



Covid-19 呈阳性

怎么办？

Covid-19 **Positive.** What should I do?



从2020年11月底开始，淞老师的周围的朋友开始陆陆续续检测结果呈阳性。开始是办公大楼，客户，同事家人，亲戚，最后到了至亲的人。

Since end of November 2020, I have received news of positive cases. It started from our office building, clients, family of colleagues, relatives and lastly my own close family.

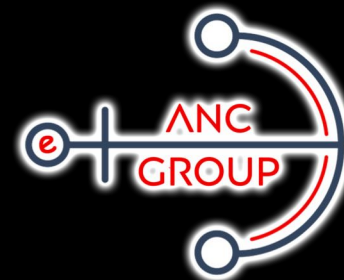




为了不要引起不必要的恐慌，
有些人或许会选择隐瞒，
这是不对的。

In order not to create any unnecessary chaos, many chose
to hide, not to disclose. This is wrong.





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这里和大家分享

老师和团队亲身经历，希望可以帮助各位。
若大吉利是，真的有你/家人/同事确诊
你接下来会面对的是什么。

I hope this experience which we had gone through,
can help everyone. If there is a positive case among your
family / colleague, what can you expect?



1. 症状 Symptoms



发烧/发冷 Fever or chills	咳嗽 Cough	气短或呼吸困难 Shortness of breath
肌肉或身体酸痛 Muscle or body aches	头疼 Headache	容易疲劳 Fatigue
近期丧失味觉或嗅觉 New loss of taste / smell	喉咙痛 Sore throat	鼻塞或流鼻涕 Congestion / running nose
恶心或呕吐 Nausea or vomiting	腹泻 Diarrhea	眼睛红肿 Red and swollen eyes

Source : <https://chinese.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>



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**当你发现有症状/身体不适
第一步是去医院做新冠检测**

**不排除如果你去一般诊所，
医生可能只诊断你是普通发烧，
但你还是必须自行隔离，约时间做新冠检测
观察清楚。**

At initial stage, the doctor could diagnosed you as a normal sickness, but it is still recommended to self-quarantine, until a proper covid-19 test has been conducted.



**2. 若真的检测呈阳性，
急速拨打号码联络KKM**

**2. If you are tested positive,
immediately contact KKM for assistance.**



**WAKTU OPERASI CRISIS
PREPAREDNESS AND RESPONSE
CENTRE (CPRC) KEBANGSAAN
BERMULA 1 SEPTEMBER 2020**

Untuk sebarang pertanyaan berkenaan penyakit
Koronavirus 2019 (COVID-19) boleh hubungi:
For any inquiries regarding COVID-19 please contact:



Nombor Hotline

**03 88810200
03 88810600
03 88810700**

atau emel kepada / or email :
cprc@moh.gov.my

atau Whatsapp / or Whatsapp :

**+60139279454
+60109699435**

Waktu operasi/Operating hours : 8 am-5 pm





3. 由于太多确诊病例，KKM快则当天，
慢则或许在隔天/后天才会到你家
这段时间自律非常重要

3. In view of the increasing positive case on daily basis,
KKM may only come to you in a few days' time. During
this time, self-discipline is very important





这段时间：

**A. 与有密切接触者 隔离（分房），
尤其是你的家人**

互相配合：“room service”

During this time:

**A. Quarantine from your close contacts, especially family members.
Quarantine in separate rooms.**

Any contacts via “room service”.



切记：

- 1. 不要想着把孩子送到外婆/婆婆家，避免不必要的风险**
- 2. 不要想着把孩子送到奶妈家避免害到人**
- 3. 不要想着搬去 air bnb / 酒店【非隔离中心】，留在家最理想**
- 4. 不要玩责备游戏，没有人想这事儿发生**



Remember:

- 1. Don't send your children to the grandparents.**
- 2. Don't send the children to baby sitter / "aunty's home"**
- 3. Don't go to any air bnb or hotel (non quarantine stations)**
- 4. Don't play blaming game. No one wants this to happen**

在家也要遵守SOP：

- 1. 保持人生距离 no cium cium**
- 2. 在家也要戴着口罩**
- 3. 在家戴上手套**
- 4. 定时消毒**

Even at home, you must follow SOP:

- 1. Social distance : no cium cium**
- 2. Wear facial mask at home**
- 3. Wear hand gloves**
- 4. Sanitize regularly**





**B. 或许可以居住在隔离酒店
马来西亚有很多家酒店列为【隔离中心】
可以自行联络询问详情**



**B. Probably you can also stay in a hotel which has gazetted as
quarantine station.**

4. 进医院/隔离中心治疗



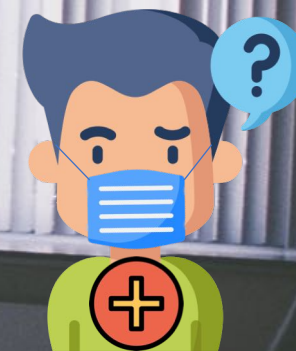
**KKM 会联络确诊者，并送他到医院治疗。
当中会依据确诊的严重性来决定隔离区**

4. Once you are tested positive, KKM will contact patient and admit him to the hospital. Depending on the seriousness of the disease, KKM will decide which quarantine zone you will be admitted to.



**例如：严重者：
留在医院治疗****

Example: Serious
stays in the hospital



**例如：中等者：
留在stadium观察区****

Example: medium stays in stadium quarantine zone

** 以上纯粹例子，非官方证实。不能供参考。

** The above are merely examples.

5. 何谓密切接触者？

5. Who are Close Contacts?



LAMPIRAN (I)

KETAHUI SIAPA ANDA DALAM RANTAIAN WABAK COVID-19





GENERASI JANGKITAN	TAHAP HUBUNGAN BAGI SETIAP KATEGORI	KATEGORI	PROSEDUR YANG ANDA PERLU LAKUKAN	PERUBAHAN KATEGORI BERDASARKAN UJIAN COVID-19
LAPISAN 1	Pesakit yang telah diSAHKan positif COVID-19	A	Anda perlu berada di hospital untuk rawatan	ANDA ADALAH KES POSITIF
LAPISAN 2	Individu yang ada KONTAK RAPAT dengan individu dari Kategori A	B	Ujian pengesahan COVID-19 akan dibuat oleh KKM. Arahan Home Surveillance akan dikeluarkan oleh pihak Klinik Kesihatan.	Sekiranya Ujian COVID-19 + ve Rawatan di hospital
				Sekiranya Ujian COVID-19 - ve Home Surveillance 14 hari
LAPISAN 3	Individu yang ada KONTAK RAPAT dengan individu dari Kategori B	C	Terus kekal di rumah (Home Self Surveillance). Tunggu sehingga keputusan ujian COVID-19 bagi KONTAK RAPAT kategori B dikeluarkan oleh pihak KKM.	Sekiranya Ujian COVID-19 KONTAK RAPAT anda dari kump B + ve Dapatkan Ujian di Klinik. Anda telah menjadi B
				Sekiranya Ujian COVID-19 KONTAK RAPAT anda dari Kump B - ve Boleh terus keluar bekerja seperti biasa
LAPISAN 4	Individu yang ada KONTAK RAPAT dengan individu dari Kategori C	D	Boleh keluar untuk bekerja atau urusan lain. Dapatkan status kategori C yang menjadi KONTAK RAPAT anda.	Sekiranya ujian susulan COVID-19 B - ve, boleh keluar bekerja seperti biasa. Sekiranya B +ve, C menjadi B & anda (D) menjadi C
TIADA RISIKO/ NORMAL	TIADA KAITAN DENGAN KATEGORI A,B,C ATAU D	E	Tiada larangan khusus, anda boleh hadir bekerja atau keluar rumah ke mana sahaja untuk urusan khusus. (tertakluk kepada Perintah Kawalan Pergerakan)	ANDA TIADA KAITAN DENGAN RANTAIAN WABAK COVID-19
Maksud KONTAK RAPAT ialah:		i.	Ahli keluarga serumah/ahli dari kumpulan kecil yang sama (tidur/makan bersama) dengan Lapisan 1 (Kategori A)	
		ii.	Bersemuka lebih dari 15 minit dalam jarak kurang dari 1 meter di ruang tertutup dengan Lapisan 1 (Kategori A)	
		iii.	Tidak bersemuka tapi berada bersama di dalam bilik air cond tertutup melebihi dari 2 jam dengan Lapisan 1 (Kategori A)	
		iv.	Menaiki kenderaan yang sama dalam jarak 2 kerusi melebihi 2 jam dengan Lapisan 1 (Kategori A)	
BERSALAM DENGAN INDIVIDU DISAHKAN POSITIF COVID-19 (KATEGORI A) TIDAK DIKIRA KONTAK RAPAT				

Jadual ini hanya untuk kegunaan pengurusan Pusat Kesihatan Universiti dan mungkin berubah selaras perkembangan KKM. 26 Mac 2020



5. 何谓 密切接触者？ 5. Who are Close Contacts?



Category A		<p>确诊者：必须进院治疗</p> <p>Positive patient: needs to be admitted to hospital</p>
Category B		<p>密切接触者 / 家人：KKM 会做检测 和 发出禁足令</p> <p>检测呈阳性 = 进院治疗 检测呈阴性 = 留在家观察14天</p> <p>Close contact/family member: needs to do test and issue quarantine letter</p> <p>If tested positive = admit to hospital negative = quarantine 14 days at home</p>
Category C		<p>与密切接触者 Category B 有密切接触：</p> <p>B 检测呈阳性 = C 必须做检测 B 检测呈阴性 = 可以恢复正常</p> <p>Close contact with B</p> <p>If B tested positive = C needs to do test B negative = back to normal</p>
Category D		<p>与密切接触者 Category C 喝茶：</p> <p>B 检测呈阳性 = D 必须做检测 B 检测呈阴性 = 可以恢复正常</p> <p>Close contact with C</p> <p>If B tested positive = D needs to do test B negative = back to normal</p>
Category E		<p>没有风险</p> <p>No risk. Work as normal.</p>

如果老婆/孩子(前图的 Category B) 确诊, 其他人将提升一级

If the wife/kids (category B in the previous image) becomes positive, everyone will move up a category



Category A		确诊者: 必须进院治疗 Positive patient: needs to be admitted to hospital
Category B		密切接触者 / 家人: KKM 会做检测 和 发出禁足令 检测呈阳性 = 进院治疗 检测呈阴性 = 留在家观察14天 Close contact/family member: needs to do test and issue quarantine letter If tested positive = admit to hospital negative = quarantine 14 days at home
Category C		与密切接触者 Category B 有密切接触: B 检测呈阳性 = C 必须做检测 B 检测呈阴性 = 可以恢复正常 Close contact with B If B tested positive = C needs to do test B negative = back to normal
Category D		与密切接触者 Category C 有密切接触: B 检测呈阳性 = D 必须做检测 B 检测呈阴性 = 可以恢复正常 Close contact with C If B tested positive = D needs to do test B negative = back to normal
Category E		没有风险 No risk. Work as normal.

B 和 C 几时应该做检测？

When B or C needs to do test?



A. 若每天都有密切接触
建议 B 直接去做检测

A : if everyday close contact,
suggest B do the test immediately.

B. 若有密切接触，建议C 3天后去做检测（太早不准确/不受承认）

B : if got close contact with A & B, suggest test after 3 days. Too early, the results would not be reliable

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Wisma SAHOCA,
No 1, Jalan SS 6/3A, Kelana Jaya,
47301 Petaling Jaya, Selangor Darul Ehsan.
email: pkdpetaling@moh.gov.my

PKD PETALING
PROJEK PENYAKIT BERJANGKIT
Tel : 03-7884 0400
Fax : 03-7805 1458

Fail Rujukan: CDCPKDPTG/KES/ IC0VID-19

Kepada:

Nama
No. Kad Pengenalan
Alamat
No. Telefon
KES INDEX

TD: 3/12/2020 SAMPEL KE-1: 7/12/2020 SAMPEL KE-2: 16/12/2020

ABC Sdn Bhd

Perintah Pengawasan dan Pemantauan bagi Pematuhan Peraturan Pencegahan dan Pengawalan Penyakit Berjangkit 1918 (COVID-19) Di Bawah Seksyen 15(1) Akta Pencegahan dan Pengawalan Penyakit Berjangkit 1988 [Akta 342]

1. Dalam n... 15(1) Akta Pencegahan dan Pengawalan Penyakit Berjangkit 1988 [Akta 342], saya... Pegawai Diberi Kuasa yang dilantik menurut seksyen 3 Akta 342 memerintahkan Tuan/Puan... Pegawai Diberi Kuasa... Pengawasan dan pemerhatian di premis seperti alamat di atas dengan syarat-syarat yang dinyatakan di perenggan 2, 3, 4 dan 5 perintah ini dan syarat lain yang dinyatakan dalam borang Home Assessment Tool selama 14 hari bermula pada... (tarikh perintah dikeluarkan) sehingga... (tarikh hari ke-14 dari tarikh pendedahan terakhir / tarikh tiba dari kawasan jangkitan / tarikh Pegawai Diberi Kuasa bertemu Tuan/Puan) atau suatu tempoh yang diarahkan oleh Pegawai Diberi Kuasa ("tempoh pengawasan dan pemerhatian").

2. Tuan/Puan dikehendaki sentiasa memakai gelang tangan yang diberikan oleh Pegawai Diberi Kuasa sepanjang tempoh pengawasan dan pemerhatian serta memastikan gelang tangan tersebut sentiasa berada dalam keadaan baik dan sempurna. Sekiranya gelang tangan tersebut rosak, tuan/puan hendaklah dengan segera melaporkan kepada Pejabat Kesihatan Daerah (PKD) paling hampir dan mendapatkan gelang tangan gantian. Tuan/Puan hendaklah tidak menanggalkan, memotong atau merosakkan gelang tangan tersebut. Gelang tangan tersebut hanya boleh ditanggalkan oleh Pegawai Diberi Kuasa selepas Tuan/Puan mendapat surat pelepasan perintah pengawasan dan pemerhatian.

3. Tuan/Puan hendaklah dengan seberapa segera memuat turun aplikasi MySejahtera atau aplikasi lain yang ditetapkan oleh Kerajaan ke dalam telefon bimbit pintar atau apa-apa peranti lain sama ada yang didaftarkan atas nama tuan/puan atau di bawah kawalan tuan/puan dan hendaklah memastikan telefon bimbit atau peranti tersebut sentiasa berada bersama tuan/puan dan berada dalam mod aktif sepanjang masa sepanjang tempoh pengawasan dan pemerhatian. Tuan/Puan hendaklah memastikan segala maklumat yang dikemukakan oleh Tuan/Puan dalam aplikasi MySejahtera adalah tepat dan benar.

4. Sepanjang tempoh Tuan/Puan diletakkan di bawah pengawasan dan pemerhatian, Tuan/Puan dikehendaki mematuhi perintah ini dan syarat-syarat yang terkandung di dalamnya dan memantau kesihatan diri menggunakan borang Home Assessment Tool (Lampiran 1) yang dilampir bersama perintah ini.

5. Sekiranya Tuan/Puan adalah penjaga yang sah kepada kanak-kanak di bawah umur lapan belas (18) tahun atau orang kelainan upaya (OKU), Tuan/Puan hendaklah mengemukakan maklumat kanak-kanak di bawah umur lapan belas (18) tahun atau orang kelainan upaya (OKU) tersebut dalam Lampiran 2 dan memastikan orang di bawah jagaan Tuan/Puan mematuhi perintah ini dan syarat-syarat yang terkandung di dalamnya.

6. Kegagalan Tuan/Puan untuk mematuhi perintah ini dan syarat-syarat yang terkandung di dalamnya adalah merupakan satu kesalahan di bawah seksyen 22 Akta 342 dan sekiranya disabitkan dengan kesalahan boleh dikenakan hukuman di bawah seksyen 24 Akta 342.

Pegawai Yang Diberikuasa:

Nama
Jawatan
Tarikh & Masa
Pengesahan Menerima Sesalinan Perintah
Nama
No. Kad Pengenalan
Tarikh & Masa
Tandatangan

Pegawai Diberikuasa (Aktiviti Pengawasan Penyakit Berjangkit 1988)

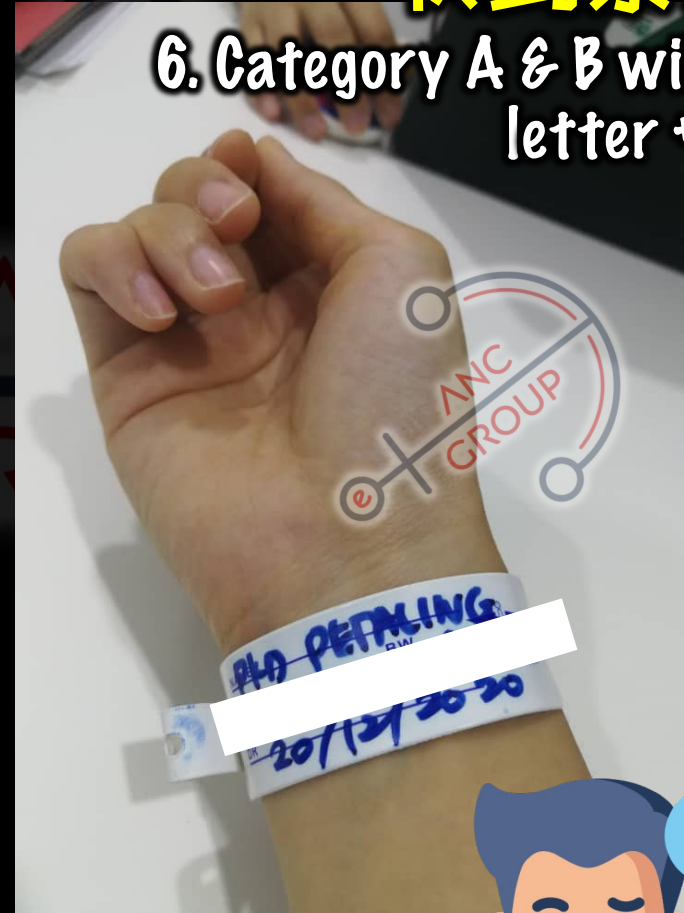
7/12/2020

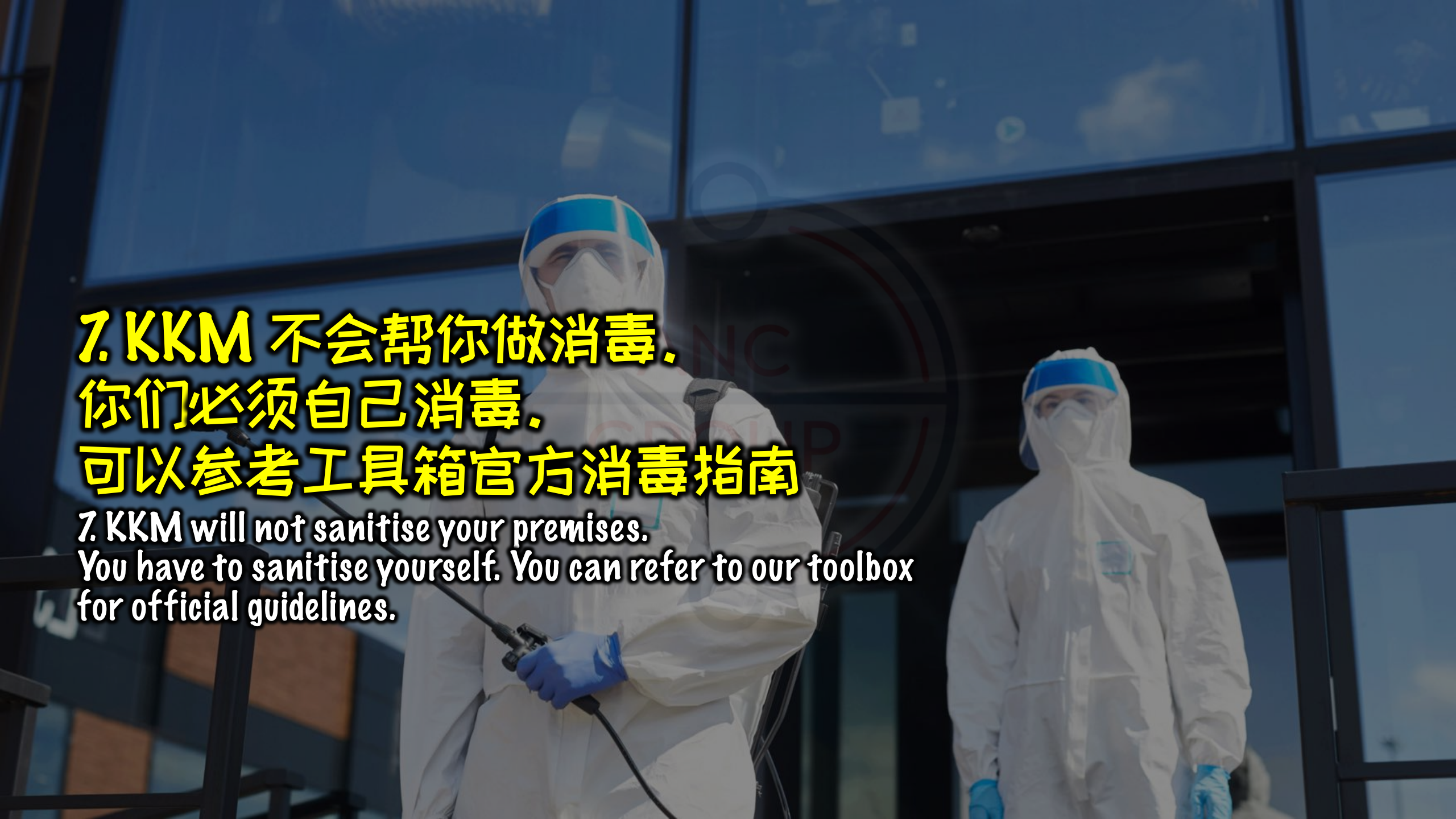
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KIKAL SIHAT SEPANJANG HAYAT

6. Category A & B 会收到禁足令+手环

6. Category A & B will receive a red quarantine letter + wrist band





**7. KKM 不会帮你做消毒，
你们必须自己消毒，
可以参考工具箱官方消毒指南**

**7. KKM will not sanitise your premises.
You have to sanitise yourself. You can refer to our toolbox
for official guidelines.**

8. 在这两个星期内，KKM 会继续为 Category A & B 做检测，观察。

第一次检测 Swab Test : Day 1

第二次检测 Rapid Test : Day 8 / Day 9

8. During these 14 days, KKM will continue doing test for A & B.

First time - Swab Test considered as : Day 1

Second Time - Rapid Test : during Day 8 / 9



Where is your nose?

9. A 几时可以出院呢？

通常是第十天 (Day 10)，但会因确诊严重性而定

轻微者：或许隔天就能出院

中等者：或许4-5天

严重者：继续留院观察

9. When A can be discharged?

Generally is Day 10, but it will vary according to the seriousness of the case

Mild : probably can discharge within / after a day

Medium : probably 4 - 5 days

Serious : continue monitor in the hospital



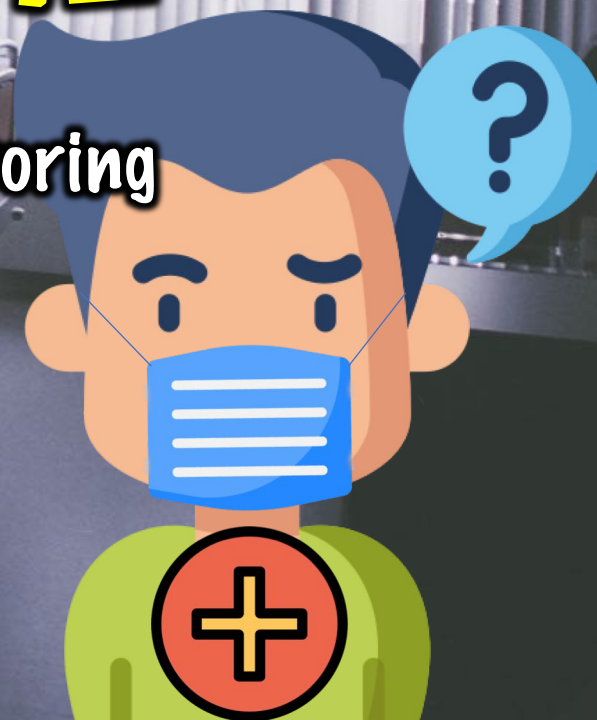


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**不要以为出院就没事
必须留在家继续隔离观察
直到14天隔离期 + 检测持续阴性为止**

Discharge does not mean you are safe.
You still need to stay at home for further monitoring
Until 14 days quarantine period ends and
your results remain negative.



10. B 若在第二次检测呈阴性，
那KKM就会把手环解开，并发出释放信

10. During the second test, if everything okay,
KKM will release the wrist band and issue a release letter



PEJABAT KESIHATAN DAERAH PETALING
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No 1, Jalan SS 6/3A, Kelana Jaya,
47301 Petaling Jaya, Selangor Darul Ehsan.
email: pkdpetaling@moh.gov.my

PKD PETALING
Tel : 603 - 7264 0400
Fax : 603 - 7265 1459

Fail Rujukan: CDCPKDPTG/ /COVID-19

Kepada:

Nama
No. Kad Pengenalan
Alamat

Di bawah perintah Pengawasan Dan Pemerhatian bagi
Pengawasan Penyakit Berjangkit Di Bawah Seksyen 15(1) Akta Pencegahan Dan
Pengawasan Penyakit Berjangkit 1988 (Akta 342)

Dengan segala hormatnya perkara di atas adalah dirujuk.

Sehubungan dengan itu, dengan ini saya selaku Pegawai yang bertanggungjawab akan ke atas tuan/puan Perintah Pengawasan Dan
Pemerhatian Pengawasan Penyakit Berjangkit di bawah Seksyen 15(1) Akta Pencegahan dan Pengawasan Penyakit Berjangkit 1988 (Akta 342)
bermula dari tarikh 2/12/2020 hingga 20/12/2020.

3. Hasil pemeriksaan yang dijalankan oleh pihak kami mendapati status
kesihatan Tuan/Puan adalah memuaskan. Oleh itu, Tuan/Puan adalah diberikan
pelepasan dari menjalani pemerhatian dan pengawasan di bawah Akta 342,
bermula dari tarikh 16/12/2020 dan kerjasama yang telah
Tuan/Puan berikan berhubung perkara ini amat dihargai.

Sekian, terima kasih.

Pegawai Yang Diberi Kuasa
Nama
Jawatan
Tempat Bertugas
Tarikh & Masa

A cartoon illustration of a woman with brown hair, wearing a blue face mask and a laurel wreath. She is holding a baby who is also wearing a blue face mask. The woman is making a peace sign with her right hand.



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**过程中，许多人会忧郁：孩子怎么办？老公怎么办？
爸爸妈妈怎么办？**

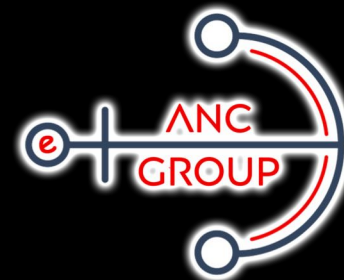
During this time, some may worried : what will happened to my family?

**许多人会生气：做么不舒服不要讲？做么发烧还趴趴走？
许多人仍不听话：我要去做工/我要去买菜**

Some may be upset : why never tell if you feel unwell. Why still want to go out?

**即便没事了，但心中还会有莫名的忧郁，疑心病，
觉得自己发烧，头疼，疑神疑鬼。**

Even if everything is okay, you may feel paranoia, feeling mistrust and suspicion.



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这段时间最重要的是：

But do remember, the most important things during this time are:

心平气和，保持正能量，足够睡眠，增强免疫力。
不要吵架，不要责怪任何人。没有人想这事儿发生。
和心协力渡过难关才是上上策。

Stay calm, stay positive, get enough rest and improve your immune system.
Don't blame each other. No one wants this to happen.
Work together to overcome such difficulties.

以上是老师和团队亲身经历，希望可以帮助各位
保持健康，保持距离，保持安全。

This is our personal and team's experience. Hope it helps everyone.
Stay healthy, stay social distance, stay safe.





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若有不对/修改/更新之处，
请同学们留言纠正。
也不妨分享你们的亲身经历，让大家知道如何应对

If there is any wrong / misleading information which requires amendments / updates,
Please comment and let us know.

You can also share your own experience, so everyone knows how to overcome.





Garis panduan DISINFEKSI & PEMBERSIHAN

UNTUK RUMAH DAN RUANG KERJA

PANDUAN DISINFEKSI ATAU NYAHKUMAN

PERMUKAAN YANG KERAP DISENTUH

- Tombol Pintu
- Suis Lampu
- Rail Tangga
- Sinki
- Kepala Paip
- Pemegang Flush Tandas
- Karpét
- Meja

PERALATAN NYAHKUMAN

- Mop
- Baldi
- Kain Lap
- Cecair Peluntur
- Sabun Pencuci
- Penyedut habuk
(*Vacuum Cleaner*)
- Botol penyembur
- Air
- Sarung tangan getah
- Penutup Hidung dan Mulut
- Penyembur nyahkuman

SUKATAN PELUNTUR

SATU (1) LITER CECAIR PELUNTUR*

*DISINFEKTAN : CECAIR PELUNTUR KOMERSIAL
ATAU CECAIR MENGANDUNGI 70% ALKOHOL



+



SEMBILAN (9) LITER AIR

Cecair peluntur komersial hendaklah mengandungi sekurang-kurangnya 5% kepekatan **SODIUM HYPOCHLORIDE** (rujuk label pada botol cecair peluntur komersial). Setiap bancuhan hanya boleh digunakasekali sahaja.

**PASTIKAN ANDA TIDAK MENAMBAH BAHAN LAIN
UNTUK MENGEKALKAN TINDAK BALAS YANG
TIDAK DIINGINI**

**CUCI TANGAN SEBELUM DAN
SELEPAS MELAKUKAN
DISINFEKSI**

Covid-19

LANGKAH CUCI TANGAN MENGUNAKAN *HAND SANITIZER*

Tempoh prosedur hanya mengambil masa 20-30 saat.
"Gunakan *hand sanitizer* apabila tiada air dan sabun"

1



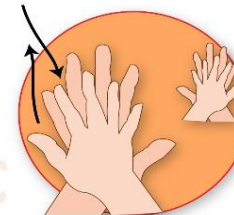
Tuang *hand sanitizer* ke tapak tangan kiri, ratakan dengan jari tangan kanan, kemudian lakukan sebaliknya.

2



Gosok kedua-dua tapak tangan.

3



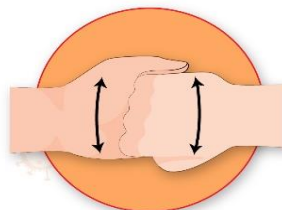
Gosok belakang tangan dan celah jari.

4



Gosok setiap jari dan celah jari.

5



Gosok belakang jari kanan ke tapak tangan kiri. Ulang untuk kedua-dua tangan.

6



Gosok ibu jari tangan kiri dalam gengaman tangan kanan dengan gerakan memutar, dan lakukan untuk ibu jari sebaliknya.



KENAPA ANDA PERLU KERAP MEMBASUH TANGAN DENGAN SABUN DAN AIR?

Kuman boleh tersebar di permukaan seperti:

Susur tangan eskalator, troli, butang lif dan butang ATM dan tahap pencemarannya adalah lebih kotor daripada mangkuk tandas.



SOALAN 1 : Apakah bahan yang boleh digunakan untuk membuat disinfeksi dan pembersihan di permukaan rumah dan ruang pejabat?

- ❑ Secara umumnya, produk pembersih yang didaftarkan seperti alkohol 70%, *sodium hypochlorite* (senarai penuh di bawah) boleh digunakan untuk membersihkan permukaan dan kawasan rumah. ⁽¹⁾
- ❑ Senarai disinfektant bahan aktif dan kepekatan yang berkesan untuk membasmi COVID-19 bersama dengan masa kontak adalah seperti berikut:
 - ❑ (1) Hydrogen Peroxide (0.5%) (1 min)
 - ❑ (2) Benzalkonium Chloride (0.05%) (10m)
 - ❑ (3) Chloroxyleneol (0.12%) (10 min)
 - ❑ (4) Ethyl alcohol (70%) (10 min)
 - ❑ (5) Iodine dalam Iodophor (50ppm) (10m)
 - ❑ (6) Isopropanol (50%) (10m)
 - ❑ (7) Povidone-iodine (1% iodine) (1 min)
 - ❑ (8) Sodium Hypochlorite (0.05-0.5%) (5m)
 - ❑ (9) Sodium Chlorite (0.23%) (10m)
- ❑ Contoh produk : Clorox, Mr.Muscle, CIF, Dettol.
- ❑ Untuk pembersihan premis kerja besar/kilang/kawasan perindustrian, anda boleh menghubungi syarikat-syarika pembersihan profesional untuk khidmat disinfeksi dan pembersihan COVID-19.

SOALAN 2 : Apakah jenama *hand sanitizer* yang berkesan?

- ❑ Menurut CDC (*Center for Disease Control and Prevention*), *hand sanitizer* yang mengandungi kepekatan sekurang-kurangnya 60% ethanol ataupun **sekurang-kurangnya 70% isopropyl alcohol** adalah berkesan untuk menyahaktifkan virus seperti COVID-19. ⁽³⁾
- ❑ *Hand sanitizer* yang dijual di pasaran perlu mendapatkan kelulusan daripada Kementerian Kesihatan Malaysia.
- ❑ *Hand sanitizer* perlu berdaftar sekiranya mempunyai tuntutan medikal (*medical claim*) atau bernetifikasi sekiranya tidak mempunyai tuntutan medikal dengan pihak Bahagian Regulatori Farmasi Negara (NPRA).
- ❑ Pengguna adalah digalakkan untuk membuat semakan status produk di laman web NPRA pada pautan www.npra.gov.my sebelum membeli atau menggunakan produk *hand sanitizer*.

SOALAN 3 : Adakah orang Muslim dibenarkan untuk menggunakan *hand sanitizer* yang mengandungi alkohol?

- ☐ *Hand sanitizer* adalah **TIADA NAJIS** dan boleh digunakan ketika hendak melakukan ibadah seperti sembahyang serta tidak dikira menanggung najis.
- ☐ Ini jelas seperti yang diputuskan oleh **MUZAKARAH JAWATANKUASA FATWA MAJLIS KEBANGSAAN** iaitu ubat-ubatan dan pewangi yang ada kandungan alkohol adalah harus dan dimaafkan.⁽⁴⁾

SOALAN 4 : Adakah botol *hand sanitizer* boleh digunasemula untuk pengisian *hand sanitizer*?

- ☐ Setakat ini, tiada garis panduan yang khas untuk penggunaan semula botol *hand sanitizer* untuk pengisian *hand sanitizer* kegunaan sendiri.
- ☐ Secara umumnya, untuk *hand sanitizer* berbentuk cecair, pengguna boleh membersihkan botol yang telah dipakai dengan air sabun, dibilas bersih dan dikeringkan sebelum pengisian semula cecair *hand sanitizer*.
- ☐ Untuk botol *hand sanitizer* berbentuk gel, adalah dinasihatkan untuk tidak digunasemula untuk pengisian.

SOALAN 5 : Apakah jenis *face mask* yang sesuai dipakai untuk mengelak penyebaran jangkitan penyakit respiratori?

Terdapat dua jenis *face mask* yang biasa dipakai, iaitu *surgical face mask* dan N95. ⁽⁵⁾ ⁽⁶⁾

	3-ply Surgical Face Mask	N95
1.	Sebagai penghalang kepada titisan air akibat bersin atau batuk.	Melindungi anggota kesihatan yang mengendalikan pesakit di fasiliti kesihatan daripada pendedahan kepada bacteria dan virus.
2	Bacterial filtration efficiency melebihi 95%*	Menapis sekurang-kurangnya 95%** particulate aerosols (saiz 0.3 micron)
3.	Pakai buang. Pengguna perlu tukar sekiranya ia telah basah, kotor atau rosak, atau mengalami kesusahan bernafas.	Pakai buang. Pengguna perlu tukar sekiranya ia telah basah, kotor atau rosak, atau mengalami kesusahan bernafas.

* As recommended in European Standard for Surgical masks - Requirements and test methods (EN 14683:2005)

** As certified by National Institute for Occupational Safety and Health (NIOSH)

Rujukan:

<https://www.mps.org.my/newsmaster.cfm?&menuid=37&action=view&retrieveid=7821>

<https://www.nea.gov.sg/our-services/public-cleanliness/environmental-cleaning-guidelines/guidelines/interim-list-of-household-products-and-active-ingredients-for-disinfection-of-covid-19>

<https://www.cdc.gov/coronavirus/2019-ncov/infection-control/hcp-hand-sanitizer.html>

<https://muftiwp.gov.my/artikel/al-kafi-li-al-fatawi/4307-al-kafi-1652-penggunaan-hand-sanitizer-ketika-melakukan-solat>

<https://www.hsa.gov.sg/consumer-safety/articles/guide-to-masks-and-respirators>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

Disediakan oleh : Bahagian Perkhidmatan Farmasi, JKN Selangor

Tarikh Kemaskini : 3hb. April 2020

COVID-19: MANAGEMENT GUIDELINES FOR WORKPLACES

COVID-19 is a respiratory infection caused by a new corona virus first discovered in Hubei Province, China and deemed by the World Health Organization (WHO) to be a Public Health Emergency of International Concern. In view of this, many of your employees may have concerns regarding their potential for exposure to the flu at work and the steps you are taking to ensure their well-being. The Ministry of Health would like to recommend that employers and industry take the following steps:

(A) Acquire an understanding of COVID-19 to plan and act accordingly

Symptoms:

Common symptoms include fever, dry cough and tiredness. Other symptoms include aches and pains, nasal congestion, runny nose, sore throat or diarrhoea.

1 in 6 people infected may become seriously ill and develop difficulty breathing.

Transmission:

Droplets from someone with COVID-19 who coughs or sneezes within a distance of 1 meter

Droplet contaminated surfaces and objects: by touching contaminated surfaces or objects and then touching their eyes, nose or mouth

Incubation Period

Incubation period is currently estimated to range between 1-14 days

Vulnerable Employees:

- Older persons
- Those with pre-existing medical conditions e.g. high blood pressure, heart disease, lung diseases, cancer or diabetes

(B) All parties in any organization should take appropriate steps to ensure maximum protection of staffs and business.

I. Action by Employers

- a) Communicate to employees about COVID-19;
 - i. Advice employees on preventive methods; including personal hygiene and respiratory etiquette. Refer Appendix 1.
 - ii. Remind employees of the need to practice hand hygiene regularly e.g. via e mail, social media, gamification etc. Refer Appendix 2.
 - iii. Provide regular updates on COVID-19 to employees
 - iv. How to Use Surgical Masks refer Appendix 3
 - v. Provide appropriate health education materials regarding COVID-19 to all employees
- b) Instruct supervisors to monitor symptoms of employees at workplace
- c) Encourage employees to take temperature regularly and monitor for respiratory symptoms
- d) Consider obtaining travel declaration from employees on travel history.
- e) If employee develops symptoms;
 - i. If at home:
 - Wear a surgical mask and seek medical attention at the nearest health facility immediately.
 - Avoid contact with family members
 - Accompanying person should also wear a surgical mask.

ii. If at workplace:

- Relieve staff members from work if they are sick
- Wear a surgical mask and seek medical attention at the nearest health facility immediately
- Avoid contact with fellow employees
- Accompanying person should also wear a surgical mask

- f) Conduct mental health assessment among employees and carry out appropriate measures to reduce stress among employees.
- g) Monitor sick leave and absenteeism among employees. Keep a record of staff sick leave including reasons for leave, duration of leave and current status.

II. Action by Employees

- a. Always maintain good personal hygiene;
- i. Frequent hand washing with soap and water or hand sanitizer
 - ii. Practice respiratory etiquette
- b. Employees are encouraged to take their meals at their desk
- c. Limit food handling and sharing of food in the workplace
- d. Keep updated on COVID-19
- e. If develop symptoms;
- i. Need to alert supervisor immediately
 - ii. Wear surgical mask
 - iii. Seek medical treatment immediately
 - iv. Avoid contact with fellow employees

III. Action at the Workplace

- a. Ensure a clean and hygienic work environment through regular disinfection of the office and its equipment. Disinfection procedures: Refer Appendix 4.

- b. Consider a no handshaking policy
- c. Enforce hand sanitization at entrance for visitors
- d. Provide easy access to frequent hand washing for employees
- e. Proper maintenance of toilet facilities and floor drains.
- f. Provision of lidded rubbish bin, regular refuse disposal and adequate supply of liquid soap and disposable towels.
- g. Plan for contingency measures in case there are limited human resources e.g. working from home for those on home surveillance, mobilization of employees etc. This is also to avoid stress to employees who have to work during a period of human resource deficiency.
- h. Consider alternate communication methods e.g. virtual meetings in place of face to face meetings, group chats etc.
- i. Consider deferring large meetings or events
- j. Consider having meetings outside in open air if possible
- k. In case of indoor meetings or events, ensure all precautions are taken:
 - i. Informing participants not to attend if they are unwell and to join the meeting using a virtual platform
 - ii. Ensuring all relevant information is given to the participants such as the practice of hand hygiene and the use of surgical masks for those who develop respiratory symptoms
 - iii. Providing:
 - Hand sanitizers where necessary or ensuring availability of soap and water
 - Surgical masks and tissues for those who develop respiratory symptoms
 - iv. Consider opening windows for natural lighting and better ventilation
 - v. Monitor participants daily and provide support for isolating those with symptoms and transporting them to a health facility.

- vi. Keep in touch with participant on their health status after seeing the doctor.
 - vii. Keep contact details of all participants and organizers in case there is a need to contact them. Records should be kept for at least one month for the date of completion of the event.
 - viii. If any of the participants become positive, organizers are to assist the Ministry of Health who will carry out measures such as contact tracing and placing of close contacts under Home Surveillance.
- h) In the setting of public transport e.g. taxis, ride-hail services, trains and buses, drivers should ensure the following measures;
- i. Frequent hand washing using soap and water, or hand sanitizer and practice respiratory etiquette at all times.
 - ii. Wear mask and seek medical attention if develop symptoms
 - iii. Ensure passengers to wear mask if they have symptoms.
 - iv. Regularly disinfect the interior of the vehicle after alighting passengers or after each trip.
- i) Keep all employees informed of the latest developments in COVID-19

IV. Travel Considerations for the workplace

- a. Before traveling:
- i. Make sure your organization and its employees have the latest advisory on traveling from MOH
 - ii. Based on the latest information, your organization should assess the benefits and risks related to upcoming travel plans.
 - iii. Ensure employees travelling are not of high risk to develop COVID-19
 - iv. Consider issuing employees who are about to travel with small bottles hand rub. This can facilitate regular hand-washing.

- v. Consider providing employees with face mask in case there is a need to use it
- b. While traveling:
- i. Always bring along surgical mask and sanitizer for use when required
 - ii. Avoid crowded places and closed contact with people showing symptoms
 - iii. Avoid visiting animal farms, market, selling live animals, slaughterhouses or touching any animal
 - iv. Avoid eating raw or undercooked meat
 - v. Seek prompt medical treatment if developing symptoms
- c. When employees return from traveling:
- i. Observe home surveillance if necessary as per MOH advise
 - ii. Immediately seek medical attention if you have symptoms of respiratory tract infections such as fever, cough or difficulty breathing within 14 days after returning from the visit

This guideline may be used as a basis for managing employees during this period of time. Employers and employees are advised to keep up to date with the latest developments and advice issued by the Ministry of health.

Prepared by;

Occupational Health Unit
Occupational and Environment Health Sector
Ministry of Health.

Date: 11 March 2020

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2. World Health Organisation (WHO). Getting your workplace ready for COVID-19. 3 Mac 2020. Available at: https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf?sfvrsn=359a81e7_6 (Accessed on 6 Mac 2020)
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4. Center for Disease Control and Prevention (CDC). Water, Sanitation & Environmentally-related Hygiene. 26 July 2016. Available at: https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html (Accessed on 6 Mac 2020)
5. Center for Disease Control and Prevention (CDC). Coronavirus Disease 2019 (COVID-19). Environmental Cleaning and Disinfection Recommendations. 6 March 2020. Available at: <https://www.cdc.gov/coronavirus/2019ncov/community/organizations/cleaning-disinfection.html> (Accessed on 11 March 2020)
6. Dalton, Craig and Corbett, Stephen and Katelaris, Anthea, Pre-Emptive Low Cost Social Distancing and Enhanced Hygiene Implemented before Local COVID-19 Transmission Could Decrease the Number and Severity of Cases. (March 5, 2020). Available at SSRN: <https://ssrn.com/abstract=3549276>
7. Ministry of Health Malaysia. Guidelines on COVID-19 Management in Malaysia no. 04/2020 (4th Edition).

8. Ministry of Health Malaysia. Maklumat Terkini COVID-19. Available at <http://www.moh.gov.my/index.php/pages/view/2019-ncov-wuhan>
(Accessed 6 Mac 2020)

APPENDIX 1

Personal hygiene and respiratory etiquette

- Good personal hygiene should be observed at all times. Regular hand hygiene by washing with soap and water or use hand sanitizer
- Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth
- Cover nose and mouth with a tissue when sneezing or coughing
- Put used tissue in a waste basket
- If no tissue available, use upper sleeve or elbow instead of hands while sneezing and coughing.

Guidelines for Hand Hygiene

- Wash hands with soap and water or alcohol-based hand sanitizer after any contact with respiratory secretions
- Remove jewelry before hand wash procedure.
- Rinse hands under warm running water
- Lather with soap; cover all surfaces of the hands and fingers using friction.
- Rinse under warm running water.
- Dry hands thoroughly with a disposable towel
- Turn off faucet without recontaminating hands.
- Keep fingernails short and do not use fingernail polish or artificial nails.
- Alcohol-based hand sanitizer may be used to decontaminate hands that are not visibly soiled
 - Apply alcohol-based hand sanitizer to palm of one hand and rub hands together, covering all surfaces of hands and finger, until hands are dry.

Respiratory Etiquette

- Cover mouth and nose with bend of elbow or tissue if coughing or sneezing.
- Throw tissue in the trash after using it
- Wash hands with soap and water or use hand sanitizer

Guidelines on wearing surgical masks (3 Ply)

1. If you have running nose or flu like symptoms, you are advised to stay at home. If you need to go out, make sure you wear a surgical mask.
2. Avoid crowded places. Wear a surgical mask if you cannot avoid them
3. Wash hands before wearing a surgical mask and after taking one off.
4. When wearing surgical mask, the following should be noted:
 - 4.1. The facemask should fit snugly over the face
 - 4.2. The coloured side of the mask should face outside
 - 4.3. Tie all the strings that keep the mask in place
 - 4.4. The mask should fully cover the nose, mouth as well as the chin.
 - 4.5. The metallic wire part of the mask should be fixed securely over the bridge of the nose to prevent leakage
 - 4.6. The surgical mask should not be used more than a day but if it is wet, damaged or soiled by secretions or body fluid at any time, change the mask immediately.
 - 4.7. Discard all used surgical masks into a plastic bag which should then be tied properly before disposing it into a rubbish bin.

DISINFECTION PROCEDURES

Surfaces

- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol should be effective.
 - Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water* or
 - 4 teaspoons bleach per quart of water **
 - For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
 - If the items can be laundered, launder items in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely.

* 1 Gallon = 3.8 Liters

** 1 Quart = 0.95 Liters



NADMA MALAYSIA

GUIDELINES ENTRY AND QUARANTINE PROCESS PERSON UNDER SURVEILLANCE (PUS) ARRIVING FROM ABROAD 24 JULY 2020

1. BACKGROUND

To curb the spread of the COVID-19, the Government of Malaysia has imposed compulsory quarantine orders at the Quarantine Stations set by the Government of Malaysia, subject to the provisions of Section 15 (1) Prevention and Control of Infectious Diseases Act 1988 (Act 342).

Beginning 24 July 2020 (0001hrs), all individuals entering Malaysia through the International Entry Point (*Pintu Masuk Utama* - PMA) are required to bear the quarantine costs.

Individuals who are subject to quarantine orders will be referred to as Persons Under Surveillance (PUS).

2. QUARANTINE STATION

The Quarantine Station, including hotels or any other premises, is a place of isolation and health observation that has been gazetted under the Prevention and Control of Infectious Diseases Act 1988 (Act 342).

3. QUARANTINE PERIOD

The Quarantine Period is fourteen (14) days, or any period stipulated by the Ministry of Health, Malaysia.

4. QUARANTINE RATES

The quarantine rates are as follows:

4.1 Citizens: 100% of the hotel's maximum rate of RM150 per person per day, for a period specified by the Ministry of Health, Malaysia.

4.2 Non-Citizens (including dependant): Maximum rate of RM150 per day per person, for a period specified by the Ministry of Health, Malaysia.

4.3 People with Disabilities (OKU cardholders of the Social Welfare Department):
The cost of the Quarantine will be borne by the Government.

5. PAYMENT METHOD

5.1 PUS will have to pay a deposit / full payment to the Management of Quarantine Station during the check-in process. Credit card usage is encouraged.

5.2 Any balance of payment or refund will be made upon checkout.

6. QUARANTINE PROCESS

6.1. Before Arrival

All individuals entering Malaysia starting 24 July 2020 (0001hrs) must:

a. Sign a Letter of Undertaking and Indemnity (LoU)

All individuals travelling to Malaysia must download and complete the LoU via the following link:

- (i) Ministry of Foreign Affairs Malaysia: www.kln.gov.my
- (ii) National Disaster Management Agency (NADMA): www.nadma.gov.my
- (iii) Immigration Department of Malaysia: www.imi.gov.my
- (iv) Ministry of Health Malaysia: www.moh.gov.my
- (v) Ministry of Transport Malaysia: www.mot.gov.my
- (vi) Ministry of Tourism, Arts and Culture Malaysia: www.motac.gov.my

b. Obtain a Letter of Approval (Entry Permit) from an accredited Malaysian Mission

Individuals to enter Malaysia must comply with the conditions of entry set by the Immigration Department of Malaysia or Malaysian Government Agencies. Each applicant must submit the relevant documents and the completed LoU via email to the relevant Malaysian Mission, at least three days before the date of departure. The email address of the relevant Malaysian Mission can be found at:
<https://www.kln.gov.my/web/guest/malaysianmission>

Subject to approval, the Malaysian Mission will issue a Letter of Entry Permit to Malaysia by email.

c. Present the Letter of Approval from Malaysian Mission to Airlines, Other Public Transport Companies, and Immigration Department of Malaysia

A letter of approval from the Malaysian Mission must be presented during the flight / public transport check-in process. Failure to present this letter may result in the person being denied permission to board the aircraft, or other public transportations. For entry by road, failure to present the document will complicate the process of entry into Malaysia.

Individuals (Malaysians) who fail to comply with item 6.1 (a), (b) and (c) will still be allowed to enter Malaysia. However, failure to comply with the instructions outlined by the Government of Malaysia will complicate the registration procedures at the entry point (PMA) and delay the quarantine process. All incoming individuals are subject to the quarantine order and non-compliance to the instruction will result in legal action.

The Immigration Department reserves the right to issue Not-to-Land (NTL) Order to non-Citizens without the LoU.

d. Install, activate, and register *MySejahtera* mobile online application

The mobile online application can be downloaded from *Apple Appstore*, *Google Playstore* and *Huawei App Gallery*.

Essential information such as travel information (date and time, flight information, port of embarkation) as well as health declaration need to be registered in *MySejahtera* at least one (1) day from date of departure.

e. COVID-19 test (rT-PCR / RTK-Ag) before entering Malaysia

Travellers to Malaysia are not required to take the COVID-19 test before departure.

However, travellers are advised to check with the Airlines on any requirements to take COVID-19 tests before boarding the aircraft.

6.2. Arrival at the International Gate

The PUS will go through the following process:

a. Health Inspection and Screening at the International Gate (PMA) by Ministry of Health, Malaysia (MOH)

- (i) Health screening will be conducted at PMA. PUS showing COVID-19 symptoms will be referred to the hospital for further treatment;
- (ii) COVID-19 test will be conducted at the arrival hall of PMA;
- (iii) PUS will bear the fee for COVID-19 tests carried out at the PMA. The fees are as follows:

FEE FOR COVID-19 DETECTION TEST		
Type of COVID-19 Detection Test	Malaysian Nationals (RM)	Non-Malaysians (RM)
Polymerize Chain Reaction (PCR) Test	150	250
Antigen Rapid Test Kit	60	120
Antibody Rapid Test Kit	30	60

- (iv) Health Assessment Tool (HAT) will be provided for PUS self-monitoring purposes throughout the quarantine period.

b. Registration at the International Entry Point (PMA)

- (i) PUS registration at PMA is coordinated by the National Disaster Management Agency (NADMA) and the Malaysian Civil-Defence (APM). The Secretariat will coordinate the registration procedures and logistical arrangements at KLIA1, KLIA2 or any other entrances via air, sea and land throughout Malaysia;
- (ii) PUS must present the LoU to the Secretariat at PMA;
- (iii) The Secretariat will coordinate the movement of PUS from PMA to the designated Quarantine Station; and
- (iv) PUS is **not allowed** to choose Quarantine Station.

c. Immigration, Customs and Logistics arrangement to the designated Quarantine Station

- (i) The PUS will undergo a regular check-in process through Customs and Immigration counters;
- (ii) The Secretariat will arrange transportation to the designated Quarantine Station;
- (iii) The Immigration Department will issue Not-to-Land (NTL) Order to non-Citizens without the LoU; and
- (iv) PUS with personal vehicles –
 - The PUS will have to drive / ride the vehicle to the designated Quarantine Station under the supervision of the authorities. PUS are not allowed to drive / ride to the Quarantine Station individually.
 - The PUS must surrender the car keys to the management of Quarantine Station and the keys shall be returned to PUS upon discharge.
 - The Government of Malaysia shall not be responsible on the safety of PUS' vehicles throughout the quarantine period.

6.3. PUS Management at Quarantine Stations

The PUS will go through the following steps:

a. Registration/ Check In

- (i) PUS will go through the registration process at the Quarantine Station under the administration of Quarantine Station Secretariat led by APM;
- (ii) PUS will submit the LoU to the Quarantine Station management; and
- (iii) Deposit and / or full payment will be made to the Quarantine Station management before PUS can check in to the designated room.

b. During Quarantine

- (i) PUS will undergo a 14-day quarantine period (or any period specified by the Ministry of Health, Malaysia);
- (ii) Officials from other relevant government agencies are stationed at all Quarantine Stations to assist in the management of Quarantine Stations, welfare, safety and health inspections throughout the quarantine period;
- (iii) One (1) room shall be occupied by only one (1) PUS. However, any applications to place more PUS in one room shall be referred to the Health Officer of Ministry of Health for approval;
- (iv) Food and drinks will be provided at the Quarantine Station three times a day (breakfast, lunch and dinner);
- (v) Personal laundry services will be done / borne by PUS;
- (vi) PUS is responsible for his / her own luggage;
- (vii) PUS will conduct daily self-health assessments and report to the Quarantine Station personnel if he / she starts to experience any of the COVID-19 symptoms as outlined by the Ministry of Health;
- (viii) PUS will be notified on the mode of communication with Government Officers and Quarantine Station personnel via telephone / SMS / WhatsApp / Telegram mobile applications;
- (ix) PUS must comply with all SOPs and advice from the Quarantine Station personnel. Some of the restrictions at Quarantine Station are as follows:
 - PUS are not allowed to leave the room;
 - PUS are not allowed to gather;
 - The Quarantine Station is a no-smoking zone;
 - Food delivery services such as Grabfood, Food Panda and others are not allowed; and
 - Visitors are not allowed.
- (x) PUS who are tested positive for COVID-19 (*subsequently known as Patient Under Investigation – PUI*) will be transferred to the nearby hospital for COVID-19 treatment. All PUI belongings at the hotel will be taken to the hospital and the cost of the quarantine shall be settled accordingly by PUI. Refunds will be made by the hotel management.

c. Checkout Process

- (i) The PUS checkout process from the Quarantine Station is in accordance with the health care regulations and security measures as directed by the Ministry of Health;
- (ii) PUS will be issued with a Release Order upon the completion of the quarantine period by the Ministry of Health;
- (iii) PUS must settle the outstanding payment to the Quarantine Station management. Failure to make payment may result in legal action against the PUS by the Management of the Quarantine Station; and
- (iv) PUS movement from the Quarantine Station to their respective home / residence:
 - Only one (1) family member / representative can receive PUS at the Quarantine Station; or
 - PUS can arrange his / her own public transport (taxi, e-hailing) to return home.

7. QUARANTINE EXEMPTION

All incoming travellers are subject to the quarantine order. Any requests for exemption must be obtained from the Director-General of Health.

8. IMPLEMENTATION

The implementation of this procedure is effective from 24 July 2020 until further notice is announced by the Government of Malaysia.

Peraturan 5: COVID-19 test fees exemption**MENTERI KESIHATAN MALAYSIA**

**PERATURAN-PERATURAN PENCEGAHAN DAN PENGAWALAN PENYAKIT
BERJANGKIT (FI BAGI UJIAN
PENGESANAN PENYAKIT KORONAVIRUS 2019 (COVID-19)) 2020
[P.U.(A) 190/2020]**

PERATURAN 5**PENEPIAN FI OLEH MENTERI KESIHATAN**

Pada menjalankan kuasa yang diberikan di bawah Peraturan 5 Peraturan-Peraturan Pencegahan dan Pengawalan Penyakit Berjangkit (Fi bagi Ujian Pengesanan Penyakit Koronavirus (COVID-19)) 2020 [P.U.(A) 190/2020], maka saya Dato' Sri Dr. Adham bin Baba, Menteri Kesihatan, dengan ini memberikan penepian keseluruhan fi kepada—

- (a) pegawai Kerajaan yang memasuki Malaysia dari luar negara atas tugas rasmi di luar negara dan hendaklah mengemukakan surat arahan rasmi berhubung perkara tersebut sebagai bukti;
- (b) orang kurang upaya (OKU) warganegara Malaysia yang memasuki Malaysia dari luar negara dan hendaklah mengemukakan Kad OKU yang sah yang dikeluarkan oleh Jabatan Kebajikan Masyarakat; dan
- (c) pelajar warganegara Malaysia, persendirian atau mempunyai penajaan, yang memasuki Malaysia dari luar negara kali pertama dan hendaklah mengemukakan apa-apa bukti yang sah berkenaan dengan pengajiannya.

Bertarikh pada 30 Jun 2020

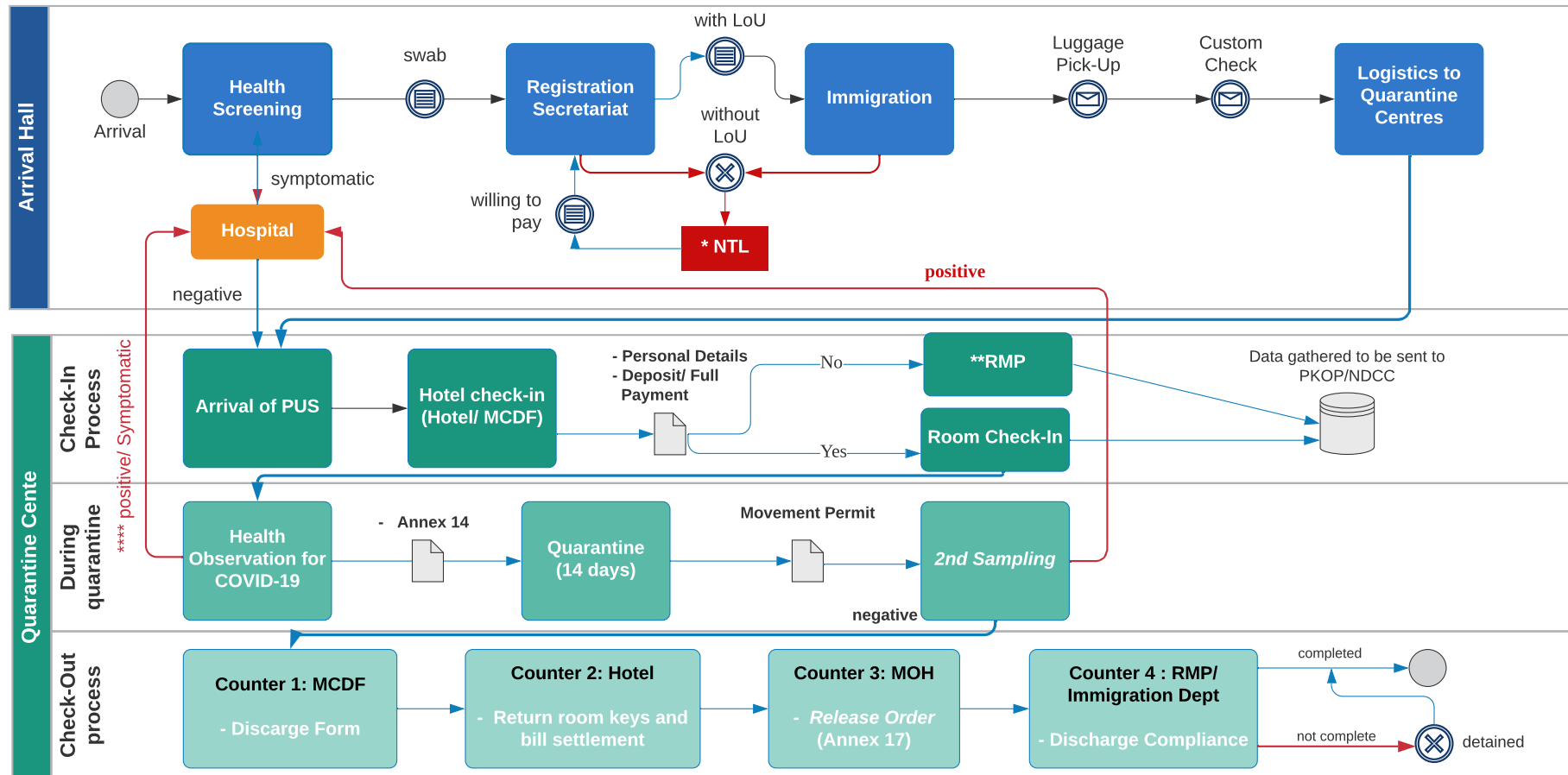
(DATO' SRI DR. ADHAM BIN BABA)

KEMENTERIAN KESIHATAN MALAYSIA
ARAS 13, BLOK E7, KOMPLEKS E, PRESINT 1
PUSAT PENTADBIRAN KERAJAAN PERSEKUTUAN
62590 PUTRAJAYA
TEL : 03-8883 2527 / 2513 FAKS : 03-8888 6188



NADMA MALAYSIA

Quarantine Procedure Starting July 24th, 2020



- * NTL (Not to Land): The immigration Department reserves the right to impose an NTL order on non-citizen who failed to present the LoU upon arrival, the lits will be forwarded to respective embassy
- ** If sample tested negative for COVID-19, PUS has to undergo similar check in process
- *** The Royal Malaysian Police will exercise the Regulation 31(2)(q), Act 342 for PUS who failed to comply with the provisions stipulated
- **** For symptomatic/ positive patient, all belonging must be brought to the hospital and chargeable period will be as of the date of transfer

**LETTER OF UNDERTAKING AND INDEMNITY
PERSON UNDER SURVEILLANCE**

To:
Ministry of Health
(Representing the Government of Malaysia)
Kompleks E,
Blok E1, E3, E6, E7 & E10,
Pusat Pentadbiran Kerajaan Persekutuan
62590 Putrajaya

I,.....

[Name of Person Under Surveillance]

***NRIC Number :**.....

***Passport Number :**.....

addressed at

(hereinafter referred to as "Person Under Surveillance") verily undertake that I [and **my child / person under my care (as stated in **Annexure A**)] shall comply with the Observation and Surveillance of Coronavirus Disease 2019 (COVID-19) Contacts Order made under Section 15(1) of the Prevention and Control of Infectious Diseases Act 1988 [Act 342] (hereinafter referred to as "Observation and Surveillance Order") and other directives issued and enforced by the Government of Malaysia from time to time during my stay in the hotel assigned by the Government of Malaysia (hereinafter referred to as the "Hotel") for a period of fourteen (14) days commencing from 2020 to2020 or for an extended period as may be required and determined by the Authorized Officer upon the issuance of another Observation and Surveillance Order (hereinafter referred to as the "Observation and Surveillance Period").

2. In this regard, I solemnly pledge and undertake that I shall pay:

- (a) the accommodation charges at the rate as specified by the Hotel for Person Under Surveillance which shall include three (3) meals daily;
- (b) any other expenses incurred by myself [and **my child / person under my care] for the use of the Hotel's services such as additional meal ordered, laundry services and other services provided by the Hotel or any third party; and
- (c) any damage to the Hotel's accommodation or Hotel's property which has been used or caused by me [and **my child / person under my care].

3. I undertake to make full payment of the expenses regarding—

- (a) paragraph 2(a) above, the total accommodation charges for the whole Observation and Surveillance Order as invoiced to me, directly to the Hotel in the manner as required by the Hotel upon checking in the Hotel; and
- (b) paragraphs 2(b) and (c), in the manner as required by the Hotel upon checking out of the Hotel once obtaining the authorisation by the Government to leave the Hotel premises.

4. If I am unable to make the payments as stipulated in paragraph 3, my next of kin or representative including sponsor, as named in paragraph 8 below, has agreed to become my guarantor to make such payment on my behalf to the Hotel upon request by the Hotel.

5. I further acknowledge that:

- (a) the Hotel is entitled to collect deposit fees from me for my stay at the Hotel during the Observation and Surveillance Period upon checking in at the Hotel; and
- (b) I must at all times abide to the Government's instructions throughout the Observation and Surveillance Period.

6. I verily understand that the Hotel has the right to take legal action against me or my next of kin or representative including sponsor for my failure to make all accrued payments as stated in the above paragraphs and I shall be fully responsible for any claims and damages made by the Hotel against me.

7. I further undertake to indemnify and hold the Government of Malaysia, its employees and agents harmless from and against all actions, proceedings, losses, shortfalls, damages, compensation, costs (including legal costs), charges and expenses resulting from my [and **my child / person under my care] actions, negligence or dishonesty to the Hotel during the Observation and Surveillance Period.

8. Should there be a need to contact my next of kin or representative including sponsor during the Observation and Surveillance Period, my next of kin or representative including sponsor details are as follow:

Name of next of kin / representative including sponsor:

.....

*NRIC Number / Passport Number:

Address:

H/Phone / Contact Number:

Signed by:

Name:

NRIC Number / Passport Number:

Address:

H/Phone Number :

Date:

Witnessed by:

**On behalf of the Government
of Malaysia:**

***Name of representative:.....

NRIC Number:

Designation:

Date :

Note:

* insert NRIC number for Malaysian citizen.

** If a child is 18 years of age and above, he/she must sign a separate Letter of Undertaking. Wife / husband and father / mother is required to sign a separate Letter of Undertaking.

*** insert name, NRIC number and witness's position

c.c.:

The Management
(Name and Hotel Address)****

.....
.....
.....
.....
.....

Contact Number:

Email Address :

**** To be filled in after the PUS have undergone health screening upon arrival at Malaysia's International Entry Point.

ANNEXURE A

LIST OF CHILD/PERSON UNDER THE CARE OF PERSON UNDER SURVEILLANCE

I,.....

[Name of Person Under Surveillance]

*NRIC Number/ Passport Number :.....

addressed at :

(hereinafter referred to as "*Person Under Surveillance*") hereby verify that the person(s) named below is my child / person under my care.

NO.	NAME	NRIC NUMBER / MyKid / PASSPORT NUMBER

Signed by.....

Name:

NRIC Number / Passport Number:

Address:

H/Phone Number :

Date:.....