan digunakan bagi program pemberian suntikan vaksin secara walk-in kepada pelajar sekolah.

Menteri Kesihatan, Khairy Jamaluddin Abu Bakar berkata, senarai penuh PPV yang membolehkan beberapa buah negeri itu akan diumumkan hari ini.

Katanya, menerusi inisiatif itu, golongan remaja berusia 12 hingga 17 tahun boleh menerima suntikan vaksin secara jumpa terus atau walk-in di PPV berkenaan.

"Kaedah jumpa terus itu adalah antara dua cara diperkenalkan Kementerian Kesihatan (KKM) bagi golongan remaja, selain secara jangkau luar di sekolah.

"Bagi kaedah jangkau luar, sebagai contoh, SMK Putrajaya Presint 8 (1) akan menjadi PPV sementara yang akan digunakan

COVID-19

Angka terkini kes Covid-19 di Malaysia sehingga semalam

	Jumlah
Kes baharu	14,345
Import	43
Tempatan	14,302
Pulih	16,814
Jumlah kes sembuh	1,880,736
Jumlah kes keseluruhan	2,112,175

pada hari pemberian vaksin sahaja," katanya pada sidang akhbar semalam.

Terdahulu, beliau menghadiri Kick-Off Program Imunisasi Covid-19 Kebangsaan Remaja (PICK Remaja) di Sekolah Menengah Kebangsaan (SMK) Putrajaya Presint 8 (1), di sini.

Hadir sama, Menteri Kanan

Pendidikan, Datuk Dr. Radzi Jidin dan Timbalan Menteri Kesihatan I, Datuk Dr. Noor Azmi Ghazali.

Ditanya sama ada kerajaan akan membuat perolehan baharu vaksin bagi memenuhi keperluan PICK Remaja, Khairy Jamaluddin berkata, buat masa ini, kerajaan mempunyai cukup bekalan bagi program itu.

"Bahkan, ia juga mencukupi bagi bekalan permulaan bagi suntikan dos penggalak vaksin," katanya.

Sementara itu, Radzi berkata, seramai 323 pelajar SMK Putrajaya Presint 8 (1) terdiri daripada 156 pelajar Tingkatan 4 dan 167 pelajar Tingkatan 5 menerima dos pertama mereka semalam.

Katanya, SMK Putrajaya Presint 8 (1) akan menjadi PPV bagi remaja di Putrajaya.

Sebelum ini, PICK Remaja sudah dilaksanakan di Sarawak dan Sabah bermula 8 September lalu dengan 85,076 remaja sudah menerima dos pertama setakat 16 September lalu.

376 kematian kelmarin, kes kekal bawah 15,000

PUTRAJAYA – Negara mencatatkan sebanyak 376 kes kematian kelmarin dengan 110 kes daripadanya adalah kematian sebenar akibat Covid-19 bagi purata tujuh hari.

Menurut data dari laman web COVIDNOW yang dikemas kini pukul 11.59 malam kelmarin, pertambahan tersebut menjadikan jumlah kematian akibat Covid-19 negara kini mencecah 23,443 kes.

"Daripada jumlah tersebut, sebanyak 75 kes meninggal dunia di luar hospital atau brought-in-dead (BID), menjadikan kes BID di seluruh negara sebanyak 4,472 kes.

"Ia dilaporkan di Selangor (148), Johor (43), Sabah (35), Kelantan (32), Pulau Pinang (29), Kedah (25), Sarawak (23), Kuala Lumpur (14), Perak (8), Terengganu (7), Pahang (6), Negeri Sembilan (4) dan Melaka (2)," katanya.

Tiada kematian dilaporkan di Perlis, Labuan dan Putrajaya kelmarin.

Dalam masa sama, kes aktif semakin menurun dengan 210,468 kes melibatkan 174,548 kes dikuarantin di rumah,

23,452 kes di Pusat Kuarantin dan Rawatan Covid-19 (PKRC), 11,277 kes di hospital, 529 kes di unit rawatan rapi (ICU) tanpa bantuan pernafasan dan 662 kes di ICU dengan bantuan pernafasan.

Sementara itu, kes harian Covid-19 terus menunjukkan trend penurunan apabila kekal di bawah angka 15,000 semalam apabila sebanyak 14,345 kes dilaporkan.

Ketua Pengarah Kesihatan, Tan Sri Dr. Noor Hisham Abdullah berkata, bilangan dicatatkan itu menjadikan jumlah kes positif di negara ini sebanyak 2,112,175 kes.

Katanya, Sarawak merekodkan sebanyak 3,611 kes, diikuti oleh Johor (1,598 kes) dan Selangor (1,365 kes).

"Sabah (1,255 kes), Pulau Pinang (1,170 kes), Perak (1,090 kes), Kelantan (1,050 kes), Kedah (967 kes), Terengganu (804 kes), Pahang (779 kes), Kuala Lumpur (307 kes), Melaka (162 kes) dan Negeri Sembilan (125 kes).

"Perlis (51 kes), Putrajaya (11 kes) dan tiada jangkitan baharu di Labuan," katanya menerusi ciapan di Twitter semalam.



PETUGAS Kesihatan Terengganu melakukan suntikan vaksin Covid-19 jenis CanSino terhadap sebahagian daripada 2,300 penghuni Penjara Marang, Marang semalam. - PUOTRA HAIRRY

AKHBAR : SINAR HARIAN

MUKA SURAT : 2

RUANGAN : SINAR NEGERI

184,400 belum daftar suntikan vaksin

KUANTAN - Seramai 184,400 penduduk bagi populasi dewasa di Pahang masih belum mendaftar MySejahtera untuk menerima suntikan vaksin Covid-19.

Pengarah Jabatan Kesihatan Negeri Pahang (JKNP), Datuk Dr Nor Azimi Yunus berkata, jumlah itu direkodkan daripada 978,685 penduduk yang layak menerima suntikan vaksin.

Bagaimanapun, sebanyak 60.4 peratus penduduk sudah lengkap dua dos lengkap dan 83.2 peratus menerima satu dos suntikan setakat Ahad.

"Pasukan *task force* di peringkat negeri dan daerah sedang giat melakukan pelbagai strategi bagi memastikan warga Pahang yang layak berdaftar segera.

"Pada waktu yang sama kita juga sedang dan telah menjalankan banyak *out reach* di pedalaman bagi memastikan seramai mungkin penduduk divaksin," katanya pada sidang akhbar selepas mengada-

Jumlah itu direkodkan daripada 978,685 penduduk yang layak menerima suntikan vaksin."

kan lawatan pada Program Imunisasi Covid-19 Remaja di Wisma Belia, Indera Mahkota di sini pada Isnin.

Ditanya mengenai kes baharu harian Covid-19 Pahang, Dr Nor Azimi berkata, majoriti mereka merupakan kategori satu dan dua sama ada tidak bergejala atau bergejala ringan yang memerlukan kuarantin di rumah atau di Pusat Kuarantin dan Rawatan Covid-19 Berisiko Rendah (PKRC).

Jelasnya, setakat Ahad, Pahang mencatatkan 735 kes positif baharu dengan 723 daripadanya merupakan kategori satu dan dua.



Dr Nor Azimi (kanan) ketika sidang akhbar selepas lawatan Program Imunisasi Covid-19 Remaja di Wisma Belia Indera Mahkota pada Isnin.

AKHBAR : UTUSAN MALAYSIA

MUKA SURAT : 12

RUANGAN : DALAM NEGERI

Petugas kesihatan dipenjara, denda RM17,500

MELAKA: Padah menggunakan kedudukan untuk mendapatkan suapan melalui syarikat adik sendiri, seorang penolong pegawai perubatan dijatuhi hukuman penjara dua bulan dan denda RM17,500 oleh Mahkamah Sesyen, Ayer Keroh di sini semalam selepas mengaku bersalah melakukan kesalahan itu, tiga tahun lalu.

Hakim, Elesabet Paya Wan menjatuhkan hukuman itu terhadap tertuduh, Mohd. Zamry Yazid, 46, yang membuat pengakuan tersebut sebaik sahaja pertuduhan dibacakan oleh jurubahasa mahkamah.

Mengikut pertuduhan, tertuduh yang bertugas sebagai Penolong Pegawai Perubatan di Pejabat Daerah Kesihatan

(PKD) Jasin didapati telah menggunakan kedudukan dan jawatan untuk mendapatkan suapan.

Tertuduh telah terlibat dalam permohonan pembekalan, penyediaan sebut harga dan memperakukan tuntutan bayaran kepada Syarikat Pella Maju Enterprise iaitu milik adiknya bagi pembelian barang perubatan berupa kertas ultra bunyi bagi klinik-klinik kesihatan bernilai RM3,500.

Tindakan itu dilakukan tertuduh di PKD Jasin pada 18 Oktober 2018.

Bagi kesalahan itu, tertuduh didakwa mengikut Seksyen 23 (1) Akta Suruhanjaya Pencegahan Rasuah Malaysia (SPRM) 2009 dan boleh dihukum di

bawah Seksyen 24 (1) akta sama.

Sabit kesalahan dia boleh dikenakan hukuman penjara sehingga 20 tahun dan denda tidak kurang daripada lima kali ganda jumlah atau nilai suapan atau RM10,000, mengikut mana-mana lebih tinggi.

Terdahulu, peguam Mohd. Zulfiqri Zakaria memohon agar hukuman anak guamnya diringankan dengan alasan tertuduh menjaga ibunya yang telah lumpuh dan adik perempuannya pula orang kurang upaya (OKU).

Pendakwaan dikendalikan Timbalan Pendakwa Raya SPRM, Irwanshah Abdul Samat memohon hukuman berat dikenakan sebagai pengajaran kepada tertuduh dan masyarakat.

AKHBAR : SINAR HARIAN

MUKA SURAT : 23

RUANGAN : SINAR NEGERI

KKM bantu tangani peningkatan kes Covid-19

Hantar pakar, sumber manusia, selain pembinaan hospital medan

Oleh MOHD ISKANDAR OTHMAN

GEORGETOWN

Kementerian Kesihatan Malaysia (KKM) akan menghantar tenaga pakar serta sumber manusia untuk membantu Jabatan Kesihatan Negeri Pulau Pinang (JKNPP) menghadapi kadar peningkatan kes Covid-19 di negeri ini.

Ketua Menteri Pulau Pinang, Chow Kon Yeow berkata, perkara itu dimaklumkan Timbalan Ketua Pengarah Kesihatan (Kesihatan Awam) Datuk Dr Chong Chee

Kheong dalam pertemuan pada Ahad.

Menurutnya, beberapa perkara berkaitan keadaan Covid-19 di negeri ini turut dibincangkan termasuk isu yang telah dipersetujui ketika lawatan Menteri Kesihatan, Khairy Jamaluddin Abu Bakar ke Pulau Pinang 11 September lalu.

“Antara isu yang dibangkitkan berkenaan pembinaan hospital medan sebagai fasiliti tambahan bagi merawat pesakit Covid-19 dekat pekarangan Hospital Pulau Pinang (HPP) yang kini masih dalam proses pembinaan dan dijangka dapat beroperasi dalam tempoh terdekat.

“Saya turut dimaklumkan KKM juga telah menghantar tenaga pakar serta sumber manusia untuk mem-



KON YEOW

bantu JKNPP menghadapi kadar peningkatan kes Covid-19 di negeri ini,” katanya menerusi satu kenyataan pada Isnin.

Kon Yeow berkata, Dr Chong turut memberitahu proses perbincangan KKM bersama pihak hospital swasta bagi menambah kapasiti kemudahan perubatan sudah bermula.

“Terima kasih kepada Dr Chong dan KKM yang menyatakan kesediaan memberikan nasihat kepada JKNPP bagi memulihkan penularan Covid-19 di negeri ini secara menyeluruh,” katanya.

Pada Ahad, *Sinar Harian* melaporkan hospital medan di pekarangan HPP telah 95 peratus siap dibina.

AKHBAR : SINAR HARIAN
MUKA SURAT : 26
RUANGAN : SINAR NEGERI

'Kami tak sabar nak ke sekolah'

Golongan remaja teruja terima suntikan pertama vaksin Covid-19

Oleh HAZELEN LIANA
KAMARUDIN

KOTA BHARU

Syaza Amani dari Tanah Merah sanggup datang ke Kota Bharu semata-mata untuk menerima suntikan dos pertama vaksin Covid-19.



"Tidak sabar untuk kembali ke sekolah," itu antara luahan rata-rata pelajar ketika ditemui pada hari pertama Program Imunisasi Covid-19 Kebangsaan (PICK) melibatkan pelajar berusia 12 hingga 18 tahun di Pusat Pemberian Vaksin (PPV) Dewan Sri Tunjong, di sini pada Isnin.

Syaza Amani Yusini, 17, yang berasal dari Tanah Merah berkata, dia sanggup datang ke Kota Bharu semata-mata untuk menerima suntikan dos pertama vaksin Covid-19 dalam usaha memutuskan rantaian pandemik itu.

"Alhamdulillah, tiba juga giliran saya untuk terima suntikan vaksin Covid-19 selepas sekian lama menunggu untuk mendapatkannya.

"Pada hari ini (Isnin) saya ditemani

oleh ibu, untuk dapatkan dos pertama sekali gus menghidupkan semula impian saya untuk kembali ke sekolah seterusnya mengikuti sesi pengajaran dan pembelajaran secara bersemuka," katanya.

Menurutnya, dia sentiasa menantikan pengumuman kerajaan untuk memberikan kebenaran kepada golongan pelajar menerima suntikan vaksin.

Pelajar Tingkatan Lima Sekolah Menengah (SM) Imtias Yayasan Terengganu, Besut itu berkata, suntikan itu merupakan salah satu ikhtiar untuk mencegah penularan jangkitan Covid-19 selain terus kekal mematuhi prosedur operasi standard (SOP) serta berdoa pada ALLAH SWT.

Sementara itu, pasangan adik beradik, Luqman Hakim Mohd Daud, 16 dan Nuramelia ketika ditemui berkata, mereka teruja menjadi remaja terawal mendapatkan suntikan vaksin kerana



Wan Muhammad anggap dirinya lebih selamat selepas divaksin.



Pasangan adik beradik, Luqman Hakim dan Nuramelia teruja menjadi remaja terawal mendapatkan suntikan vaksin kerana terlalu ingin kembali ke sekolah.



PPV Dewan Sri Tunjong, Kota Bharu dipenuhi pelajar sekolah untuk mendapatkan suntikan dos pertama vaksin pada Isnin.

terlalu ingin kembali ke sekolah.

"Bukan itu sahaja kami ingin mendapatkan keistimewaan yang diberikan oleh kerajaan kepada mereka yang telah divaksin.

"Kami juga terkesan apabila melihat kakak sulung yang merupakan petugas barisan hadapan mendapat jangkitan Covid-19 ketika bertugas," katanya.

Luqman berkata, disebabkan kakaknya itu sudah divaksin dia hanya dijangkiti tahap satu sahaja.

Menurutnya, vaksin merupa-

kan salah satu usaha untuk mereka menentang Covid-19 dan kembali jalani kehidupan normal seperti dulu.

Bagi Wan Muhammad Harith Wan Rosli, 16 pula berkata, dia tidak lena tidur memikirkan akan divaksin kerana terlalu teruja.

Katanya, seawal pagi lagi dia sudah hadir ke PPV ditemani kakaknya untuk mendapatkan dos pertama.

"Tidak sakit pun, malah saya rasa lebih selamat selepas divaksin," katanya.

3,150 penghuni penjara di Terengganu divaksin

MARANG - Walau hidup terasing di sebalik tembok penjara, seramai 3,150 penghuni penjara di Terengganu tidak terkecuali daripada menerima suntikan vaksin Covid-19.

Jumlah itu melibatkan 2,600 penghuni Penjara Marang dan 550 penghuni Pusat Koreksional Dungun di Bukit Besi.

Semua mereka menerima vaksin Covid-19 jenis CanSino dengan pemberian suntikan dilakukan selama tiga hari bermula Isnin.

Pengarah Kesihatan Negeri Terengganu, Datuk Dr Kasemani Embong berkata, semua banduan diberikan vaksin secara berperingkat

selepas menepati syarat ditetapkan.

"Penjara Marang mempunyai 2,600 penghuni dan daripada jumlah itu, 300 orang dikecualikan buat sementara waktu kerana beberapa faktor, termasuk masalah kesihatan dan sedang dikuarantin.

"Bagi Pusat Koreksional Dungun pula, suntikan juga dilakukan hari ini (Isnin)," katanya ketika ditemui ketika program pemberian vaksin kepada 1,000 penghuni di Penjara Marang, di sini pada Isnin.

Hadir sama Pengarah Penjara Marang, Penolong Kanan Komisioner Nik Robidin Ab Rahman dan Pegawai Daerah Marang, Lizan Che Mat.

Menurut Dr Kasemani, pemberian suntikan vaksin kepada penghuni penjara merupakan usaha bagi mengelak penularan jangkitan Covid-19 sekali gus mencapai imuniti kelompok di sana.

Beliau berkata, sebelum ini, sebanyak 364 kes positif Covid-19 dikesan di Penjara Marang sejak penularan wabak tersebut di Terengganu.

"Jangkitan berpunca daripada pergerakan kakitangan dan penghuni sendiri walaupun sekatan dan prosedur operasi standard (SOP) yang ditetapkan di penjara adalah ketat," katanya.



Dr Kasemani (kiri) menyuntik vaksin Covid-19 kepada seorang penghuni Penjara Marang pada Isnin.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 2

RUANGAN : NATION / NEWS

PFIZER-BIONTECH VACCINE

LIST OF PPV FOR WALK-IN VACCINE JABS FOR TEENS OUT TODAY

Those aged 12-17 can wait for jab dates from schools that will become PPV or walk into a PPV on the list

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THE Health Ministry will announce the list of vaccination centres (PPV) open for walk-ins for children aged 12 to 17 today.

Health Minister Khairy Jamaluddin said teenagers getting vaccinated against Covid-19 must fill up a consent form and be accompanied by a parent or guardian.

"The parent or guardian must sign the consent form in front of the doctor at the vaccination centre. Teens can either wait for (appointment) dates from schools that will serve as PPV or walk into these existing PPV.

"We will announce the list of PPV tomorrow (today)," he said at the launch of the Covid-19 National Immunisation Programme (NIP) for teenagers at SMK Putrajaya Presint 8(1) here yesterday.

He said the ministry had approved all states to start vaccinating teenagers, with a target of inoculating 3.2 million teenagers.

He said Sarawak had started vaccinating teenagers on Sept 8, followed by Labuan on Sept 11.

"Sabah has also started vaccinating teens, including through outreach programmes in rural areas and on islands.

"Up to Sept 16, 85,076 teenagers have been vaccinated with no serious side effects.

"If vaccine supply is enough, states can vaccinate those aged 12 to 17. If not, we suggest inoculating those aged 16 and 17 first."

All teenagers would be given

the Pfizer-BioNTech vaccine.

Present at the launch were Senior Education Minister Datuk Dr Radzi Jidin, Deputy Health Minister I Datuk Dr Noor Azmi Ghazali and Health director-general Tan Sri Dr Noor Hisham Abdullah.

Khairy said the vaccination programme for teenagers was important to ensure schools reopen smoothly next month.

"This is my commitment to the Education Ministry. We want to open up schools in a safe and orderly manner, so students can go back to school safely."

The Health Ministry's target is for 60 per cent of children and teens aged 12 to 17 to get at least the first dose of Covid-19 vaccine by November and 80 per cent completing two doses by January.

Khairy said the trend of Covid-19 infections among teens under age 18 was worrying, with 400,668 cases reported up to Sept 16.

Of the total, 252,569 cases involved students, while 42,831 involved preschoolers. This year's figure is more than 31 times last year's total of 12,620 children and teens getting infected.

"A total of 62 (Covid-19) deaths involved children this year, compared with six in 2020.

"That's why we agreed to vaccinate teens, not just because the vaccines are safe and effective, but because we are worried about the rising trend of infections."

Later, Radzi said the Education Ministry would work with the Health Ministry and Covid-19 Immunisation Task Force-Adolescent to register students for vaccination.

He said his ministry would identify schools to be used as vaccination centres for students.

"The ministry will also provide staff and logistical support."

A total of 323 students aged 16 and 17 were inoculated in SMK Putrajaya Presint 8(1) yesterday.

Nationwide, 377,591 16-year-olds and 371,676 17-year-olds have been vaccinated against Covid-19.

Muhammad Ihsan Syafiqin Idris, 17, a Form Five student from



SMK Putrajaya Presint 8(1), said he felt relieved to finally get vaccinated and could not wait to resume some activities.

"Now I can play sports or go out with friends without worrying too much. I know some people may be scared or have doubts about the vaccine, but I believe they (those who developed the vaccines) took their time to conduct research.

"With vaccines, we can go about our daily lives and not stay stuck at home being scared of the virus."

His mother, Datin Mas'amah Ibrahim, 54, said she was grateful that her son had received his first dose of Covid-19 vaccine.

"Our whole family has already been vaccinated except for him.

"I'm thankful that at least for now it will be easier for us to do some activities together, and he can hopefully go to school and play sports," said Mas'amah, who is also the school's senior administrative assistant.

Page 1 pic: Student Aiman Hakim, 17, receiving a dose of the Covid-19 vaccine at SMK Desa Tun Hussein Onn in Kuala Lumpur yesterday. PIC BY ASYRAF HAMZAH

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 3

RUANGAN : NATION / NEWS



Teenagers Aqilah Maisarah Mohd Hatta (left) and Nur Adriana Arissa Abdul Khaliq posing for a picture after getting vaccinated against Covid-19 at SMK Putrajaya Presint 8 (1) yesterday. BERNAMA PIC

Armed forces to help ministry speed up student vaccination

KUALA LUMPUR: The armed forces have pledged to help the Education Ministry speed up the Back to School Covid-19 Vaccination Programme to ensure the smooth opening of schools, including those in armed forces camps and the Royal Military College (RMC).

Senior Defence Minister Datuk Seri Hishammuddin Hussein said the cooperation was vital to protect students from Covid-19 infection when classes resume.

"We will work together to ensure the inoculation of students goes well, including for 5,887 students aged 12 to 17 from schools located in armed forces camps."

"Today (yesterday), 255 Form Four and Five students from SMK Desa Tun Hussein Onn received the Comirnaty (Pfizer-BioNTech) vaccine. The remaining 675 students are expected to receive their doses on Sept 24."

"Students from four other secondary schools — Maktab Rendah Sains Mara Kem Terendak and SMK Kem Terendak in Melaka, SMK Pangkalan TLDM in Lumut, Perak, and SMK Tanjung Pengelih in Johor — will also be immunised."

"Vaccination for these students will be done in stages at the nearest vaccination centres."

He was speaking after visiting SMK Desa Tun Hussein Onn at the Kementah Camp with Education Minister Datuk Dr Radzi Jidin.

Hishammuddin said vaccination for 504 RMC students at the Sungai Besi Camp would be done next week once they report to school on Sept 27.

He said 330 primary school pupils of SK Kem Kementah and SK Desa Tun Hussein Onn would also be vaccinated and the exercise would end on Sept 24.

"The armed forces is ready to mobilise its Health Services Mobile Vaccination Team to help the ministry and Health Ministry carry out vaccination programmes in schools nationwide."

Radzi said his ministry was working closely with the Health Ministry, Science, Technology and Innovation Ministry and Covid-19 Immunisation Task Force to ensure the success of the vaccination programme for teens.

He said his ministry's efforts include identifying suitable schools to be turned into vaccination centres, providing logistical aid and getting teachers to volunteer to register students for vaccination.

On parents who are hesitant to allow their children to be vaccinated, Radzi said the vaccination programme for teens would be evaluated before figuring out the best way to tackle the matter.

"As it just begun today (yesterday), we want to wait and see the acceptance level of parents and the overall situation before we decide how best to address this."

Pahang, Kelantan roll out jabs for Under-18s

KUALA LUMPUR: Covid-19 vaccination for teenagers under 18 kicked off in Pahang and Kelantan yesterday.

In Pahang, state Health director Datuk Dr Nor Azimi Yunus said 42,875 teenagers aged 16 and 17 were scheduled to receive at least one dose of the Pfizer-BioNTech vaccine by Sept 30.

"The focus is to inoculate teens aged 16 and 17 (first). The doses will be administered at 22 vaccination centres (PPV), 44 PPV in schools and four health clinics in 11 districts. We expect to complete this by the end of the month."

"We have not received any reports about teenagers refusing to be vaccinated. Parents should allow their children to be vaccinated. Counselling will be provided to parents who do not allow their children to be vaccinated."

She said 7,015 teenagers in Pahang received their first dose of the vaccine yesterday.

She said once vaccination for teens aged 16 and 17 was completed, the programme would be expanded to other age groups.

She said the Covid-19 vaccination programme for teenagers in Pahang would involve 173,000 aged between age 12 and 17.

"Some 136,000 are students registered under the state Education Department, Pahang Islamic Religious Department, private schools, tahfiz and institutions under Mara (Majlis Amanah Rakyat). The remaining 37,000 include the disabled, those in rehabilitation centres and dropouts."

"For teenagers studying outside Pahang but are living here, they can walk into a PPV at their district that offers walk-in jabs. For example, in Kuantan, the Sultan Haji Ahmad Shah Silver Jubilee Hall PPV allows walk-ins from teens."

Dr Nor Azimi said vaccination for those between 12 and 15 years with health issues began on Sept

15 at five major hospitals in Pahang — Tengku Ampuan Afzan Hospital in Kuantan, Sultan Haji Ahmad Shah Hospital in Temerloh, Pekan Hospital, Lipis Hospital and Bentong Hospital.

"To date, 183 students with high-risk diseases have been vaccinated and this is an ongoing exercise."

In Kelantan, more than 30 vaccination centres opened as early as 8am yesterday and saw droves of teenagers aged 16 and 17 arriving to get their jabs.

Sijil Pelajaran Malaysia candidate Aniq Amrin Mohamad Arif Ameli, 17, from SMK Padang Enggang, said: "We will only feel safe to sit our exams this year after getting vaccinated."

State Health director Datuk Dr Zaini Hussin said the exercise would continue until all teens in the state were vaccinated.

More than 37,000 students aged below 18 are listed under the Kelantan Education Department.

563 Johor teachers refusing jabs

JOHOR BARU: A total of 563 teachers in Johor are still refusing to be vaccinated against Covid-19, with health concerns among the reasons for their refusal.

State Education, Information, Heritage and Culture Committee chairman Mazlan Bujang said of the total, 200 teachers did not have health issues. They were still refusing inoculation despite being advised to do so.

He said many who refused vaccination were female teachers, including those who were pregnant. He said their main concern was that the vaccine might be unsafe for their baby.

"Some pregnant teachers are worried the vaccine will have adverse effects on their pregnancies. But they have given their word that they will get vaccinated after giving birth and that they are not anti-vaxxers."

Mazlan was speaking after the Covid-19 National Immunisation Programme for students at SMK Taman Daya here yesterday.

Last month, the Johor Educa-

tion Department revealed that 779 teachers in Johor had refused to be vaccinated.

Tunku Mahkota Johor Tunku Ismail Ibrahim reportedly met them to find a solution to the matter.

On the 200 teachers with no health issues refusing vaccination, Mazlan said the matter would be handed over to the Education Ministry for further action.

He said the soft approach of providing in-depth explanations on vaccination would continue as part of efforts to provide a clear understanding on the matter.

He said the number of teachers refusing vaccination was "very small", with only about one per cent of the 48,000 teachers in the state. Mazlan thanked Tunku Ismail for his attentiveness to the matter and for meeting the teachers who refused to be vaccinated.

"We can see that after the meeting with Tunku Ismail, the number of teachers who refused to be vaccinated had decreased and the meeting had a positive impact," he said.

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 4
RUANGAN : NATION / NEWS

75 B.I.D. CASES

376 DEATHS ON SUNDAY

7th consecutive day Malaysia has reported more than 300 deaths

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THE Health Ministry registered 376 fatalities from Covid-19 on Sunday, including 75 brought-in-dead (BID) cases.

According to the ministry's CovidNow portal, the Covid-19 death toll stood at 23,443.

This marked the seventh consecutive day Malaysia reported more than 300 new deaths since Sept 13, when the country logged 413 deaths.

The number of BID cases has gone up steadily from 64 on Friday to 75 on Sunday.

The seven-day average of actual deaths up to Sunday was 110.

Selangor continued to account for the highest number of Covid-19 fatalities at 148, Johor recorded 43 deaths, Sabah recorded 35 and Kelantan logged 32.

Perlis, Putrajaya and Labuan did not report any death.

The number of Covid-19 patients treated in intensive care units (ICU) dipped slightly over the weekend, from 1,204 on Friday to 1,191 on Sunday.

Putrajaya recorded the highest ICU utilisation rate at 95 per cent, while Labuan reported the lowest at 26.1 per cent.

The number of patients requiring ventilator support dropped from 709 on Thursday to 662 on Sunday.

Kedah recorded the highest ventilator utilisation rate at 86.3 per cent, while Labuan recorded the lowest at 8.7 per cent.

The overall hospitalisation rate continues to record a downward trend from 15,735 on Aug 17 to

11,277 on Sunday.

Perlis is the only state with a hospital bed utilisation rate exceeding 90 per cent (at 92 per cent), while 40.1 per cent of Covid-19 beds in Kuala Lumpur are occupied.

Malaysia is projected to fully vaccinate 80 per cent of its population by Dec 20.

Health director-general Tan Sri Dr Noor Hisham Abdullah said the country recorded 14,345 new infections up to noon yesterday.

Sarawak continued to have the most cases at 3,611, followed by Johor at 1,598.

Selangor reported 1,365 cases, followed by Sabah with 1,255, Penang with 1,170, Perak with 1,090 and Kelantan with 1,050.

Kedah had 967 cases, Terengganu 804, Pahang 779, Kuala Lumpur 307, Melaka 162, and Negeri Sembilan 125.

Perlis and Putrajaya logged the lowest number of cases at 51 and 11, respectively. Labuan reported none.



A Health Ministry worker sanitising a Covid-19 burial site at the Lahar Yooi Muslim Cemetery in Tasik Gelugor, George Town, on Sept 12. PIC BY DANIAL SAAD

Dr Noor Hisham said the Covid-19 tally stood at 2,112,175.

Non-ICU bed utilisation stood at 66 per cent, while ICU beds were at 74 per cent.

"A total of 56.5 per cent of the population have completed their

vaccinations, while at least 67.4 per cent have received one dose.

"A total of 78.8 per cent of adults have completed their vaccination, while 93.3 per cent have received at least one dose."

Booster shot only for certain groups, says Khairy

SEPAANG: The administration of a third dose of the Covid-19 vaccine, or booster shot, will be offered only to eligible groups, said Health Minister Khairy Jamaluddin.

He said these included the elderly, those with comorbidities and the immuno-compromised.

"The booster shot is offered only to those who should have it.

"We are not recommending booster shots for healthy people, but only for certain groups."

He said this after visiting the BP Healthcare Covid-19 Health Screening Centre at the Kuala Lumpur International Airport yesterday.

"I'm young and with no comorbidities, *InshaAllah* (God willing). So I wouldn't be taking a booster shot because I'd be taking it (the booster shot) away from somebody else (who needs it)."

On Sunday, Prime Minister Datuk Seri Ismail Sabri Yaakob said the government would administer booster shots after the nationwide vaccination rate exceeds 80 per cent of the adult population.

He said priority would be given to high-risk groups.

Meanwhile, Khairy said fully vaccinated Malaysians and foreigners returning from abroad would no longer have to apply via

email for home quarantine consideration.

Travellers could from yesterday apply via the Home Quarantine Application portal at <https://ecovid19.moh.gov.my/outbreak-portal-hqa>.

The portal, he said, sought to simplify the process for fully vaccinated people coming to Malaysia.

He said the previous system of emailing to the Health Ministry's Home Surveillance Order team had created a backlog of applications as emails would have to be processed individually.

"We hope to ease the process of those coming back to Malaysia, be they Malaysians or expatriates who have found it difficult to apply for home quarantine because of the backlog."

He said home quarantine applications had increased following an announcement that travellers who had completed their vaccination could serve out the mandatory quarantine at home.

Khairy said applications must be made within seven to 10 days before arrival in Malaysia.

He, however, said there would be no change in the conditions of application to undergo quarantine at home. "All the conditions, as previously announced, must be complied with by all travellers arriving in Malaysia."



Health Minister Khairy Jamaluddin (seated, right) speaking with a passenger at the Kuala Lumpur International Airport in Sepang yesterday. BERNAMA PIC

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 5

RUANGAN : NATION / NEWS

Private hospitals keen to help with booster shots

KUALA LUMPUR: Private hospitals are willing to offer their assistance to the government in administering Covid-19 booster shots to high-risk groups.

On Sunday, Prime Minister Datuk Seri Ismail Sabri Yaakob said the government would administer a third vaccine dose to high-risk groups once the vaccination rate surpassed 80 per cent of the adult population.

Association of Private Hospitals Malaysia president Datuk Dr Kuljit Singh yesterday said Malaysia must prepare now as there could be another global shortage of vaccines as other countries had begun to provide booster shots.

"Private hospitals will once again offer their assistance to vaccinate these groups as soon as the Health Ministry releases the guidelines.

"While administering the first and second dose of vaccines, private hospitals had commenced simultaneously with government hospitals in vaccinating frontline healthcare workers.

"Subsequently, private hospitals vaccinated the public on their premises in stages and provided manpower to mega vaccination centres.

"It is very timely that the government has made this crucial decision on the third dose as other countries have already commenced this exercise.

"Our fear is there may be another vaccine shortage globally when there is a rush for the third dose."

Dr Kuljit said the country should have 80 per cent of its adult population vaccinated by next month and hoped the vaccination exercise would be further im-

proved. "Early participation of private hospitals and general practitioners will be important to boost the availability of the third dose to groups who will be vaccinated.

"The decision on providing a third dose should be made soon as more clinical data is beginning to be evident.

"The first vaccinated group should have received seven months of protection since receiving their second dose in March and scientific data suggests a booster dose may be required about this time."

"Our aim is to keep the number of people infected low so that the economy can be opened and domestic and international travel will be further relaxed."



Datuk Dr
Kuljit Singh

HUMAN RESOURCES

HELP IS ON THE WAY TO PENANG, SAYS CM

Frontliners from other states mobilised to help deal with surge in Covid-19 patients

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THE Health Ministry has begun mobilising medical staff to Penang from other states to treat the surge in Covid-19 patients.

Chief Minister Chow Kon Yeow said this was relayed to him by Health deputy director-general (Public Health) Datuk Dr Chong Chee Kheong during a meeting on Sunday.

During a visit on Sept 11, Health Minister Khairy Jamaluddin said 200 medical officers, assistants and nurses would be mobilised to Penang from other states to treat Covid-19 patients.

He said Penang faced a short-



Chow Kon Yeow



Datuk Dr Chong Chee Kheong

age of nurses, which had prompted their mobilisation from other states.

"During the meeting yesterday (Sunday), I was also told that the ministry had mobilised experts and human resources to help the state Health Department cope with the surge of Covid-19 cases in the state."

He said other matters were also discussed during the meeting followed by issues agreed on during Khairy's visit here.

He said among them was the construction of a 100-bed field hospital at Penang Hospital to treat Covid-19 patients, which is in the construction stage and ex-

pected to be operational soon.

He said Dr Chong also told him that discussions between the ministry and representatives from private hospitals to increase the medical facility capacity in the state had started.

"I am glad that private hospitals have stated their willingness to cooperate.

"So on behalf of the Penang government, I want to thank Dr Chong and his team for their readiness to provide instructions and advice to the state Health Department to address the situation arising from the spread of Covid-19."

Jabs for 3,150 prison inmates

MARANG: The Terengganu Health Department yesterday kicked off a vaccination drive for 3,150 inmates at two prisons.

Director Datuk Dr Kasemani Embong said of the number 2,600 were inmates at the Marang Prison while the remaining 550 were at the Dungun Correctional Centre.

"The vaccination at the prison will be conducted for three days,

while all 550 inmates at the centre will be inoculated today (yesterday).

"Being behind bars does not mean that they are safe from Covid-19.

"So we are speeding up this vaccination to achieve 80 per cent herd immunity in prison areas," she said after inspecting the vaccination programme at the prison. **Bernamea**

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 8
RUANGAN : NATION / NEWS

PREPARING FOR THE WORST

HTAR FRONTLINERS TAKE STOCK OF PANDEMIC TOLL

Although cases have decreased in Klang Valley, they worry another Covid-19 wave could be around the corner

KUALA LUMPUR

BLINKING back her tears, forensic pathologist Dr Nur Ayutimasery Abdullah described the unrelenting pressure she and her staff felt dealing with the fourth wave of Covid-19 at her hospital in Klang.

The wave, which began in June this year, has been deadly. As head of the Forensic Medicine Department at the Tengku Ampuan Rahimah Hospital (HTAR), Dr Nur Ayutimasery has had to deal with an influx of bodies and other issues associated with them within a short space of time.

"(We had) sleepless nights because we were anxious to know what was coming next, the number of bodies that we were going to face the next day, what are the complaints we were going to receive," she said.

At one point in August, when daily new infections in Selangor often surpassed 8,000, her department had 155 corpses on hand. Even now, 27 bodies of foreign workers have been lying for over a month in refrigerated containers the hospital used as makeshift morgues, waiting for



Dr Nur Ayutimasery Abdullah



Dr Hariyati Abdul Majid

the respective embassies to give them the green light to release the bodies for burial.

Not only does Dr Nur Ayutimasery have to follow up with the embassies daily, she and her staff have to deal with angry and traumatised relatives who want to see their loved ones for the last time, wait for lab test results to confirm Covid-19 and match the names to the correct bodies.

The pressure has eased now as daily new cases in the Klang Valley have dropped to below 3,000 lately, and her department has been using this time to clear the backlog of dead bodies.

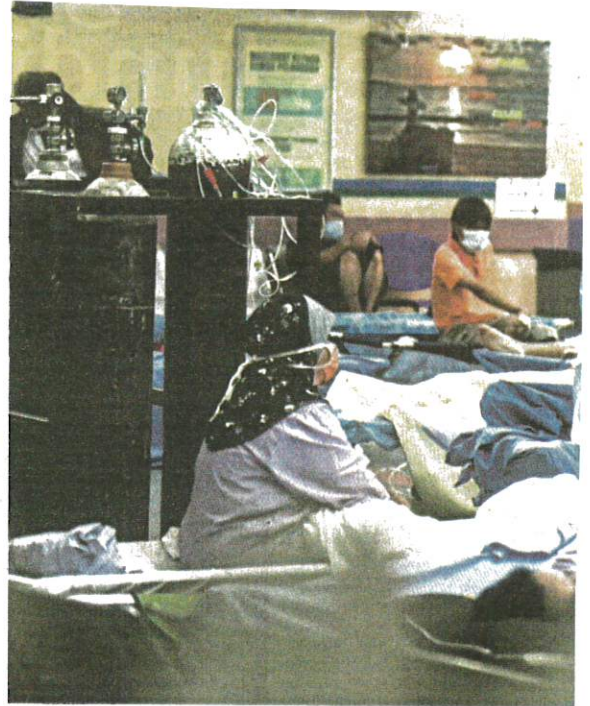
MENTAL HEALTH TOLL

Assistance from the Malaysian Armed Forces, Civil Defence Department and non-governmental organisations, such as Mercy Malaysia in partnership with Maybank at HTAR, have also helped ease the hospital's burden.

However, many frontliners said they could not totally ease up on their work as they are worried that another wave — be it from a new variant or from the premature reopening of economic and social sectors — was waiting in the wings.

They see it as being prepared for the worst. Psychologists see it as a sign of the continuous toll of Covid-19 on healthcare workers, who have been battling the new disease with barely a break since March last year.

Mental health specialists volunteering their services at the Mercy Malaysia psychosocial support services unit at HTAR said they had observed hypervigilance and anxiety among many of the healthcare workers they have seen. Some reported feeling guilty for not being able to provide the best care they could to patients as well as feeling traumatised over having to make life-or-death decisions for patients.



Tengku Ampuan Rahimah Hospital Emergency and Trauma Department head Dr Ahmad Tajuddin Mohamad Nor says what makes the current wave of Covid-19 cases dramatically different from past ones is how quickly patients would deteriorate. The picture shows the situation at the hospital in July. FILE PIC

Consultant psychologist Dr Hariyati Abdul Majid, who is also the adviser to Mercy Malaysia's Mental Health and Psychosocial Support, was not surprised, saying that the drop in daily cases might not necessarily mean less stress for healthcare workers.

"Now that cases (in the Klang Valley) are decreasing, they are actually able to take a breather and process what has happened this past year and a half, and they are now feeling all these combined emotions (and exhibiting delayed grief)," she said.

She added that continuous stressors were not good for anyone's emotional and physical health.

And the stressors have been many.

DARK DAYS

Beginning late June, news reports and social media posts were full of stories of patients lying on floors waiting for a bed to become available and showed hospitals, including HTAR, setting up beds in parking lots to accommodate extra patients.

Similar to soldiers swapping stories from the trenches, HTAR staff have their own horror stories to tell.

The hospital's Emergency and Trauma Department head Dr Ahmad Tajuddin Mohamad Nor said the emergency department was quickly overwhelmed at the beginning, unprepared to deal

with such big numbers of patients needing care all at once.

"Things were topsy turvy, we were hardly meeting the needs (of patients). At one point, there were about 200 patients in various stages of being sorted out — not really receiving total care yet but just being processed."

He said what really made the current wave dramatically different from previous ones was how quickly patients would deteriorate, making it difficult for the staff to find enough oxygen supplies for all of them.

As they worked, he said, he and his colleagues had to grapple with this fear of bringing the disease home and infecting friends and family members, since not everyone had received the Covid-19 vaccine then.

"I do know some (friends) were victims (of Covid-19) too. So it's something that has not left anybody out. In some ways, when you thought you were going to be safe, you get to be one of the statistics," he said.

HTAR nurses said they felt overwhelmed in July and early August as they often found themselves short-staffed. Colleagues would be exposed and have to quarantine, leaving the rest to care for more than 20 patients per nurse at times.

One nurse said she felt hurt when people on social media criticised the perceived lack of care from nursing staff.

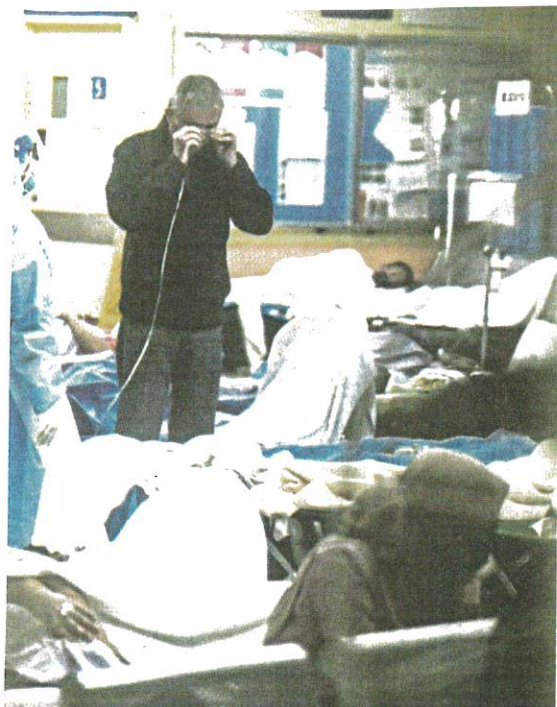


Frontliners in personal protective equipment handling the burials of Covid-19 victims, who died at the Tengku Ampuan Rahimah Hospital, at the Shah Alam Muslim cemetery in July. BERNAMA PIC

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 9

RUANGAN : NATION / NEWS



Expert: Keep an eye out for prolonged changes

DEPRESSION, stress or anxiety, which may develop into a full-blown disorder like post-traumatic stress disorder (PTSD), can present itself in many ways.

Consultant psychologist Dr Haryati Abdul Majid, who is also an adviser with Mercy Malaysia, said the key sign to watch for was long-term changes in patterns and behaviours.

"Look for signs like changes in appetite — something very simple. Sometimes we hear

someone say, 'I don't want to eat, I have no appetite'. If it's only for a day, it's okay. But if they show a significant reduction in appetite and they lose weight for more than two months, then it's developed into something more serious."

The inverse is also true, in which a prolonged increase in appetite could be a sign of serious emotional and mental health problems.

Dr Haryati said another sign was a disruption in sleep patterns, such as nightmares and

the inability to fall asleep and stay asleep that go on for weeks and months.

She added that some people might choose to isolate themselves from others, including friends and families.

While giving space to people was normal in the short run, she said, if someone had been isolating themselves for two months or so, it was a sign of trouble.

She said loved ones should then encourage them to seek counselling. **Bernama**

"Healthcare staff are used to disasters. It's just that the current disaster is ongoing," said HTAR director Dr Zulkarnain Mohd Rawi.

He said the hospital was doing its best to reduce stress and burnout among its employees by requiring them to take a day off every three days and also encouraging them to seek therapy from the hospital's in-house psychotherapists.

However, some hospital personnel may be reluctant to do so, worrying there would be a backlash should they seek help within the hospital system.

Dr Haryati said so far, more than 162 frontliners at HTAR have chosen to use the Mercy Malaysia psychosocial services, adding that many were concerned about confidentiality.

She said Covid-19 had shown the importance of mental health and that there should be no stigma or taboo for anyone, not just frontliners seeking emotional support.

She also said all workplaces



When seeking mental health support, many hospital personnel are concerned about confidentiality. FILE PIC

"They don't understand how we do things," she said.

Dr Nur Ayutimasery said although her department dealt with death daily, some deaths hit them hard, such as a case they had in July involving a man and his wife.

"They both died because of Covid-19. The only person we were able to contact (initially) was their 11-year-old son," she said, her voice cracking. She added they then managed to get

hold of his uncle, who came to claim the bodies.

SEEKING SUPPORT

When asked about counselling, many of the staff said they did not have time to get it.

HTAR hospital officials have praised their staff for being strong, saying those in healthcare tend to be resilient. However, they also acknowledged the unique challenges the Covid-19 pandemic poses for many.

138 PEOPLE

Homeless community in Klang receives CanSino jobs

KLANG: A total of 138 homeless people in the Port Klang has received their dose of the CanSino Covid-19 vaccine under the Transient Covid-19 Vaccination Programme.

The programme was organised by the Klang Municipal Council (MPK), Klang district health office as well as non-governmental organisation Pertubuhan Komuniti Sahabat Harmoni (Kaseh) here on Sunday.

MPK president Dr Ahmad Fadzli Ahmad Tajuddin said they were honoured to be the first local council to organise such a programme.

"This programme was our own initiative and done to ensure that no one is left out of the vacci-

nation drive in order to achieve herd immunity,

"The staff and volunteers had faced numerous challenges before and during the programme. I would like to record my sincerest appreciation to all quarters, including Kaseh and seven other NGOs, as well as the Klang health office, which displayed their utmost commitment to the programme."

"The involvement of various MPK departments in making the programme a success demonstrates our fullest commitment towards ensuring that Klang is free of Covid-19 soon," he said in a statement.

Present at the event were Port Klang state assemblyman

Azmizam Zaman Huri and MPK deputy president Elya Marini Darmin.

Ahmad Fadzli said the programme required the full collaboration of various agencies and departments.

"There were various challenges, one of which was the health of some of the homeless people. Some had mental health issues while others had problems pertaining to their identification documents.

"This was eventually resolved when we managed to inoculate 138 homeless people, exceeding our initial target of 70 people," he said.

He said the homeless people were vaccinated at the Port Klang bus station.



Klang Municipal Council deputy president Elya Marini Darmin speaking to a homeless man at the Transient Covid-19 Vaccination Programme in Klang on Sunday. PIC COURTESY OF KLANG MUNICIPAL COUNCIL

needed to create safe spaces for employees to seek help, as well as give an assurance there would be no repercussions for seeking help.

"Mental health should not be on the side. It should not just be

something we talk about when there's a suicide case," she said.

"It's very, very important we make people feel that it is okay to seek support and it is okay to speak to a psychologist." **Bernama**

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 17

RUANGAN : NATION / NEWS

WORLD PATIENT SAFETY DAY

ENSURING SAFE COVID-19 PREGNANCY

WORLD Patient Safety Day was commemorated globally on Sept 17 with the theme "Safe maternal and newborn care".

Although there has been progress, challenges remain for Malaysia in attaining the targets of the United Nation's Sustainable Development Goal 3: "Ensure healthy lives and promote wellbeing for all at all ages".

This has been compounded by Covid-19, leading to disrupted maternal health services, women's inability to access care, disrupted supply chains and diversion of maternity staff to take care of Covid-19 patients.

Shu Qin Wei et al conducted a review of 42 studies of Covid-19 in pregnancy published up to Jan 29. The studies involved 438,548 pregnant women.

Compared with those without infection, Covid-19 was associated with preeclampsia, preterm birth, stillbirth, Intensive Care Unit (ICU) admission, lower birth weight and neonatal ICU admission.

When compared with mild Covid-19, severe disease was strongly associated with preeclampsia, preterm birth, gestational diabetes and low birth weight.

Covid-19 was not associated with gestational diabetes, Caesarean section, postpartum haemorrhage or neonatal death compared with those without infection.

Compared with asymptomatic Covid-19, the symptomatic were associated with increased risk of preterm birth and Caesarean section. Symptomatic Covid-19 was not associated with gestational diabetes.

In the United Kingdom, information about almost all pregnant women hospitalised with Covid-19 is recorded in a registry called the UK Obstetric Surveillance System,

showing that pregnant women are no more likely to get Covid-19 than other healthy adults.

If they do contract Covid-19, they are more likely to have pregnancy complications.

About two-thirds of pregnant women with Covid-19 have no symptoms, and most of those with symptoms have mild cold or flu-like symptoms.

A small number can become unwell. Pregnant women who contract Covid-19 are at a slightly increased risk of becoming severely unwell compared with the non-pregnant, particularly in the third trimester.

There have been no reports of Covid-19 affecting foetal development, including no reports that infection in early pregnancy increases the likelihood of miscarriage.

Transmission of Covid-19 from mother to foetus during pregnancy appears to be uncommon. There have been some reports of newborn babies developing Covid-19 soon after birth, but most have been well.

The likelihood of preterm birth, that is before 37 weeks, is increased two to four times in instances when there is severe Covid-19.

In most instances, preterm delivery was recommended for maternal reasons.

As is the case with all preterm babies, there is increased likelihood of breathing, feeding, temperature control, gastrointestinal, metabolic and other problems. The earlier a preterm baby is delivered, the greater the likelihood of problems.

A total of 3,396 pregnant women tested positive for Covid-19 between

March last year and June this year. An estimated one per cent of pregnant women contracted Covid-19.

The rise in incidence of Covid-19 in pregnant women began in October last year until May and June when it surged to 850 and 899 cases respectively, in tandem with the national surge.

The need for intensive care for pregnant women with Covid-19 rose from three per cent on July 10 to 5.3 per cent last month.

There was a marked increase in deaths since June with 17 deaths. Of these, two had received one dose of the Covid-19 vaccine and 15 were unvaccinated.

Forty seven per cent of the mothers who died had comorbidities, the nature of which were not disclosed.

Health professionals providing care make decisions based on evidence.

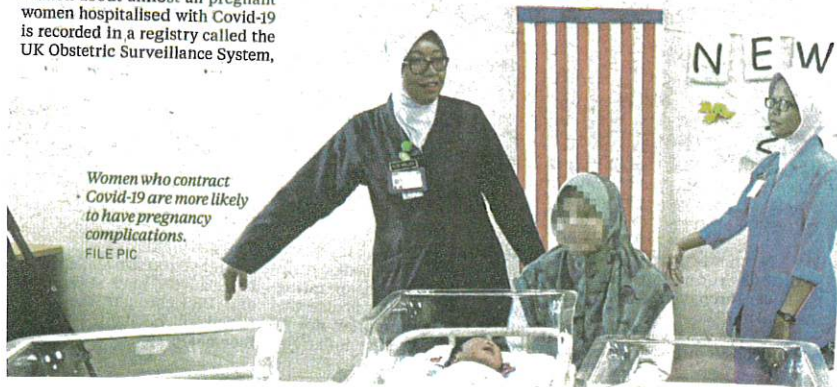
The more information they have, the better the decisions will be for patients, particularly so with Covid-19, which information is still evolving.

Healthcare professionals involved in maternal and newborn care await more transparent, detailed and updated data from the Health Ministry.

This data will be helpful in the provision of safe and quality care for mothers to be and their newborns.

DR MILTON LUM

Former president,
Federation of Private Medical
Practitioners Associations,
Malaysia and the Malaysian Medical
Association



Women who contract Covid-19 are more likely to have pregnancy complications.
FILE PIC

AKHBAR : THE STAR

MUKA SURAT : 4

RUANGAN : NATION

Options for teens to get jabs

Walk-ins at PPV will be allowed in addition to vaccinations at school

By JOSEPH KAOS Jr
joekaosjr@thestar.com.my

PUTRAJAYA: Teenagers will be able to walk in for their Covid-19 jabs at selected vaccination centres (PPV), says Khairy Jamaluddin.

The Health Minister said this was one of the methods that adolescents aged 12 to 17 can get their Covid-19 jabs, besides receiving them at schools.

"Tomorrow (today), we will be announcing a list of PPV in states where teenagers can walk in and receive their vaccination.

"This will be at centres that are currently still in operation.

"So right now, teenagers have a couple of ways to get vaccinated. Either they wait to receive their appointments from school PPV or they can walk in to these selected PPV," Khairy told a press conference after observing the vaccination process for teenagers at SMK Putrajaya Precinct 8 (1) here yesterday.

Also present were Education Minister Datuk Dr Radzi Jidin and Health director-general Tan Sri Dr Noor Hisham Abdullah.

Khairy said teenagers going to PPV under the walk-in category

must be accompanied by a parent or guardian.

"The teenager's parent or guardian will be required to fill up the consent form at the PPV, and they need to sign it in the presence of a doctor," he added.

The government is targeting at least 60% of teenagers to receive at least one vaccination dose by November, with the aim of having 80% of teenagers fully vaccinated by next January.

The immunisation programme for adolescents started in Sarawak on Sept 8 and in Labuan on Sept 11.

Yesterday, teenagers in Putrajaya, Selangor, Kuala Lumpur, Kedah, Perlis and Pahang also started receiving their Covid-19 jabs.

Some 3.2 million teenagers in the country aged 12 to 17 are expected to be covered by the Covid-19 immunisation programme.

Khairy said there had been no reports of side effects among the first 85,000 teenagers who had been vaccinated up to Sept 16.

He said it was important for adolescents to get vaccinated, as there had been a surge in Covid-19 cases and deaths involving those under 18.



Taking precautions: Nurse Noraina Saikon checking a student's registration form at a school's vaccination room at SMK present 8(1) in Putrajaya. — AZHAR MAHFUF/The Star

"In 2020, there were 12,620 cases involving those under 18. This rose to 400,668 in 2021 alone, as at Sept 16.

"Of that, 252,569 cases involved schoolchildren while 42,831 of them were pre-school children.

"A total of 62 children died from

Covid-19 in 2021 as at Sept 16, compared to six deaths in 2020.

"Therefore, it is important that we give adolescents protection through vaccination," he added.

On children below the age of 12, Khairy said the best that Malaysia could do for now was to ensure all

teachers and support staff in education institutions were fully vaccinated.

This is because the National Pharmaceutical Regulatory Agency (NPRA) has yet to approve the use of any Covid-19 vaccine on children under 12 years old, and until then, the ministry must ensure that people within the education ecosystem are protected.

As for the supply of vaccines, Khairy said Malaysia had enough to vaccinate teenagers as well as the upcoming booster shot programme.

The government had earlier announced that it would be giving Covid-19 vaccine booster shots to frontliners and the elderly once the mass immunisation coverage reached 80% of the adult population nationwide.

On the single-dose CanSino vaccine, Khairy said the government would be monitoring its usage in other countries on whether there was need to implement booster shots.

Watch the video
TheStarTV.com



Students happy, relieved to be vaccinated

By YEE XIANG YUN
newsdesk@thestar.com.my

PUTRAJAYA: The first group of students who are getting vaccinated under the National Covid-19 Immunisation Programme (PICK) for Adolescents here today are excited to receive their first dose and cannot wait to go back to school.

The programme for students aged between 12 and 17 kicked off at SMK Putrajaya Precinct 8, with 323 youths aged 16 and 17.

Form Five student of the school Muhd Ihsan Syafiqin was thankful to receive the first dose of the vaccine.

"I am relieved because after this, I can do daily activities such as sports and go to school with my friends," he told Bernama.

Haziq Zafri Hiruddin, 17, said teenagers should not be scared of getting vaccinated because vac-



For more stories:
See page 5

cines were among the paths out of the pandemic.

"I miss going to school and seeing my teachers and friends and doing co-curriculum activities together," he said.

Narmetha Regunathan, 17, said vaccination for teenagers would enable them to return to a more normal way of life.

Most parents also expressed relief over the implementation of the PICK for Adolescents.

Muhd Ihsan's mother Mas'amah Ibrahim, 54, said: "He is the only one in our family who has not been vaccinated. After this, I will be more confident if he goes to school or asks to go out with his friends."

Narmetha's father, Nathan Vaithi, 56, advised other parents to get their children vaccinated. "Now, I am relieved. Vaccination is a way forward to exit isolation," he said.

In Johor Baru, Form Five student R. Lovermath, accompanied by his mother R. Kala, said the vaccination was the first and most important step for students to finally be able to attend physical classes again.

"After attending online classes at home since last year, I still prefer physical classes where there is better interaction with our teachers.

"Going back to school also means that I can meet my friends again.

"I'm excited to be able to finally dine out with my parents once I've completed my vaccination, as both of them are already fully vaccinated," Lovermath said when met at SMK Taman Daya here yesterday.

> TURN TO PAGE 9



Raring to go: Lovermath, accompanied by his mother Kala, waiting in line to receive his vaccination at the school.

AKHBAR : THE STAR
MUKA SURAT : 5
RUANGAN : NATION

Portal to speed up quarantine process

Travellers can apply for home quarantine online

By JOSEPH KAOS Jr
joekaosjr@thestar.com.my

SELANGOR: Travellers arriving in Malaysia who wish to undergo home quarantine can now apply online at a new portal set up by the Health Ministry that will simplify the entire process.

The Home Quarantine Application (HQA) Portal can be accessed at <https://ecovid19.moh.gov.my/outbreak-portal-hqa> from today.

Health Minister Khairy Jamaluddin, who announced this, said previously, those who wished to apply for home quarantine would have had to make a request to the ministry via email.

However, since the government allowed travellers who have completed their vaccination to undergo home quarantine upon arrival, the number of requests had surged.

In a Twitter post, Khairy described the email method as "a Jurassic process".

"Unsurprisingly, we have a backlog of 6,000 applications sent via email, and this method takes time.

"So, we have decided to simplify this, and now, returnees who wish to apply for home quarantine can do so from the new portal.

"The application needs to be done seven to 10 days before your arrival date in Malaysia," he told



reporters during a visit to the Kuala Lumpur International Airport (KLIA) here yesterday. He said among the requirements for those who wish to do home quarantine is that their residence must be considered suitable for isolation.

"There needs to be enough rooms and toilets, which will ensure that the person under quarantine does not have contact with other members of the family," he added.

By allowing more travellers to undergo home quarantine, Khairy

said the country could gradually move away from its current practice of isolating individuals at hotels.

"We do not need to use quarantine centres and travellers do not need to spend money for their hotel stay.

"This is part of the country's plan to reopen safely," he added.

Earlier, Khairy observed the process flow for inbound travellers at KLIA, including the health screening process at the terminal.

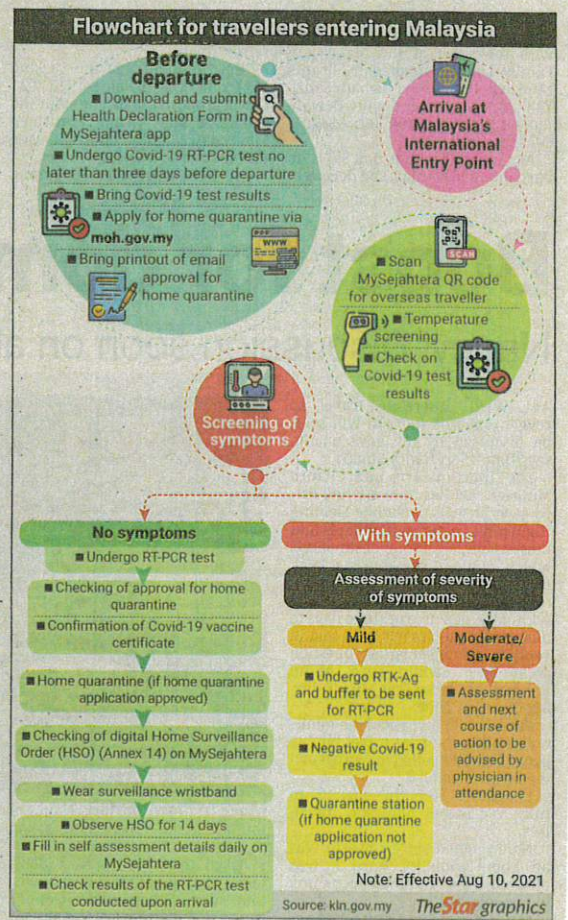
He was also given a tour of the new private health screening centre at KLIA managed by BP Clinical Lab, where passengers can get Covid-19 test results in a shorter turnaround time.

On Covid-19 vaccine booster shots, Khairy said healthy people were not priority recipients.

"Booster shots should only be given to those who should have it. I am young and have no comorbidities, so I should not be taking the booster shot because I'll be taking a vaccine meant for somebody else.

"Boosters are for people who are elderly and immunocompromised. It is not for healthy people, and we will not recommend it for them right now," he added.

Watch the video
TheStarTV.com



'Teen vaxxing needed to hit herd immunity'

By RASHVINJEET S. BEDI
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PETALING JAYA: The Covid-19 vaccination programme for teenagers is very important for Malaysia to achieve herd immunity, say health experts.

They said that while nearly 80% of the adult population in the country has been vaccinated, this does not yet cover 80% of the overall population that is needed for herd immunity.

Prof Dr Moy Foong Ming from Universiti Malaya's Department of Social and Preventive Medicine said she hopes that parents would give their consent for their children to be vaccinated.

"If we exclude teenagers, we will never achieve the vaccination target of 80% of the population. Not all adults can be vaccinated, and there are those who are anti-vaccine or hesitant," she said.

She stressed that teenagers could also be infected with Covid-19 and while most might have mild symptoms, there were others who experienced severe symptoms.

"We should protect the population that is eligible.

"And when it is proven to be safe, the younger population aged below 12 years should also get vaccinated," said Prof Moy.

She added that the United Kingdom and the United States were among those countries that

have been looking into this as well.

Some 3.2 million teenagers in Malaysia aged 12 to 17 are expected to be covered by the immunisation programme.

So far, some 85,000 teenagers have been vaccinated.

According to the Special Committee on Ensuring Access to Covid-19 Vaccine Supply, 78.2% of the country's adult population has been fully vaccinated.

Malaysian Public Health Physicians Association president Datuk Dr Zainal Ariffin Omar said this would mean that about 60% of the overall population had been vaccinated.

He said it was important to get teenagers vaccinated as quickly as

possible as schools were going to reopen soon.

"They are a very big group and there are still many cases in the community.

"They are either going to get infected or be a source of infection," he added.

The US Food and Drug Administration (FDA) in its latest update said that the known and potential benefits of the Pfizer-BioNTech vaccine outweighs the known and potential risks in adolescents aged 12 through 15.

According to the FDA, the United States is currently experiencing a surge of Covid-19 cases and more adolescents are becoming ill and being hospitalised.

DG targets 80% of kids jabbed by next March

PETALING JAYA: By November, 60% of children will receive at least one dose of the Covid-19 vaccine. And, before the 2022 academic year begins next March, 80% of those who are eligible would have completed their vaccination.

These are the aims of the Health Ministry, which is now embarking on a nationwide mass immunisation drive for adolescents aged between 12 and 17, due to concerns over the rise in infections and deaths among this age group.

Health director-general Tan Sri Dr Noor Hisham Abdullah said statistics showing an increasing trend of infections among children below 18 years old was worrying, while the sharp rise in deaths among this age group, which stood at 67 this year compared to six deaths in 2020, was also of concern.

"The statistics showing an increasing trend of infections among children (infants-18 years) in Malaysia is worrying. The ministry aims for 80% of those who are eligible to be completely vaccinated before school opens for the 2022 session," he said in a statement yesterday.

Dr Noor Hisham said Malaysia recorded 14,345 new Covid-19 cases yesterday, bringing the cumulative total to 2,112,175.

Students at military camp schools to be jabbed too

KUALA LUMPUR: A total of 5,887 students aged between 12 and 17 in schools based at military camps nationwide will be vaccinated under the back-to-school vaccination programme in support of the National Covid-19 Immunisation Programme for adolescents that kicked off yesterday.

Defence Minister Datuk Seri Hishammuddin Hussein said 255 Form 4 and Form 5 students of SMK Desa Tun Hussein Onn received

their first dose of a Covid-19 vaccine yesterday, while the remaining 675 students were expected to be vaccinated by Thursday.

Vaccinations for students at four other schools in military camps - Mara Junior Science College and SMK Kem Terendak in Terendak Camp, Melaka; SMK Pangkalan TLDM at the naval base in Lumut, Perak; and SMK Tanjung Penglaih in Johor - will be carried out in stages at a vaccination centre nearby.

"The vaccination of primary school pupils, involving 330 from SK Kem Kemantah and SK Desa Tun Hussein Onn here, is also expected to be done on Thursday.

"The vaccination for students of the Royal Military College at the Sungai Besi Camp here will be implemented as soon as the 504 students return to the college on Sept 27," Hishammuddin told a joint media conference with Education Minister Datuk Dr

Radzi Jidin after checking out the back-to-school vaccination programme at SMK Desa Tun Hussein Onn here yesterday.

The programme is a joint effort between the Defence and Education ministries, meant specifically for students at military camps.

The vaccination of adolescents, which began simultaneously nationwide yesterday, is aimed at inoculating 3.2 million teenagers aged between 12 and 17. — Bernama

AKHBAR : THE STAR
MUKA SURAT : 12
RUANGAN : VIEWS

Future of healthcare system

MALAYSIAN Medics International would like to extend our gratitude to the Health Ministry for pledging to improve the contract system for healthcare professionals, as indicated by minister Khairy Jamaluddin at the last meeting of Parliament.

The current plans in motion as we understand them are: a) Applications for sponsorship equivalent to the existing federal scholarship; b) applications to create additional permanent posts according to the needs of facilities; c) strategies to increase employment opportunities; d) looking into the provisions of the Medical Act 1971, the Dental Act 1971, and the Registration of Pharmacists Act 1950 as well as a more flexible implementation mechanism for specialty studies; e) looking into the suitability of amending the Pensions Act 1980 or introducing equivalent improvements.

While these proposed plans await implementation, we ask the ministry to consider the following suggestions:

> **Make public the details of the mentioned plans:** Specially, we ask that details of the budget allocation for the federal scholarship (*hadiah latihan persekutuan*) for contract doctors be made public.

We also reiterate our request for complete transparency in the selection criteria for the federal scholarship as we strongly believe that fair and equitable distribution is indispensable in the workplace.

A clear outline of the implementation plan will strengthen the faith of our public servants to continue serving the country to their fullest.

> **Consider the following suggestions for the comprehensive**

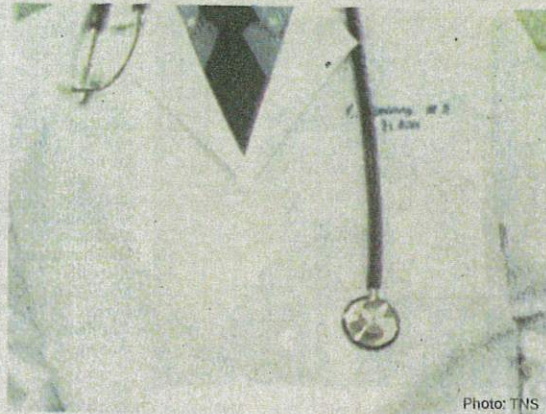


Photo: TNS

plan: Other than the plans announced by the Health Minister, we ask that the ministry provide a detailed outline of the government's plan while working in collaboration with the Finance Ministry and other stakeholders, to improve the healthcare system.

We suggest that immediate actions be financed under Budget 2022 while long-term actions can be incorporated into the 13th Malaysia Plan.

Additionally, we urge the government to set up an independent national healthcare system reform committee comprising representatives from relevant government agencies, independent healthcare professionals, and representatives from medical associations (including medical students' associations).

This committee could be responsible for drafting a national health-

care system transformation blueprint outlining long-term actions to be presented and passed in Parliament.

Next, we ask that the government consider implementing equivalent benefits for contract and permanent healthcare professionals.

This includes applying similar criteria to qualify for a federal scholarship, extending eligibility for paid study leave to contract healthcare professionals, allowing special unrecorded leave for candidates to handle procedures related to other specialisation pathways, and standardising requirements for entry into local masters programmes.

> **Increase resources to increase the number of candidates taken per intake:** Despite the surplus of medical officers in

Malaysia, there is still an insufficient number of specialists. This can be attributed to inadequate funding allocations and insufficient teaching consultants and training facilities.

Therefore, we urge the Health Ministry to work closely with the Finance Ministry to increase the funding allocation for postgraduate medical education and to scrutinise the root of the deficit of such resources.

We urge the government to study the possibilities of incorporating qualified private healthcare providers into the local specialists training programme.

This measure could help expand existing specialists' training opportunities significantly and subsidise the government's financial and resources

burden in training new specialists. Subsequently, this could increase the number of candidates successfully enrolling in specialty training programmes offered by accredited local medical universities.

Healthcare professionals in training are the backbone of our future healthcare system. We hope they are given the opportunities to reach their full potential during training and that specialised options be guaranteed.

The welfare of contract doctors should be protected to ensure that young doctors are of high quality, and can best serve the country.

**MALAYSIAN MEDICS
INTERNATIONAL**

Malaysian Medics International is a medical-student led organisation based locally.

AKHBAR : THE SUN
MUKA SURAT : 4
RUANGAN : NEWS WITHOUT BORDERS

Vaccination starts for teens

► Programme involving 3.2 million adolescents aged between 12 and 17 to be conducted via several methods

PUTRAJAYA: The National Covid-19 Immunisation Programme for adolescents officially kicked off yesterday involving 3.2 million teenagers aged 12 to 17.

Health Minister Khairy Jamaluddin said the programme will be carried out through several methods such as outreach to schools or institutions on a scheduled basis, injections at health clinics and hospitals, as well as walk-ins at selected vaccination centres nationwide.

"Parents or guardians must be present to sign the consent form before the teens can receive the vaccine," he told a joint press conference with Senior Education Minister Datuk Dr Radzi Jidin at Sekolah Menengah Kebangsaan Putrajaya Precinct 8 (1) yesterday.

Khairy said adolescents with health problems will be exempted from receiving

the vaccine.

He added that the list of special centres for walk-in vaccinations will be announced today.

He said it was important to implement the programme in preparation for reopening of schools next month, Bernama reported.

It was also to ensure reduced infection risks in schools as well as to prevent occurrence of clusters and cases among school children, he added.

On Sept 12, Radzi said his ministry would begin face-to-face school sessions from Oct 3 according to the respective phases in the National Recovery Plan.

Khairy said the increasing trend of Covid-19 infections among children aged 18 and below in Malaysia was worrying.

A total of 400,668 cases were recorded this year, involving 256,569 school children and 42,381 pre-school children, compared to

12,620 cases last year.

Khairy added that all states with vaccine supplies had been given permission to start the immunisation programme for teenagers.

He said the programme had started in Sarawak on Sept 8 and Labuan on Sept 11 after the vaccination rate in the state and federal territory reached 80%.

The programme started on Sept 16 in Sabah.

As of Sept 16, a total of 86,076 teenagers had been given the first dose of Covid-19 vaccine in Sabah, Sarawak and Labuan, he said.

A total of 323 students of SMK Putrajaya Precinct 8 (1), consisting of 156 Form Four and 167 Form Five students, received the Pfizer-BioNTech Covid-19 vaccine yesterday.

The supply of Covid-19 vaccine for the booster dose and national Covid-19 adolescent immunisation programme is adequate, said Khairy.

Priority for the administration of the third dose will be given to high-risk groups that include healthcare frontliners, immune-compromised individuals, the elderly with comorbidities and those residing and working at long-term healthcare facilities.

When asked if a booster dose is required for the single-dose CanSino vaccine, Khairy said CanSino had submitted an application to the National Pharmaceutical Regulatory Agency stating the possible need for a second dose after six months.

Meanwhile, a total of 5,887 students aged between 12 and 17 at schools in military camps nationwide will also be vaccinated under the Back to School vaccination programme.

"The vaccination for students of the Royal Military College at the Sungai Besi Camp here will be implemented as soon as the 504 students return to college on Sept 27," he told a joint media conference with Radzi after attending the vaccination programme at SMK Desa Tun Hussein Onn yesterday.

URGENT PROJECT ...

Soldiers carrying out wiring work for a field hospital at Penang Hospital car park in George Town yesterday. The hospital is expected to start operations next week to accommodate Covid patients.

—MASRY CHE ANI/THESUN



Fourth wave hits hospital frontliners hard

KUALA LUMPUR: Forensic pathologist Dr Nur Ayutimasery Abdullah described the unrelenting pressure she and her staff felt dealing with the fourth wave of Covid-19 at a hospital in Klang.

The wave, which began in June this year, has been deadly, and as the forensic medicine department head at Tengku Ampuan Rahimah Hospital, Nur Ayutimasery has had to deal with increasing number of bodies and other related issues within a short space of time.

At one point in August, when daily new infections in Selangor surpassed 8,000, her department had to deal with 155 bodies, she said.

Even now, 27 bodies of foreign workers have been lying for over a month in refrigerated containers the hospital uses as makeshift morgues, waiting for respective embassies to give the green light to release the remains for burial.

She said the pressure has eased now as daily new cases in the Klang Valley have lately dropped to below 3,000.

Nur Ayutimasery said although her department deals with death daily, some Covid-19 deaths hit them hard. One example is a case they had in July involving a man and his wife.

"They both died due to Covid-19. The only

person we were able to contact (initially) was their 11-year-old son," she said, adding that they managed to get hold of the boy's uncle who came to claim the bodies.

The armed forces, Civil Defence Department and non-governmental organisations such as Mercy Malaysia, in partnership with Maybank, have provided assistance to help reduce the hospital's burden.

Mental health specialists, volunteering at Mercy Malaysia psychosocial support service unit at the hospital, said they observed hypervigilance and anxiety among many of the healthcare workers.

Some reported feeling guilty for not being

able to provide the best care they could for patients. They are also traumatised over having to make life or death decisions for patients.

Consultant psychologist Dr Hariyati Abdul Majid, who is also the adviser to Mercy Malaysia's mental health and psychosocial support, said the drop in daily cases may not necessarily mean less stress for healthcare workers.

The hospital's emergency and trauma department head Dr Ahmad Tajuddin Mohamad Nor said the emergency department was initially overwhelmed as they were unprepared to deal with big numbers of patients needing care all at once. — Bernama