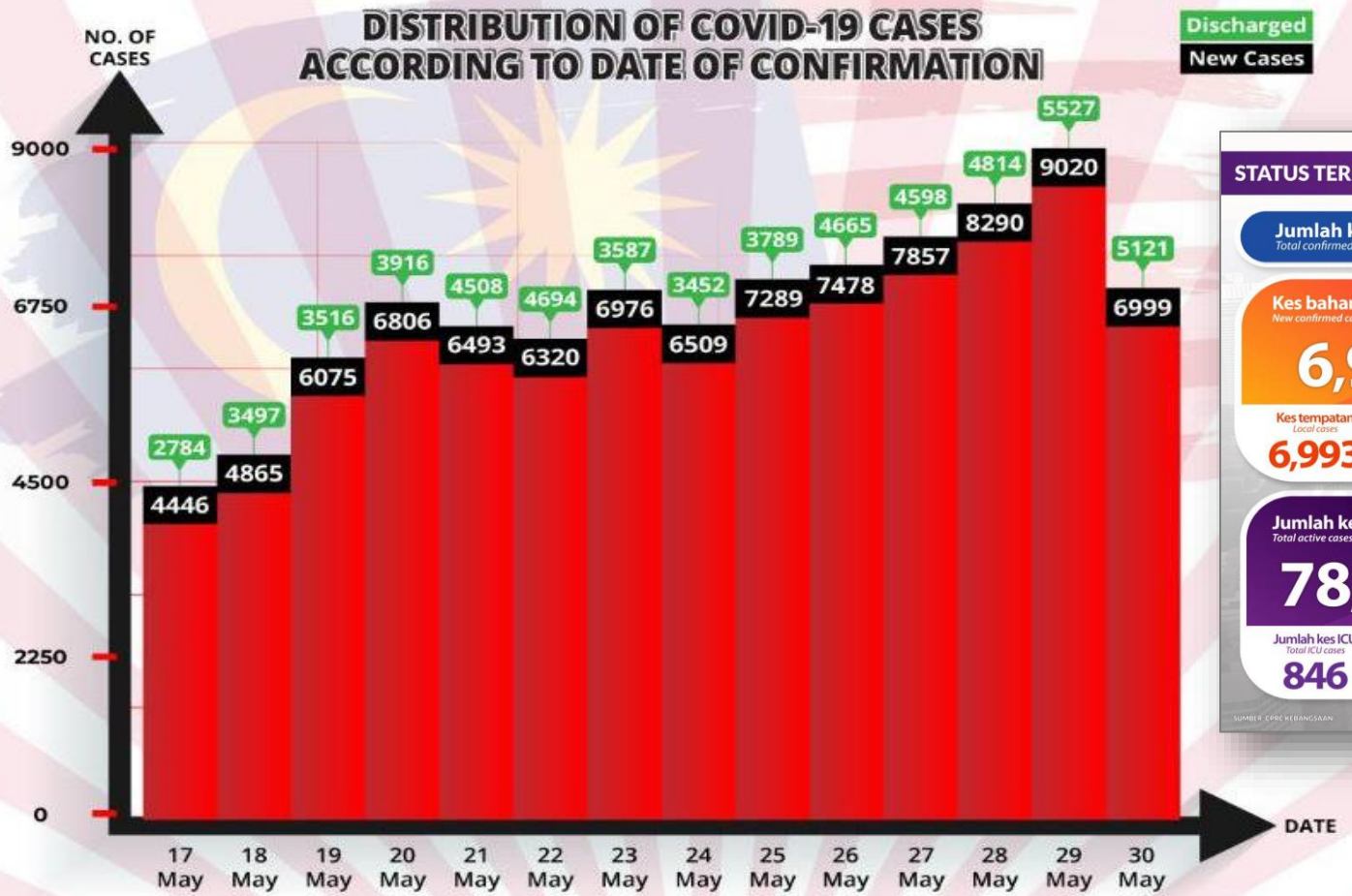
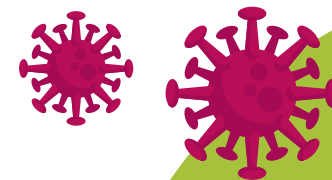


COVID-19 Alert : 30 May 2021



Highlights (as at 30 May 2021):

- 6,999 new cases recorded with Selangor reported the highest daily number with 2,477, followed by Kuala Lumpur with 616.
- Number of Covid-19 patients being treated at intensive care units (ICU) 846. Number of COVID-19 cases (including suspected/probable) in ICU has reached almost 1,200 cases
- Daily Covid-19 death toll has risen to 79



AHAD | 30 MEI 2021



KAPASITI KENDERAAN PERSENDIRIAN

BERKUAT KUASA 1 JUN - 14 JUN 2021

2 orang wakil isi rumah

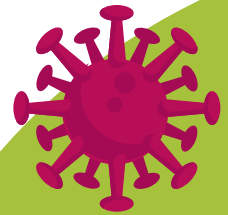
DIBENARKAN

keluar untuk mendapatkan bekalan makanan, ubat, penokok diet dan keperluan asas

3 orang termasuk pesakit

DIBENARKAN

keluar untuk mendapatkan perkhidmatan jagaan kesihatan, perubatan, ujian saringan, keselamatan atau kecemasan dalam radius tidak melebihi 10 kilometer dari kediaman atau ke tempat paling hampir dengan kediaman



Additional info:

Jogging are allowed from 7am – 8pm within respective residential areas only. However, cycling will not be permitted





6 Steps to Successfully Working From Home

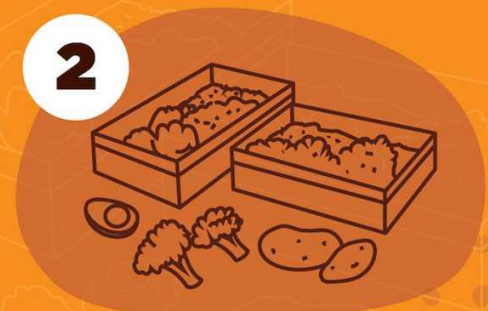
1



Create Your Workspace

First things first, make sure you have everything you usually need at work on a day to day basis. Laptop, monitor, adaptors and a notepad - check!

2



Meal Prep

Avoid the lunch break temptation of cooking up a culinary storm or jumping in the car to drive the grocery store by preparing your lunches before work, just as you used to.

3



Get Dressed for Work

As appealing as working in your pyjamas may sound, people are usually more productive and can establish better work life balance when they maintain their 'get ready for work' routine.

4



Stay in Contact With Your Colleagues

Maintaining relationships with your colleagues is essential. Go beyond communicating about tasks and deadlines and make sure you check in with them to see how they are doing.

5



Establish Boundaries

Even though it can be tempting to continue to work through the night, it is so important to establish boundaries. Set your start time, finish time and allow yourself a few breaks throughout the day.

6



Stay Active

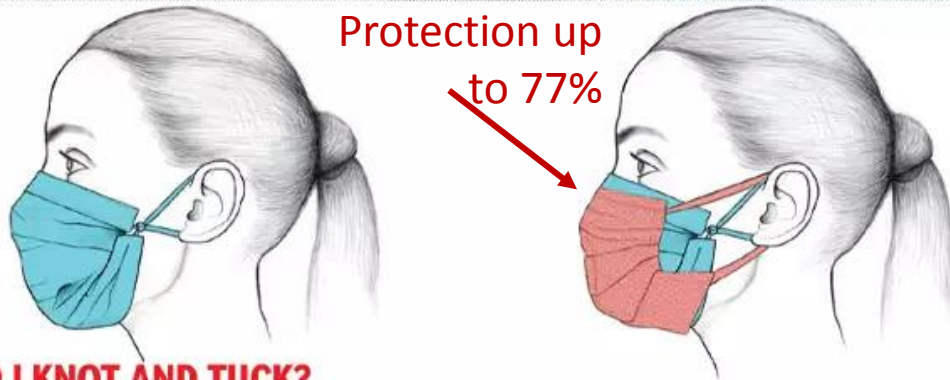
Make sure you're moving your body and getting plenty of exercise. A great tip is to go for a walk around the block before and after work to mimic your morning and evening commute.



WHAT'S A GOOD TWO-MASK COMBO?

The US CDC says wearing two disposable surgical masks together is not recommended. Surgical masks do a good job of filtering out viral particles, but they may not always provide a great fit as they tend to leave gaps on the sides

A cloth mask on top of a surgical mask though "creates a more snug fit"



DO I KNOT AND TUCK?

To tighten a surgical mask and close the gaps one can knot the ear loops and tuck in the side edges, a strategy that is found to improve filtering efficiency by as much as 20%

DOUBLE MASK NOT NEEDED IF ONE IS N95

Should your mask be a genuine N95 or KN95 that fits well, you don't need to double mask, experts say

HOW CAN I TELL THAT THE FIT IS FINE?

Cup your hands around the outside edges of your mask and then blow into it. If you can feel air escaping from the edges or from under your eyes, then you need to adjust the nose wire and close the gaps

Source: US CDC, NYT, media reports

COVID-19
#KitaMestiMenang

Face shield
sahaja tidak boleh melindungi kita dari jangkitan COVID-19



+



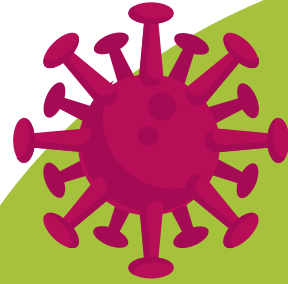
Face shield harus dipakai bersama pelitup muka



Putuskan Rantaian COVID-19

- Extra protection to your eyes
- Prevent saliva from expelled
- Avoid hands touching to face
- Its cheap, comfortable and reusable after washing

REMINDER



Everyone need to play a role in combating COVID-19 crisis

- a) **Sit at home** all the time.
- b) Optimise **shopping online** instead of physically walk-in to stores
- c) If you need to go out for any important business, **protect yourself** by wearing a face mask with face shield and wash your hands often for at least two (2) minutes or use hand sanitizer.
- d) If allowed to undergo a Home Surveillance Order (HSO), follow all the rules. **Do not mix with family members** or go out of the house during this period. You are at risk of infecting others. If your health deteriorates, call emergency services immediately.
- e) **Protect our family members** especially the elderly and those at high risk. If they are unwell, get emergency help.

