

COVID-19 Alert : 21 February 2021



Highlights (as at 21 February 2021):

- 3,297 new cases, highest increase in Perak (+1,215) followed by Selangor (+868) and Johor(+431)
- Of which, 6 imported cases, 1,402 (43%) among Malaysians and 1,889 (57%) involving non-locals
- 6 new workplace clusters were detected, 5 in Johor and 1 in Penang



LATEST GOVERNMENT'S ANNOUNCEMENT ON COVID RESTRICTIONS



Nationwide relaxation

- 10km limit of travel restrictions within same district lifted
- Dine in more than two persons allowed, depending on table size
- Travel with more than two persons allowed, depending on the car passenger capacity
- Inter-district and inter-state travel restrictions are still in place

19 Feb 21 - 4 Mar 21

MCO

- Kuala Lumpur, Selangor, Johor and Penang

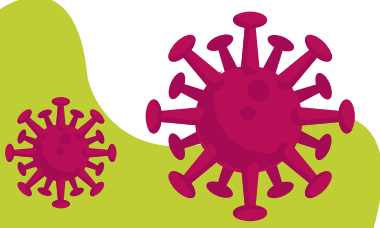
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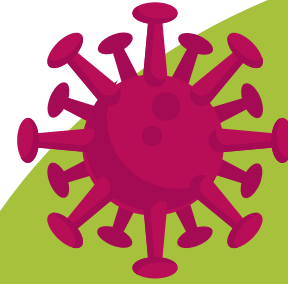
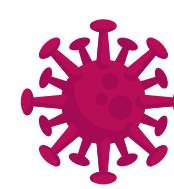
- Kedah, Perak, Melaka, Negeri Sembilan, Pahang, Terengganu, Kelantan, Putrajaya, Labuan Sabah

RMCO

- Perlis

*Reminder: Please be reminded to **PRACTICE** "3W" and **AVOID** "3C" even though restrictions have been relaxed*





What does 95% COVID-19 vaccine efficacy really mean? - The Lancet Infectious Diseases

The mRNA-based Pfizer and Moderna vaccines were shown to have 94–95% efficacy in preventing symptomatic COVID-19, calculated as

= $100 \times (1 \text{ minus the attack rate with vaccine (0.05\%) divided by the attack rate with placebo/without vaccine (1\%¹)}$

¹ In the UK, 1% of population not vaccinated is infected with COVID-19.

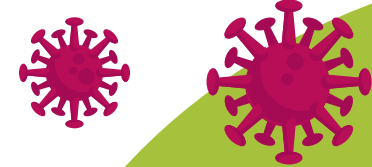
It means that in a population such as the one enrolled in the trials, with a cumulated COVID-19 attack rate over a period of 3 months of about 1% without a vaccine, we would expect roughly 0.05% of vaccinated people would get diseased.

If we vaccinated a population of 100 000, a 95% vaccine efficacy means that 99.95% of those vaccinated will be disease free for at least 3 months.

Source: The Lancet Infectious Diseases



INFO



If you need any psycho-social support, contact **Mercy Malaysia** at:
(03) 2935 9935 or (014) 322 3392 or
(011) 639 96482 or (011) 639 94236

Other resources:

<https://www.who.int/malaysia/emergencies/covid-19-in-malaysia/information/mental-health>

COVID-19
#KitaMestiMenang

Let's
TALK
Minda Sihat

ANDA INDIVIDU DENGAN PENYAKIT KRONIK?

Tip Penjagaan Kesihatan Mental Individu Dengan Penyakit Kronik Di Rumah Semasa Pandemik COVID-19

Anda mungkin mengalami perasaan yang gelisah dan bimbang. Minda yang sihat adalah penting dalam kawalan penyakit kronik seperti diabetes, hipertensi dan kanser

1

Pastikan bekalan ubat-ubatan mencukupi dan diambil mengikut waktu

2

Lakukan aktiviti riadah dan bersenam

3

Ambil pemakanan yang sihat dan seimbang serta tidur yang mencukupi

4

Tangani stres dengan teknik relaksasi dan kekal berfikir positif

5

Hubungi keluarga atau sahabat handai untuk mendapat sokongan sosial

#kitajagekita

Putuskan Rantaian COVID-19

FB: Mhpss Msh
Page: MHPSS KKM

#mentalhealth





VAKSIN COVID-19
#LindungDiriLindungSemua

PEMBERIAN VAKSIN COVID-19

1



Menerima notifikasi berkenaan pengambilan vaksin COVID-19 melalui aplikasi MySejahtera.

2



Pengambilan vaksin adalah secara sukarela di mana anda perlu mengisi Borang Persetujuan bertulis.

3



Jenis vaksin yang akan diterima ditetapkan oleh KKM.

4

PERCUMA



Pemberian vaksin adalah secara percuma kepada individu 18 tahun dan ke atas.

5



2 DOS

Anda akan menerima 2 dos vaksin COVID-19 (mengikut jenis vaksin) dari jenis yang sama.

