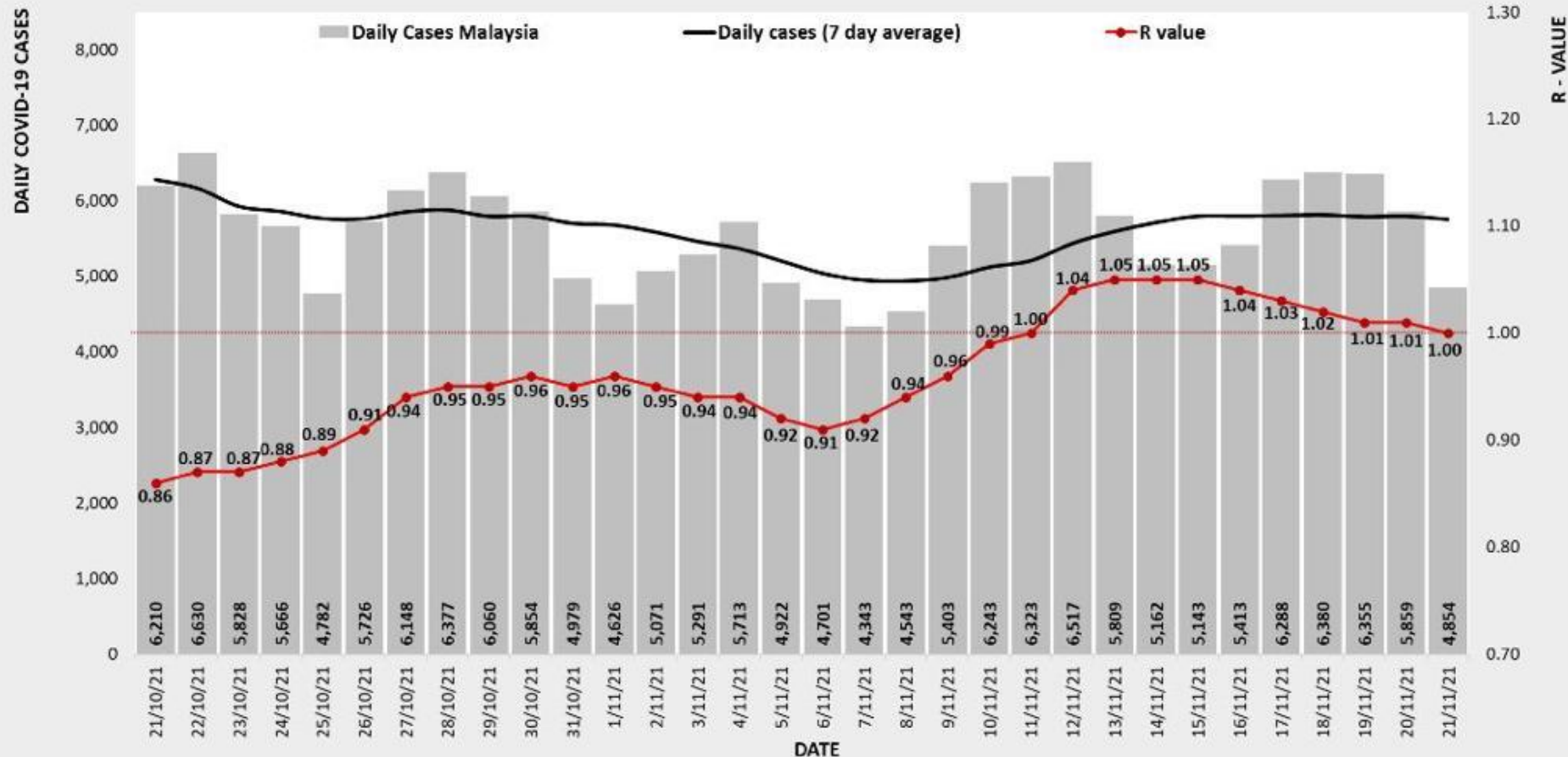


COVID-19 Alert : 21 November 2021



Nota: Kadar kebolehjankitan Covid-19 atau Ro/Rt pada jangkaan mengikut kes seharian pada 21 hb Nov 2021 untuk seluruh negara adalah 1.00.

Highlights as at 21 November 2021:

- Total 4,854 new cases (Imported case 12)
- There were 274 cases in intensive care, with 267 requiring ventilator support



Safe Visiting

~REMINDERS~

- **Do not** visit (or allow visits from) customers, family members, relatives or friends of a different household if you (or the other party) are unwell, i.e. having sore throat, running nose, headache, fatigue, diarrhoea, body aches, fever, etc.
- **Perform self-test** and encourage others to undertake self-test prior to a gathering with members from different households (i.e. friends, relatives, family, customers, etc).
- If you really need to go out and be in contact with others (e.g. pick up your children from nanny), **keep it short and sweet** (ideally just ***“Pick & Go”*** within 5 minutes).

DOS:

- Wear a mask (better still double masking with shield)
- Maintain physical distancing of at least 1 meter apart
- Sanitise/wash your hands after touching common surfaces
- Take a shower as soon as you reach home
- Stay home if you are sick

**The health of each of us depends on the health of all of us.
Do the right thing.**

YAHOOO

dah boleh tengok bola, tengok wayang,
berhimpun dengan ahli keluarga dan
macam-macam lagi aktiviti berkumpul.

TUNGGUUUU....JANGAN SUKA SANGAT

Cuba fikir Sebelum berkumpul

1. Apakah perlu saya lakukan aktiviti berkumpul ini? Jika tidak perlu, lakukan perjumpaan secara atas talian.
2. Adakah saya telah lakukan ujian sendiri? lakukan saringan dan pastikan status negatif.
3. Adakah saya bergejala COVID-19? Jika ya, tangguhkan.

Putuskan Rantaian COVID-19



Kementerian
Kesihatan
Malaysia



Agenda Nasional
Malaysia Sihat



myhealthkkm



sihatmilikku



SCAN ME

Source:

<https://www.infosihat.gov.my>



KAEDAH LAPORAN UJIAN KENDIRI COVID-19



Bagaimanakah cara melaporkan keputusan ujian sendiri?

Semua keputusan ujian sendiri (positif, negatif atau tidak sah) **perlu dilaporkan** melalui aplikasi MySejahtera.



1 Buka aplikasi MySejahtera



2 Pilih "Ujian Kendiri COVID-19"



3 Pilih "Kemas kini Keputusan Ujian Kendiri"



4 Isikan butiran (nombor telefon, nama dan emel)



5 Isikan butiran alamat anda



6 Pilih tempat kit ujian sendiri diperolehi



7 Pilih jenis sampel anda



8 Pilih keputusan ujian anda dan tekan 'Hantar'

Source:

<https://covid-19.moh.gov.my/terkini>



moh.gov.my

Dikemaskini: 17 November 2021

