

## HEALTH ADVISORY 60: MASK-UP! CURRENT COVID-19 SITUATION IN MALAYSIA

Dear Students, Parents & Staff of the Sunway Education Group Community,

1. Mask-up! This is the advice of the Ministry of Health (MOH) in light of rising COVID-19 cases in the country.

### Health Ministry tells Malaysians to mask up again as Covid-19 cases jump

By theedgemalaysia.com / theedgemalaysia.com

13 Dec 2023, 10:31 pm



Health director general Datuk Dr Muhammad Radzi Abu Hassan advised the public, especially those with symptoms and high risk groups such as the elderly and pregnant women, to always mask up – particularly in closed, narrow, or crowded spaces.

2. In its latest status update on 13 December 2023, the MOH stated that COVID-19 cases are on the rise globally, in-line with previous end-of-year trends. In Malaysia, a total of 12,757 COVID-19 cases were reported between 26 November and 2 December, compared to 6,796 cases from the preceding week. It added that most COVID-19 cases in Malaysia exhibit mild symptoms and do not require treatment in medical facilities. MOH's report affirms that the situation remains under control and healthcare facilities are stable.
3. Considering the surge in COVID-19 cases, MOH seeks to remind members of the public to stay vigilant and observe and practise the following preventative measures:
  - a. Always maintain a high level of personal hygiene, regularly wash hands using water and soap or hand sanitizer;
  - b. Those with symptoms are advised to avoid areas which are congested or mass public gathering points. If it is necessary to go out, it is **highly encouraged** to wear a mask;
  - c. High-risk groups such as senior citizens, individuals with chronic diseases, low immunity, and expectant mothers are advised to avoid closed, small, or congested spaces, and highly encouraged to mask-up if in these areas;
  - d. Adopt TRISS (Test, Report, Isolate, Inform, and Seek) if symptomatic;

- e. If symptoms worsen, immediately consult a doctor for examination, especially if you are in a high-risk group; and
  - f. Get vaccinated (primary dose and booster) against COVID-19 at a health clinic to reduce transmission risks of infection, morbidity, and death, especially for high-risk groups.
4. For high-risk individuals infected with COVID-19, namely those who are aged 60 and above, have low immunity, co-morbidities or obesity, MOH recommends getting treated with antiviral medication Paxlovid from their local healthcare facilities (public or private). Paxlovid can reduce the effects and gravity of COVID-19 infections. A list of healthcare facilities are available at MOH's COVID-19 website or in the MySejahtera app. Please consult your doctor for advice.
  5. In the event of a positive COVID-19 case, kindly observe the following MOH protocols:



6. For our Sunway Education community, we do **highly-encourage** all of you to mask-up, especially in this busy period of the semester. As most of us have experienced facing the COVID-19 pandemic over the last few years, let us be considerate to those around us and stay vigilant for everyone's wellbeing.
7. As we approach the end of 2023 and with it, the busy Christmas and New Year's festivities alongside the end-of-year school holidays, please do stay safe in your celebrations and shared moments with friends and family.

Thank you.

**Professor Dato' Elizabeth Lee**  
**Group Chief Executive**  
 Sunway Education

15 December 2023