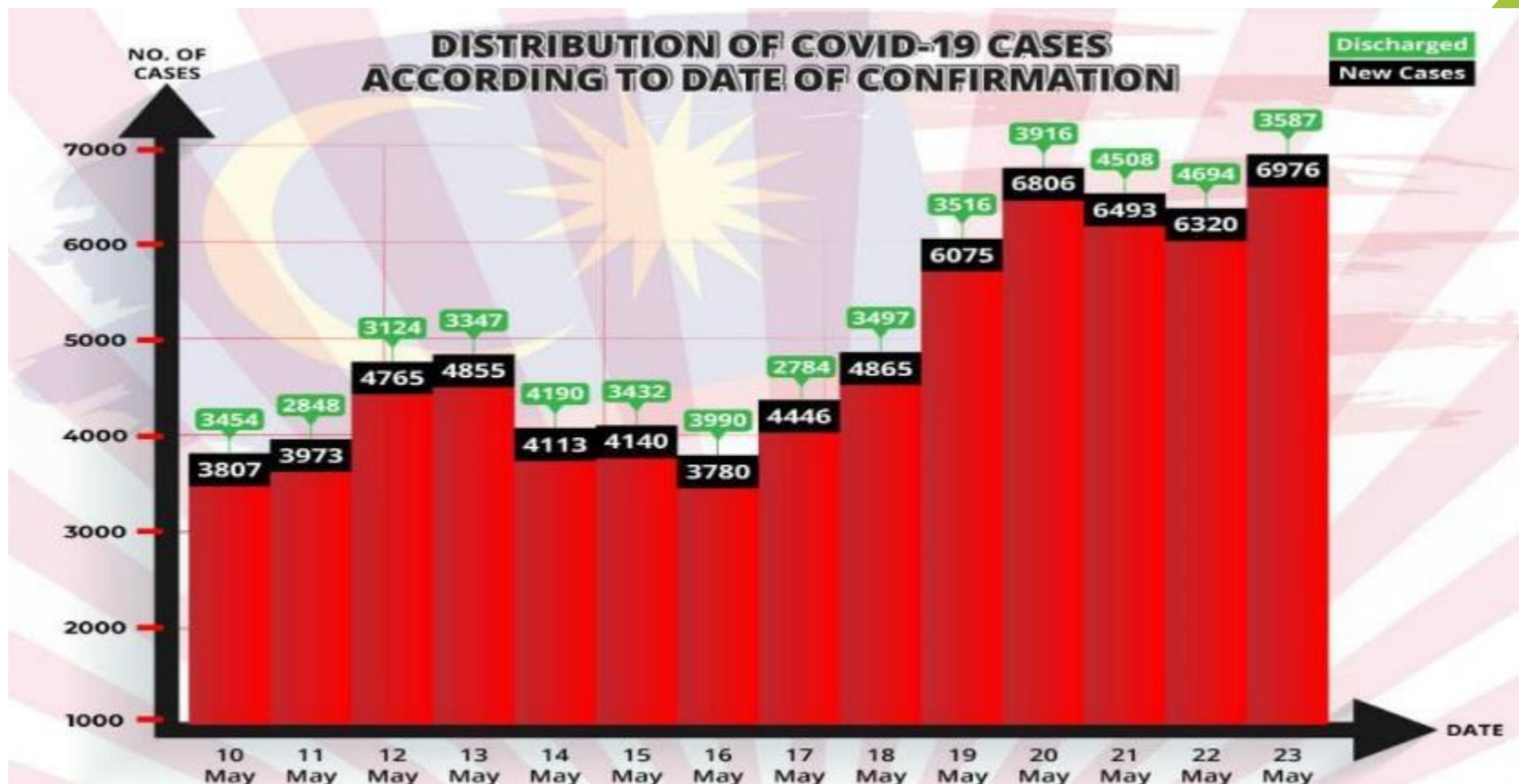


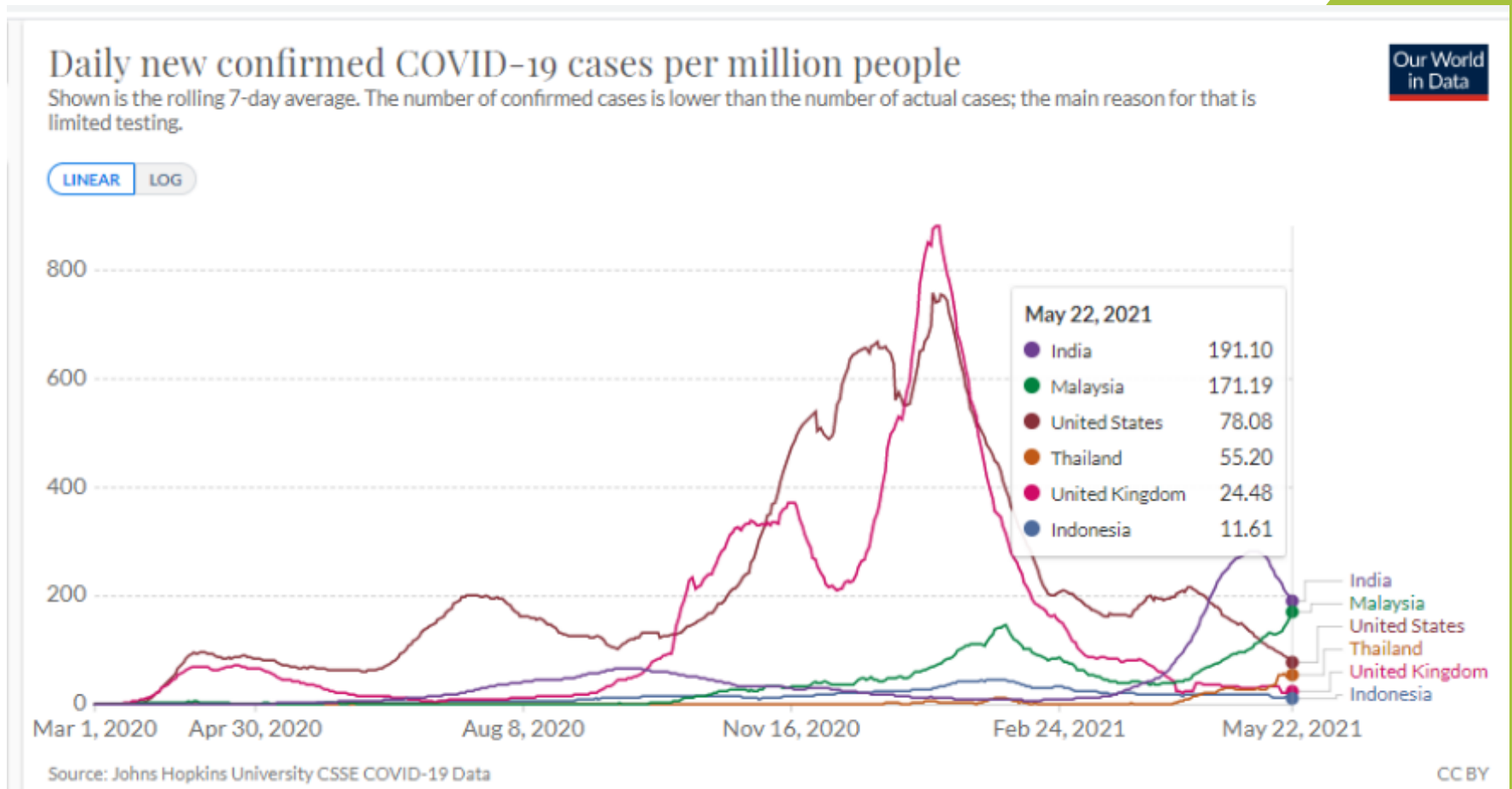
# COVID-19 Alert : 23 May 2021



## Highlights (as at 23 May 2021):

- 6,976 new cases recorded with Selangor reported the highest daily number with 2,235, followed by Kelantan with 626 cases.
- Number of Covid-19 patients being treated at intensive care units stood at 681.
- Daily Covid-19 death toll at 49 with death rate at 0.44%.





#### Highlights (as at 22 May 2021):

- Globally, the 7-day average COVID-19 cases in Malaysia has been rising, currently at 171 cases per 1 million people compared with 191 cases per 1 million people in India.





A US CDC study concludes that double-masking (with a cloth mask on top of a medical-grade mask) can substantially reduce the wearer's exposure to COVID-19

The studies they performed examined two ways of enhancing mask use:



1. Knotting the ear loops of the surgical mask and tucking in and flattening the material close to the face



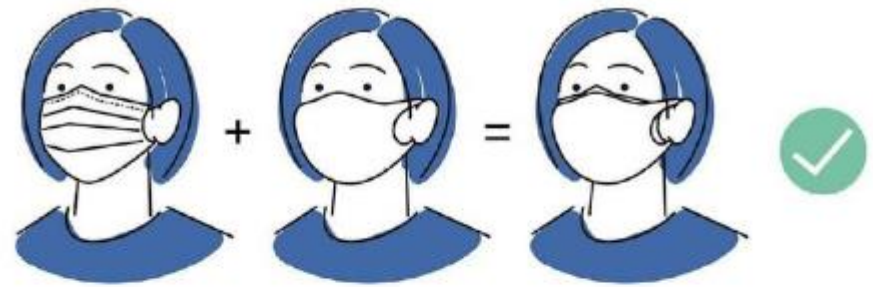
2. Double-masking

**Wearing of double face masks recommended, says Health DG**

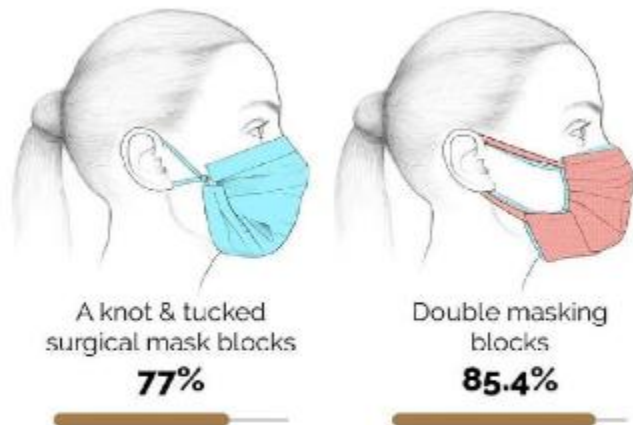
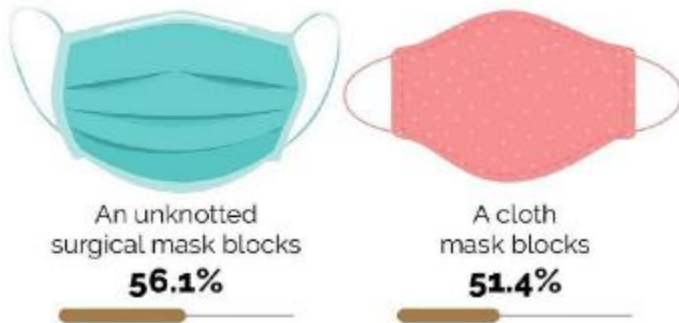
<https://www.thestar.com.my/news/nation/2021/05/22/covid-19-wearing-of-double-facemasks-recommended-says-health-dg>

as reported in  
the Star on 22 May 2021

## How To Pairing It Up



Always pair a surgical and a cloth mask for double masking



***However, N95 is the gold standard as it can filter 95% of particles and no doubling up is required.***

Source: US Centers for Disease Control and Prevention (CDC)





# Pemantauan Kesihatan Vaksin COVID-19 AstraZeneca

Vaksin adalah selamat dan kesan sampingan adalah ringan dan sementara. Namun penerima vaksin **COVID-19 AstraZeneca** dinasihatkan untuk mendapatkan rawatan segera sekiranya mengalami gejala-gejala berikut dalam tempoh 4 minggu setelah mendapatkan vaksin.

- Sakit kepala yang teruk dan tidak berkurangan setelah mengambil ubat tahan sakit ataupun sakit itu bertambah teruk
- Sakit kepala yang lebih teruk ketika baring, tunduk atau bongkok
- Sakit kepala luar biasa disertai dengan pandangan kabur, loya dan muntah, sukar bertutur, lemah, mamai atau sawan
- Berlakunya lebam atau pendarahan secara tiba-tiba tanpa sebab yang diketahui
- Sukar bernafas, sakit dada, bengkak pada kaki atau sakit perut yang berterusan



AstraZeneca



Kementerian  
Kesihatan  
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