AKHBAR : BERITA HARIAN
MUKA SURAT : 3
RUANGAN : NASIONAL

Tiada varian Omicron XE dikesan di Malaysia

Khairy beramah mesra bersama orang ramai yang berurusan di Hospital Raja Permaisuri Bainun, Ipoh, semalam. (Foto L Manimaran/BH)

KKM pantau aspek kadar kebolehjangkitan, tahap keseriusan

Oleh Balqis Jazimah Zahari
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Ipoh: Kementerian Kesihatan (KKM) mengesahkan Malaysia belum menemui kehadiran mutasi baharu varian Omicron dinamakan XE yang setakat ini hanya dikesan di negara jiran iaitu Thailand.

Menteri Kesihatan, Khairy Jamaluddin berkata, pihaknya mengikuti perkembangan berkaitan varian baharu itu dan KKM belum mengetahui ciri-cirinya varian berkenaan.

"Ada dua benda yang kita lihat pada varian baharu ini iaitu kebolehjangkitan dan keseriusannya.

"Kebolehjangkitan Omicron lagi tinggi daripada Delta, sebab itu kes melambung naik tetapi keseriusan (Omicron) lebih sederhana daripada Delta, sebab itu Unit Rawatan Rapi (ICU) tidak penuh seperti dahulu.

"Di sini belum lagi tetapi di Thailand ada," katanya ketika ditemui selepas lawatan kerja di Kompleks Rawatan Harian Hospital Raja Permaisuri Bainun (HRPB), di sini, semalam.

Terdahulu, beliau turut mengadakan lawatan kerja di Makmal Kesihatan Awam Ipoh dan Hospital Batu Gajah.

Mengulas lanjut, Khairy berkata, pihaknya perlu melihat secara lebih mendalam aspek kebolehjangkitan dan keseriusan varian baharu itu terhadap negara lain.

"Jadi untuk varian baharu ini, kita kena tengok daripada negara lain, sama ada kebolehjangkitan tinggi ataupun keseriusannya tinggi, selepas itu barulah kita boleh ambil langkah yang sepatutnya.

"Kalau keseriusannya tinggi, tiba-tiba orang yang dijangkiti dan selepas itu dia betul-betul sakit dan terpaksa masuk ke hospital, jadi kita kena tukar strategi, tetapi buat masa ini strategi kita tepatlah," katanya.

Media sebelum ini melaporkan Pertubuhan Kesihatan Sedunia (WHO) memberi amaran mengenai satu mutasi baharu varian Omicron dinamakan XE, yang lebih mudah berjangkit berbanding mana-mana varian COVID-19.

Menurut laporan *Times of India*, WHO menerusi laporan terbaharunya berkata, varian berkenaan adalah gabungan mutasi hibrid dua versi terdahulu bagi Omicron iaitu BA.1 dan BA.2.

Sementara itu, Khairy berkata, kerajaan sedang berunding dengan beberapa negara besar dunia dalam soal penggunaan sistem MySejahtera susulan pengiktirafan diberikan Kesatuan Eropah (EU) baru-baru ini.

Katanya, MySejahtera yang dibangunkan melalui Kementerian Sains, Teknologi dan Inovasi (MOSTI) dilihat bersesuaian bukan hanya dengan EU dan negara lain, malah diterima Pertubuhan Kesihatan Sedunia (WHO).

"Kita berunding dengan semua negara besar, destinasi pelancongan serta pelaburan supaya mengiktiraf MySejahtera.

"Sebagai contoh saya ke United Kingdom (UK) beberapa hari lalu pun tiada masalah, mereka terima (sistem MySejahtera)," katanya.

Khairy berkata, pengiktirafan EU itu adalah sesuatu yang besar, bukan sahaja kepada MySejahtera tetapi sistem di sebalik sijil vaksinasi negara.

"Mereka betul-betul puas hati sistem (MySejahtera) kita dari segi keselamatan, kesahihan dan kemudahan yang dilihat setaraf diperlukan oleh EU.

"Jadi, ini sebenarnya pengiktirafan kepada Sistem Pengurusan Vaksin (VMS) dan juga sistem MySejahtera yang memaparkan sijil vaksinasi kita.

"Ini banyak membantu pengembara daripada Malaysia untuk pergi EU nanti, jadi tiada masalah iaitu tunjuk MySejahtera dan boleh integrasi dengan sistem mereka," katanya.

Sebelum ini, Duta EU ke Malaysia, Michalis Rokas, melaporkan EU membuat keputusan mengiktiraf sijil vaksinasi COVID-19 di MySejahtera.

Dalam perkembangan berkaitan, Khairy mengesahkan akan dipanggil Jawatankuasa Kira-kira Wang Negara (PAC) untuk memberi keterangan berhubung aplikasi MySejahtera pada 14 April ini.

"Bagi saya tiada masalah bentang kepada PAC sebab kita tiada apa yang hendak disembunyikan, kita bentang saja.

"Saya pergi untuk membentangkan kerana saya mahu beri keyakinan pada orang ramai bahawa tiada apa-apa nak disembunyi. Bagi saya aplikasi ini penting, kita guna untuk COVID-19 dan kita guna untuk vaksinasi dan 'monitoring people at home' (memantau individu di rumah).

"Jadi, mungkin ada yang bimbang (penggunaan MySejahtera), namun apa yang saya terangkan dalam Dewan Negara dan akan bentangkan dalam PAC adalah keadaan sebenar bahawa data itu dimiliki KKM dan selamat berpangkalan di Malaysia," katanya.

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

ORANG ramai mengambil peluang bergambar dan melawat kawasan menarik di sekitar kuil di Batu Caves dengan mematuhi SOP yang ditetapkan kerajaan. - Gambar NSTP/ FATHIL ASRI

SESAK DI PINTU MASUK ANTARABANGSA KLIA

Pelawat gagal lengkap borang

Oleh Hafidzul Hilmi Mohd Noor
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Kuala Lumpur

Kesesakan di pintu masuk antarabangsa, Lapangan Terbang Antarabangsa Kuala Lumpur (KLIA), Sepang pada 3 April lalu disebabkan pelawat asing tidak melengkapkan borang pelawat (*traveller's form*) di dalam sistem MySejahtera.

Jabatan Imigresen Malaysia (JIM) menerusi hantaran di Facebook rasmi agensi itu berkata, pihaknya menafikan hanya membuka tiga kaunter sahaja.

Menurutnya, sepanjang tempoh itu 26 kaunter beroperasi, selain kaunter *autogate* beroperasi sepenuhnya.

"Hasil semakan mendapati kesesakan berlaku kerana ada dalam kalangan pelawat asing tidak melengkapkan borang pelawat di dalam sistem MySejahtera.

> *Mereka terpaksa dibantu pegawai imigresen dan keadaan ini menyebabkan kelewatan dan kesesakan"*
>
> **Kenyataan JIM**

"Mereka terpaksa dibantu pegawai imigresen dan keadaan ini menyebabkan kelewatan dan kesesakan.

"Selain itu pada hari berkenaan ada jemaah umrah daripada Indonesia yang transit di KLIA. Kehadiran mereka tanpa pengurusan pihak mengendalikan transit menyumbang kepada kesesakan," kata hantaran itu.

Mengulas lanjut, katanya, kesesakan berjaya diatasi dengan kerjasama semua pihak di KLIA terutama Kementerian Kesihatan Malaysia (KKM), Malaysia Airports Holdings Berhad (MAHB) dan syarikat penerbangan.

"Sebagai agensi barisan hadapan di Pintu Masuk Negara, JIM akan terus memberi komitmen terbaik dan bekerjasama dengan semua pihak bagi memastikan urusan keluar masuk pelancong dan pelabur asing serta warga tempatan berjalan lancar," katanya.

4,256,469 individu dijangkiti Covid-19

Kuala Lumpur: Negara terus mencatat trend penurunan kes baharu Covid-19 tiga hari berturut-turut apabila sebanyak 10,002 kes dilaporkan kelmarin.

Ketua Pengarah Kesihatan, Tan Sri Dr Noor Hisham Abdullah berkata, kes baharu itu membabitkan 9,904 kes penularan tempatan dengan 98 kes lagi adalah import yang mendapat jangkitan dari luar negara.

"Perkembangan ini sekali gus menjadikan sehingga kini ada 4,256,469 individu dijangkiti virus berkenaan di negara ini," katanya.

Menerusi laman rasmi Covidnow, sehingga kini ada 179,619 kes aktif dengan kebolehjangkitan Covid-19 di negara ini dan daripada jumlah itu, 175,339 kes menjalani kuarantin wajib di rumah.

Selebihnya, 3,622 kes mendapatkan rawatan di hospital, Pusat Kuarantin dan Rawatan Covid-19 (PKRC) (422), Unit Rawatan Rapi (ICU) memerlukan alat bantuan pernafasan (140) dan ICU serta tidak memerlukan alat bantuan pernafasan (96).

Dalam pada itu, Dr Noor Hisham berkata, daripada jumlah kes baharu dikesan 54.94 peratus atau 5,495 kes pesakit Covid-19 dalam kategori satu.

"Ia diikuti pesakit Covid-19 kategori dua (4,418 kes), kategori empat (33 kes), kategori tiga (30 kes) dan kategori lima (26 kes)," katanya.

22,476 kanak-kanak lengkap vaksinasi

Kuala Lumpur: Seramai 22,476 kanak-kanak berumur antara lima dan 11 menerima lengkap dua dos vaksin Covid-19 menerusi Program Imunisasi Covid-19 Kebangsaan Kanak-Kanak (PICKids) setakat kelmarin.

Berdasarkan laman web Covidnow, 1,351,441 kanak-kanak daripada kumpulan umur sama atau 38 peratus daripada populasi itu menerima sekurang-kurangnya satu dos vaksin.

Sementara itu, 15,862,983 individu dewasa atau 67.4 peratus daripada populasi itu di negara ini menerima dos penggalak, 22,955,496 individu atau 97.6 peratus lengkap vaksinasi manakala 23,231,190 atau 98.8 peratus menerima sekurang-kurangnya satu dos vaksin.

Bagi remaja berusia antara 12 dan 17, sejumlah 2,854,727 individu atau 91.8 peratus daripada kumpulan itu lengkap divaksinasi manakala 2,949,995 individu atau 94.9 peratus menerima sekurang-kurangnya satu dos vaksin.

Sebanyak 22,081 dos vaksin diberi kelmarin membabitkan 2,630 dos pertama, 8,155 dos kedua dan 11,296 dos penggalak, menjadikan jumlah kumulatif pemberian vaksin menerusi Program Imunisasi Covid-19 Kebangsaan (Pick) meningkat kepada 69,016,063 dos.

DOS PENGGALAK UNTUK PENERIMA SINOVAC

128,368 dewasa di Kelantan belum suntik

Kota Bharu: Seramai 128,368 individu dewasa berusia 18 ke atas yang mengambil vaksin primer Sinovac di Kelantan belum mendapatkan suntikan dos penggalak sehingga kelmarin.

Pengarah Jabatan Kesihatan Negeri, Datuk Dr Zaini Hussin berkata, jumlah individu mengambil vaksin Sinovac untuk dua dos berjumlah 269,260.

Katanya, 140,892 atau 52 peratus daripada mereka yang mengambil vaksin Sinovac sudah mengambil suntikan dos penggalak.

"Baki 48 peratus itu belum terima dos penggalak dan kita harap mereka mendapatkan suntikan di fasiliti kesihatan berdekatan.

"Jumlah keseluruhan individu dewasa menerima suntikan dos penggalak di negeri ini sehingga semalam 321,554 dos atau 25.5 peratus," katanya.

> **Jumlah individu sudah ambil vaksin Sinovac sebanyak dua dos ialah 269,260**

Mengulas lanjut Dr Zaini berkata, pengambilan dos penggalak di Kelantan masih rendah berikutan kebanyakan mereka beranggapan dengan mengambil dua dos suntikan primer sebelum ini sudah mencukupi.

Beliau berkata, untuk melindungi diri daripada jangkitan Covid-19 yang lebih teruk, mereka dinasihatkan mengambil dos penggalak.

"Pada masa sama, jumlah individu mengambil vaksin primer lain termasuk Pfizer seramai 728,312 dan hanya 173,506 sahaja atau 23 peratus mendapatkan dos penggalak.

"Walaupun suntikan dos penggalak kurang mendapat sambutan namun JKNK sentiasa memberi peringatan dan nasihat kepada penduduk Kelantan supaya segera mendapatkan suntikan bagi melindungi diri," katanya.

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

Tiada varian baharu Omicron XE dikesan

Belum diketahui ciri-ciri setakat ini, hanya dikesan di Thailand

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Ipoh

Malaysia setakat ini belum lagi mengesan kehadiran mutasi baharu varian Omicron dinamakan XE.

Menteri Kesihatan Khairy Jamaluddin berkata, setakat ini varian baharu itu hanya dikesan di negara jiran Thailand.

"Kita sedang mengikuti perkembangan tersebut, kita pun tidak tahu apakah ciri-ciri varian ini.

"Ada dua benda yang kita lihat pada varian baharu ini, kebolehjangkitannya dan keseriusannya.

"Kebolehjangkitan omicron contohnya lagi tinggi daripada delta sebab itu kes melambung naik, tetapi keseriusan (omicron) lebih sederhana daripada delta sebab itu kita punya unit rawatan rapi (ICU) kita tidak penuh seperti dahulu.

"Di sini (Malaysia) belum lagi (dikesan), tetapi di Thailand ada," katanya.

Beliau berkata demikian selepas membuat lawatan kerja di Kompleks Rawatan Harian Hospital Raja Permaisuri Bainun (HRPB) di sini, semalam.

Khairy berkata, justeru pihaknya perlu melihat secara lebih mendalam daripada aspek kebolehjangkitan dan keseriusan varian baharu itu terhadap negara lain.

> *Kebolehjangkitan omicron contohnya lagi tinggi daripada delta sebab itu kes melambung naik, tetapi keseriusan (omicron) lebih sederhana"*
>
> **Khairy Jamaluddin**

"Jadi untuk varian baru ini kita kena tengok daripada negara lain, sama ada kebolehjangkitan tinggi ataupun keseriusannya tinggi, selepas itu barulah kita boleh ambil langkah yang sepatutnya.

"Kalau keseriusannya tinggi, tiba-tiba orang yang dijangkiti dan selepas itu dia betul-betul sakit dan terpaksa dimasukkan ke hospital, jadi kita kena tukar strategi, tetapi buat masa ini strategi kita tepatlah," katanya.

Media sebelum ini melaporkan, Pertubuhan Kesihatan Sedunia (WHO) memberi amaran mengenai satu mutasi baharu varian Omicron dinamakan XE, yang dikatakan lebih mudah berjangkit berbanding mana-mana varian Covid-19.

Menurut laporan Times of India, WHO menerusi laporan terbarunya berkata, varian berkenaan adalah gabungan mutasi hibrid dua versi terdahulu bagi Omicron iaitu BA.1 dan BA.2.

Terdahulu Khairy mengadakan lawatan kerja di Makmal Kesihatan Awam Ipoh dan Hospital Batu Gajah.

AKHBAR : KOSMO
MUKA SURAT : 4
RUANGAN : NEGARA

Tukar strategi, ketat kawalan jika ancaman Omicron XE serius

Oleh ASLIZA MUSA

KHAIRY JAMALUDDIN (kanan) semasa mengadakan lawatan kerja di Hospital Raja Permaisuri Bainun (HRPB), Ipoh semalam.

IPOH – Kementerian Kesihatan (KKM) akan menukar strategi kawalan Covid-19 sekiranya mutasi baharu varian Omicron dinamakan XE lebih serius dan berisiko kepada pesakit.

Menteri Kesihatan, Khairy Jamaluddin Abu Bakar bagaimanapun berkata, sehingga kini tiada laporan membabitkan Omicron XE direkodkan di negara ini berbanding negara jiran, Thailand.

Katanya, KKM sedang memantau perkembangan mutasi baharu itu bagi mengenal pasti ciri-ciri dan kesannya termasuk kadar kebolehjangkitan dan keseriusan virus itu.

"Kita pun tidak tahu apakah ciri-ciri varian ini, namun ada dua perkara yang kita lihat bagi varian baharu iaitu kadar kebolehjangkitan dan keseriusannya.

"Kebolehjangkitan Omicron contohnya adalah tinggi berbanding Delta, sebab itu kes melambung naik, namun tahap keseriusannya adalah lebih sederhana berbanding Delta.

"Disebabkan itu penggunaan katil di wad Unit Rawatan Rapi (ICU) tidak penuh macam dahulu," katanya pada sidang akhbar selepas mengadakan lawatan kerja ke Hospital Raja Permaisuri Bainun (HRPB), di sini semalam.

Turut hadir Pengerusi Jawatankuasa Kesihatan, Sains Alam Sekitar dan Teknologi Hijau negeri, Mohd. Akmal Kamaruddin dan Pengarah Kesihatan Negeri, Datuk Dr. Ding Lai Ming.

Ujar Khairy Jamaluddin, KKM turut memantau perkembangan varian baharu Omicron di negara lain sebelum membuat keputusan dari segi kawalan wabak berkenaan.

"Jika keseriusannya tinggi di mana orang itu dijangkiti dan selepas itu betul-betul sakit sehingga masuk ke hospital, maka strategi kita (langkah kawalan) perlu tukar, buat masa ini strategi kita tetap," katanya.

Selain HRPB, Khairy Jamaluddin turut melawat ke Hospital Batu Gajah, dekat sini bagi meninjau wad 'Long Covid' dan Rehabilitasi Hospital Batu Gajah yang pertama diwujudkan di negeri Perak di bawah Kluster Hospital Ipoh.

PENGEMBARA dari luar negara melakukan ujian saringan Covid-19 selepas kerajaan Malaysia membuka semula sempadan negara bermula 1 April lalu.

Kes turun ke angka 10,000 selepas 2 bulan

PUTRAJAYA – Jangkitan baharu Covid-19 turun ke angka 10,002 kes termasuk 98 kes import, kali pertama dicatatkan sejak hampir dua bulan lalu.

Penularan baharu itu menjadikan jumlah keseluruhan kes di Malaysia sebanyak 4,256,469.

Kali terakhir jangkitan baharu dicatatkan pada angka 10,000 ialah pada 6 Februari lalu dengan 10,089 kes.

Dalam masa sama, sebanyak 23,302 kes sembuh dicatatkan sekali gus melepasi jangkitan baharu dengan jumlah kumulatif pesakit sembuh sebanyak 4,041,723.

Ketua Pengarah Kesihatan, Tan Sri Dr. Noor Hisham Abdullah berkata, daripada kes jangkitan yang dilaporkan kelmarin, sebanyak 89 kes kategori tiga, empat dan lima.

"Mengikut pecahan, kategori satu sebanyak 5,495 kes (54.94 peratus), kategori dua sebanyak 4,418 kes (44.17 peratus), kategori tiga sebanyak 30 kes (0.30 peratus), kategori empat sebanyak 33 kes (0.33 peratus) dan kategori lima 26 kes (0.26 peratus)," katanya dalam kenyataan semalam.

Sementara itu, data *COVIDNOW* menunjukkan, 28 kematian dilaporkan menjadikan jumlah kes kematian sebanyak 35,127, manakala tujuh kes *brought-in-dead* (BID) dengan jumlah terkini BID sebanyak 7,415 kes.

AKHBAR : KOSMO
MUKA SURAT : 16
RUANGAN : NEGARA

JKN Perak analisis 223 sampel makanan

KUALA KANGSAR – Jabatan Kesihatan Negeri (JKN) Perak akan mengambil 223 sampel makanan yang berisiko tinggi di beberapa premis terpilih termasuk bazar Ramadan di seluruh negeri untuk dianalisis.

Antaranya kerabu, cendol, ayam masak merah serta produk berasaskan kacang dan hasilan kekacang seperti biskut perayaan.

Pengerusi Jawatankuasa Kesihatan, Sains Alam Sekitar dan Teknologi Hijau negeri, Mohd. Akmal Kamaruddin berkata, ia bagi tujuan analisis mikrobiologi, kimia dan bioteknologi.

Katanya, aktiviti pemantauan bagi pensampelan makanan yang dijalankan di bawah Akta Makanan 1983 dan Peraturan-peraturan Makanan 1985 itu bagi memastikan makanan dijual kepada orang ramai adalah bersih dan selamat.

"Tahun lepas sebanyak 303 sampel makanan diambil dan daripada jumlah itu, sebanyak 12 sampel melanggar peraturan yang ditetapkan.

Tahun lepas sebanyak 303 sampel makanan diambil dan daripada jumlah itu, sebanyak 12 sampel melanggar peraturan yang ditetapkan."

"Sampel yang dikesan tercemar ialah ayam masak merah, ayam masak kicap, sup sayur, lala masak lemak, nasi tomato, kuih buah melaka, garam dan kuih popia.

"Bagi kesalahan itu, 12 kompaun dengan nilai keseluruhan RM12,300 dikeluarkan kepada peniaga dan pengendali makanan," katanya pada Majlis Pelancaran Operasi Keselamatan Makanan sempena bulan Ramadan peringkat negeri di Arena Square di sini semalam.

Turut hadir, Pengarah Kesihatan Negeri, Datuk Dr. Ding Lai Ming dan Pegawai Daerah Kuala Kangsar, Zulhisham Ahmad Shukori.

AKHBAR : SINAR HARIAN
MUKA SURAT : 23
RUANGAN : NASIONAL

Move to help cancer patients

Govt looking into options to make health screening accessible to all Malaysians: Khairy

BY **RAJVINDER SINGH**
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PETALING JAYA: Cancer impacts a person's mental well-being, finances and physical health, making it challenging and difficult to battle.

Health Minister Khairy Jamaluddin said the number of people being diagnosed with cancer keeps growing.

"In 2020, the number of people with cancer was 49,000 and by 2030, it is estimated that the figure would hit 66,000.

"Some of the problems faced by the ministry is that it only discovers patients have cancer when they have reached stage three of four. This cuts down their survival rate."

He said cancer would be less treatable if the government continues to use present treatment methods, adding that affordable care is a big problem for many people and therefore they have to rely on the government for their treatment.

While pointing out that precision medicine using genetic markers is a luxury, he said the ministry was looking at ways to increase cancer screening, adding that genetic markers make it easier to treat cancer patients as the treatment could be tailored to the individual, as there is no "one size fits all treatment" when it comes to cancer.

"Precision medicine tailors medical care to individuals based on information from genomic testing.

"It will reveal the genetic make-up of the disease," he said at the launch of a tripartite collaboration between Prudential Malaysia, AstraZenca and Pantai Premier Pathology to give patients access to genomic testing for a more accurate diagnosis of their cancer based on genetic profiling.

Precision medicine looks at a patient's genes, behaviour and environment to determine unique disease risks and the treatment that would work best.

It provides information that is unique to a patient to diagnose the illness and find treatment that would work best for that particular illness.

Khairy said it was the government's objective to make health screening accessible to everyone, adding that by doing so, lives could be saved as those affected would not have to wait until they are critically ill to seek treatment.

"One way to achieve this is through public-private partnership, which could help reduce costs to the government," he said, adding that the ministry wants to promote a healthy lifestyle for all Malaysians.

Cancer and diseases such as heart conditions and diabetes, which fall under non-communicable diseases (NCD) cost the government RM8.91 billion in 2020. The intangible costs of treating NCD is estimated to be RM100 billion, or just over 7% of gross domestic product.

'Take opportunity to keep fit during Ramadan'

KUALA LUMPUR: Avoid overeating and take the opportunity during the fasting month to adopt a balanced diet and lose weight to ensure good health, Universiti Kebangsaan Malaysia (UKM) health sciences faculty dean Prof Dr Suzana Shahar advised Muslims, adding that half the adult population are obese.

"During Ramadan, an individual can reduce up to about 500 calories by not eating during the day. On normal days, we can get 2,000 to 3,000 calories daily with five meals," she said.

Suzana said although some individuals were able to lose weight during the fasting month, not many were able to maintain their weight.

"Most importantly, it is advisable to eat in moderation when breaking fast. This can be controlled by eating some rice, a quarter portion of chicken or a slice of fish, and some vegetables and fruit. Better still, break fast with quick release sugary foods, such as dates with hot or warm water."

She said it would be advisable to perform the Maghrib prayers and then have the breaking of fast meal, which is normally high in carbohydrate such as rice or pasta.

"Food poisoning normally occurs during the fasting month. As such, it is advisable to have home-cooked food," she added.

Malaysian Adult and Childhood Obesity Prevention Organisation chairman Kevin Zahri advised those fasting to eat food with complex carbohydrates such as brown bread, oats, brown rice or fiber food.

"These foods will be digested slowly and provide lasting energy. Proteins are also filling, while sugar such as cakes, biscuits and white rice are less filling and supply energy quickly," he said.

Kevin, who is a fitness instructor on social media, recently shared some exercises with about 1,000 participants on his "Fit Ramadan" channel to help them lose weight.

He said there were two types of exercises that could be done before and after breaking fast.

"Before breaking fast, it is advisable to do a low-intensity exercise that is not harmful, such as walking. After breaking fast, high intensity exercises can be done, such as using jump ropes, which helps to burn calories," he said. – Bernama

Khairy speaking to officials and staff during his visit to the Raja Permaisuri Bainun Hospital yesterday. – ***BERNAMAPIX***

No cases of Omicron XE in Malaysia

IPOH: Malaysia has not recorded any cases of the new Omicron XE variant, a new mutation, which is more contagious than any of the other Covid-19 variants, said Health Minister Khairy Jamaluddin.

He said his ministry was following developments and studying the characteristics of the variant that had been reported in other countries, including Thailand, in order to identify its infectivity rate and seriousness to patients.

"The Omicron variants have higher number of cases than the Delta but their seriousness is about average compared to the Delta, hence the intensive care units are not full like before.

"We need to look into this new variant that is occurring in other countries, whether its infectivity rate or seriousness is high. Only then would we take appropriate measures," he told a press conference after visiting Raja Permaisuri Bainun Hospital yesterday.

Earlier, Khairy visited a 138-year-old building and the Long Covid and Rehabilitation Ward, the first in Perak, at Batu Gajah Hospital, before visiting the Ipoh Public Health Laboratory.

The World Health Organisation (WHO) in its latest report states that the new variant is a recombinant strain, a mutant hybrid of Omicron BA.1 and BA.2. – Bernama

69 million vaccine doses administered

KUALA LUMPUR: A total of 22,476 children aged five to 11 in the country have completed the two doses of the Covid-19 vaccine under the National Covid-19 Immunisation Programme For Children as of Monday.

According to the CovidNOW website, 1,351,441 children in the same group have received at least one dose of the vaccine.

A total of 15,862,983 of the adult population have received their booster shots and 23,231,190 have received at least one dose of the vaccine, including 22,955,496 who have been fully vaccinated.

For adolescents aged 12 to 17, 2,949,995 have received at least one dose of the vaccine, including 2,854,727 who have been fully vaccinated.

On Monday, a total of 22,081 doses of vaccine were administered, with 2,630 as first doses, 8,155 as second shots and 11,296 boosters, bringing the cumulative total vaccine doses given under the National Covid-19 Immunisation Programme to 69,016,063.

According to the Health Ministry GitHub portal, 28 deaths due to Covid-19 were recorded on Monday, with Perak and Selangor recording the highest number, at six deaths each, followed by Johor (five), Penang (four), Negri Sembilan (three), Pahang (two) and one each in Kedah and Sarawak. – Bernama

Majority of new cases in Category 1

KUALA LUMPUR: There were more recoveries than new Covid-19 infections in Malaysia on Monday, with 23,302 recovered cases, bringing the cumulative figure for recoveries to 4,041,723, said Health Director-General Tan Sri Dr Noor Hisham Abdullah.

He said new cases continued on a downtrend, with 10,002 daily cases reported on Monday, bringing cumulative total to 4,256,469 since the outbreak early last year.

He added that 5,495 of the new cases were in Category One, 4,418 cases in Category Two, 30 in Category Three, 33 in Category Four and 26 in Category Five.

"Of the new cases, 9,904 are local infections and 98 are imported. A total of 236 cases needed treatment in intensive care units (ICU) and 140 required ventilators," he said in a statement yesterday.

On usage of facilities dedicated to Covid cases, he said only two states exceeded 50% bed occupancy for critical or ICU cases, with Kuala Lumpur at 60% and Perlis at 55%. For non-ICU bed usage exceeding 50%, Putrajaya was at 69% and Selangor was at 56%, while bed usage at Low-Risk Covid-19 Quarantine and Treatment Centres nationwide was below 50%.

The national Covid-19 infectivity rate (Rt value) was 0.86, with Selangor registering the highest at 1.03 and Kelantan the lowest at 0.68. – Bernama

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

NATIONAL Rt AT 0.86

DAILY COVID-19 CASES DOWN TO 10,002

Lowest number of new infections posted since Feb 6, with 23,302 total recoveries

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MALAYSIA recorded 10,002 new Covid-19 infections on Monday, the lowest daily toll in the country reported since Feb 6.

Health director-general Tan Sri Dr Noor Hisham Abdullah said the cumulative coronavirus cases in Malaysia now stood at 4,256,469.

He said total recoveries reported on Monday were double of the new cases at 23,302, bringing the toll to 4,041,723.

Dr Noor Hisham said 99.11 per cent of Monday's cases were in Categories 1 and 2 while 0.89 per cent were in Category 3, 4 and 5.

He said 57.3 per cent of the 89 Category 3, 4 and 4 cases involved individuals aged 60 and above.

"Thirty-four cases were individuals who had received two doses of Covid-19 vaccines, 31 cases were those either received one dose of the vaccine or unvaccinated, and the remaining 24 cases were those already boosted," he said in a statement yesterday.

He said 543 Covid-19 cases were admitted to hospitals yesterday, consisting of 317 Category 1 and 2 patients and 226 Category 3,4 and 5 patients.

He added that the national infectivity rate was at 0.86 on Monday.

Meanwhile, data on CovidNow showed that new cases, deaths, hospital admissions, intensive care unit (ICU) admissions and active cases were all on a downward trend.

A seller carrying a tray of 'kuih bakar' at the Batu Enam Ramadan bazaar in Kuala Terengganu yesterday. PIC BY GHAZALI KORI

For the past seven days, an average of 1,113 Covid-19 patients were admitted, a 27 per cent reduction compared with the past week. ICU seven-day average stood at 262 up to Monday compared with 302 recorded a week ago and total active cases had dropped to 179,620 compared with 211,766 on March 29.

On vaccination, 67.4 per cent of the adult population or 15,862,983 people have received the third dose of the vaccine and 38 per cent of children aged between 5 and 11 had been vaccinated.

NEW MUTATION

No Omicron XE cases in Malaysia, says Khairy

IPOH: Malaysia has not recorded any cases of the new Omicron XE variant, a new mutation, which is more contagious than any of the other Covid-19 variants, says Health Minister Khairy Jamaluddin.

He said the ministry was following the developments and studying the characteristics of this variant that had been reported in other countries, including Thailand, to identify its infectivity rate and seriousness to patients.

"The Omicron variants, for example, have higher number of cases than the Delta but their seriousness is about average compared with Delta, hence the intensive care units are not full like before.

"We need to look into this new variant that is occurring in other countries, whether its infectivity rate or seriousness is high. Only then can we take the appropriate measures," he said after visiting Raja Permaisuri Bainun Hospital here yesterday.

Khairy Jamaluddin speaking to people during a work visit at the Raja Permaisuri Bainun Hospital in Ipoh yesterday. PIC BY L. MANIMARAN

Earlier, Khairy visited a 138-year-old building and the Long Covid and Rehabilitation Ward, the first in Perak, at Batu Gajah Hospital, near here, before visiting the Ipoh Public Health Laboratory.

The World Health Organisation (WHO) has reportedly warned about the Omicron XE, a new mutation of the Omicron variant, which is more contagious than other Covid-19 variants.

WHO, through its latest report, states that this variant is a recombinant strain, a mutant hybrid of Omicron BA.1 and BA.2.

It warned on Tuesday that XE could be the most transmissible strain of the new coronavirus, although its severity is still being investigated.

Omicron XE was first detected in the United Kingdom on Jan 19 and more than 600 sequences were reported and have been confirmed since.

Citing reports from the UK Health Services Agency, Omicron XE is reportedly 10 per cent more transmissible than BA.2 and 43 per cent more transmissible than the original Omicron (B.1.1.529).

A *Bangkok Post* report stated that Thailand on Saturday reported its first case of Omicron XE.

The finding of XE was reported by the Centre for Medical Genomics of Ramathibodi Hospital. **Bernama**

REMANDED FOR 7 DAYS

4 held to assist in probe into woman's death

BALIK PULAU: Police detained four men to assist in investigations into the death of a 20-year-old woman at Penang Hospital.

The four, aged between 23 and 28, were detained between Sunday and Monday.

Southwest district police chief Superintendent Kamarul Rizal Jenal said police received a report from a doctor at the Balik Pulau Hospital on Saturday night that they had attended to a patient, who was unconscious and in critical condition.

"Further checks were conducted on the patient where bruises were found on her head and all over the body.

"The patient was then referred to Penang Hospital and later confirmed dead," he said.

Acting on information, Kamarul Rizal said police remanded the four men for seven days until April 11 to assist in investigations into the matter.

AKHBAR : THE STAR
MUKA SURAT : 6
RUANGAN : NATION

ICU use high only in KL and Perlis, says Health DG

PETALING JAYA: Intensive care units (ICUs) in Kuala Lumpur and Perlis recorded more than 50% usage, says Tan Sri Dr Noor Hisham Abdullah.

The Health director-general said the federal capital and the northern state recorded 60% and 55% ICU usage respectively, as of Monday.

For non-ICU beds, Dr Noor Hisham said Putrajaya and Selangor saw more than 50% usage.

Putrajaya recorded 69% usage while Selangor registered 56% usage.

On Covid-19 Quarantine and Treatment Centre capacity, he said there were no states that had more than 50% usage.

"Covid-19 patients that require ventilators fell to 140 patients with a 16% ventilator usage," he said in a statement yesterday.

He also said there were 236 cases in intensive care.

Dr Noor Hisham said the number of cases continued a downward trend with 10,002 new cases.

Of the new infections, he said 9,904 cases were locally transmitted while 98 others were imported.

He said 5,495 cases (54.94%) were in Category 1, followed by 4,418 cases (44.17%) in Category 2.

Categories 3, 4 and 5 had 30 cases (0.30%), 33 (0.33%) and 26 cases (0.26%) respectively.

Dr Noor Hisham said there were 23,302 recoveries, bringing the cumulative number to 4,041,723.

No new clusters were detected while the number of active clusters stood at 173.

The country's infectivity rate is at 0.86 with the highest recorded in Selangor (1.03).

The lowest is in Kelantan at 0.68.

A vital breath of fresh air

Invest in quality ventilation to keep away Covid-19, says KJ

By **IVAN LOH**
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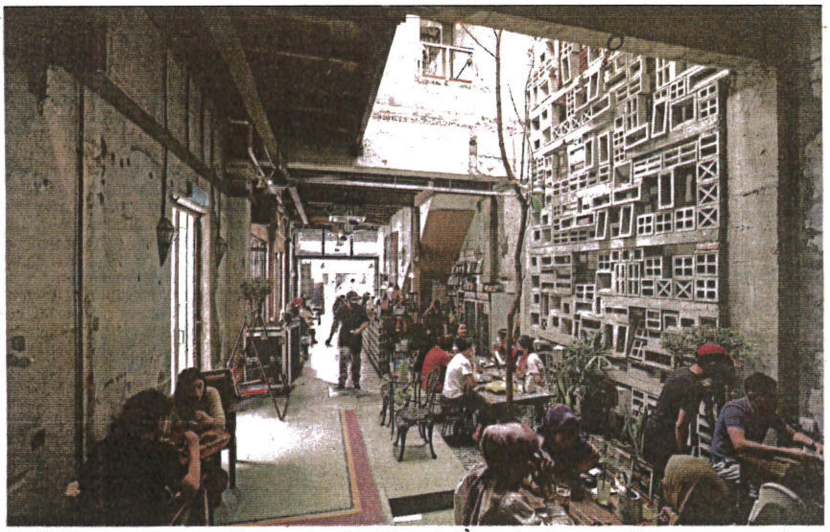

Out in the open: A good ventilation system, like this modest open-air eatery, would help lower the rate of infections, says Khairy. — YAP CHEE HONG/The Star

IPOH: Owners of premises and employers should invest in a better ventilation system to reduce the spread of Covid-19, although this is not part of the government's recommendations, says Khairy Jamaluddin.

The Health Minister said a good ventilation system would help lower the rate of infections.

"It is not among the recommendations by the ministry, but I appeal to premises owners and employers to invest in a high quality ventilation system and air filters," he told a press conference after visiting Hospital Raja Permaisuri Bainun here yesterday.

Khairy was commenting on steps that need to be taken as the country transitions to the endemic phase.

"For those who have not been vaccinated or have yet to get their booster shots and vaccinate their kids, please do so.

"Unlike the European Union (EU) or western countries like the UK or the US, which have already done away with face masks, we will maintain its use, especially in enclosed areas. It is still a good way to prevent infections, according to experts," he said.

On the new Omicron XE variant, Khairy said it had not been detected in the country.

"We are following the latest developments closely.

"We are not sure about the characteristics of this variant.

"We will have to look at the situation in other countries to know if it is highly contagious or more serious than the other variants.

"Only then can we plan our strategy," he said.

Khairy also confirmed that he had been called up to testify before the parliamentary Public Accounts Committee (PAC) on April 14 over the procurement of the MySejahtera app.

"I will go as I want to assure the public that I have nothing to hide," he said, adding that personal data from the app was safe and kept in a server owned by the ministry.

"I understand that there may be some concerns about my explanation in the Dewan Negara but it is the real situation."

Watch the video
TheStarTV.com