

COVID-19 Alert : 7 March 2021



CONFIRMED CASES BY STATE

(as of 7/3/2021, 12 PM)

TOTAL NUMBER OF CONFIRMED CASES	NEW CASES	TOTAL CURED	ICU	TOTAL DEATH	
313,460	1,683	291,958	174	1,169	
					TOTAL CASES
					NEW CASES

	104,654 +746		53,486 +99		38,001 +158		35,719 +125
SELANGOR		SABAH		JOHOR		KUALA LUMPUR	
	16,420 +48		12,481 +172		11,890 +48		11,096 +201
NEGERI SEMBILAN		PULAU PINANG		PERAK		SARAWAK	
	7,725 +15		6,056 +3		5,145 +12		3,915 +12
KEDAH		MELAKA		KELANTAN		PAHANG	
	3,281 +10		2,264 +8		1,088 +2		239 +24
TERENGGANU		LABUAN		PUTRAJAYA		PERLIS	

Source: CPRC, MOH

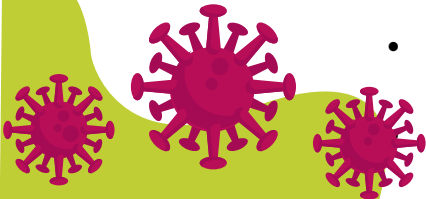


Changes/ Updates to SOP for CMCO & RMCO:

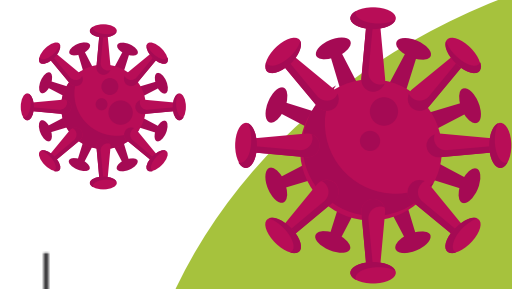
- **Inter-district travel is allowed**, but interstate travel is still forbidden
- **KL, Selangor & Putrajaya are considered 1 zone**. But travel to Putrajaya requires police permission
- **Businesses are allowed to operate from 6am to 12am**
- **Social events & government events are allowed up to 50% capacity in CMCO & 100% in RMCO areas**

Highlights (as at 7 March 2021):

- 1,683 new cases, highest increase in Selangor (+746) followed by Sarawak (+201) and Pulau Pinang (+172)
- Of which, 10 imported cases, 1,132 (68%) among Malaysians and 541 (32%) involving non-locals
- 8 new workplace clusters were detected: Selangor (2), Sarawak (2), Sabah (1), Johor (1), KL (1) & Perlis (1).



INFO



If only **SOME** get vaccinated...



the **COVID-19** virus spreads.



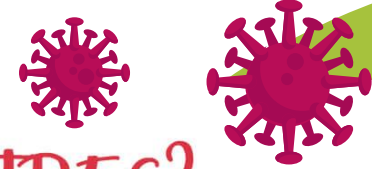
If **MOST** get vaccinated...



the **COVID-19** virus is contained.



● Non-vaccinated, sick, contagious ● Healthy, non-vaccinated ● Healthy, vaccinated



Perintah Kawalan Pergerakan menyebabkan anda **STRES?**

Apa perlu BUAT?

Sentiasa berhubung dan berinteraksi dengan orang tersayang dan rakan rapat



Amalkan teknik relaksasi seperti latihan pernafasan secara teratur



Kurangkan masa melayari media sosial



Membaca dan mendengar muzik



Lakukan aktiviti senaman ringan seperti regangan otot dan yoga



Teknik ekspresi seni seperti melukis



Cari hobi baru



Membantu ahli keluarga dalam tugas

