



## NOTIFIABLE COMMUNICABLE DISEASES FOR CURRENT WEEK

NO.	DISEASE	EW 13/2022	EW 13/2023	MEDIAN	CUMULATIVE 2022 UNTIL EW13	CUMULATIVE 2023 UNTIL EW13
1.	AVIAN INFLUENZA	0	0	NA	0	0
2.	CHANCROID	0	0	0	0	0
3.	CHOLERA	0	0	0	0	0
4.	DENGUE FEVER	28	149	89	323(0)	1,907(2)
5.	CHIKUNGUNYA	0	2	0	2(0)	6(0)
6.	DIPHTHERIA	0	0	0	0	0
7.	DYSENTERY (all type)	0	0	0	0	3
8.	EBOLA	0	0	0	0	0
9.1	FOOD POISONING (episode)	0	1	0	4	11
9.2	FOOD POISONING (case)	0	2	0	104(0)	301(1)
10.	GONOCOCCAL INFECTION (all forms)	0	5	4	15	65
11.	HAND,FOOT&MOUTH DISEASE (HFMD)	32	52	32	192	518
12.	HIV INFECTION	9	16	0	180(11)	232(22)
13.	LEPROSY	0	0	0	1	3
14.	LEPTOSPIROSIS	1	9	5	7(0)	105(1)
15.	MALARIA	0	1	0	0	8
16.	MEASLES	1	1	1	1	5
17.	MERSCoV	0	0	0	0	0
18.	PLAGUE	0	0	0	0	0
19.	ACUTE POLIOMYELITIS	0	0	0	0	0
20.	RABIES	0	0	0	0	0
21.	RELAPSING FEVER	0	0	0	0	0
22.	SYPHILIS (all forms)	4	15	6	61	125
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0
24.	TUBERCULOSIS	28	34	34	417(51)	502(20)
25.	TYPHOID & PARATYPHOID FEVER	0	0	0	0	1
26.	TYPHUS & OTHER RICKETTSIOSIS	0	1	0	0	1
27.	VIRAL ENCEPHALITIS	0	0	0	0	1
28.	VIRAL HEPATITIS	22	22	0	83	274
	a) Hepatitis A	0	0	0	0	1(1)
	b) Hepatitis B	9	2	7	29(0)	85(2)
	c) Hepatitis C	13	20	5	54(0)	188(6)
	d) Other Hepatitis	0	0	0	0	0
29.	PERTUSSIS	0	0	0	0	3
30.	YELLOW FEVER	0	0	0	0	0
31.	ZIKA	0	0	NA	0	0
32.	COVID-19	5390	110	881	128390 (570)	1217(21)
33.	COVID 19 VARIANT XBB	-	0	-	-	*340

\*Notes: ( ) is a cumulative death; resource: e-Notifikasi, e-Dengue, MyTb, NAR Covid19 variant XBB Data dari Tahun 2022

## NOTIFIABLE COMMUNICABLE DISEASES FOR EW12 BY DISTRICT

NO.	DISEASE	JB	KJ	MR	TG	BP	KG	SG	PN	KT	MG	JOHOR
1.	AVIAN INFLUENZA	0	0	0	0	0	0	0	0	0	0	0
2.	CHANCROID	0	0	0	0	0	0	0	0	0	0	0
3.	CHOLERA	0	0	0	0	0	0	0	0	0	0	0
4.	DENGUE FEVER	111	18	2	0	6	4	3	2	2	1	149
5.	CHIKUNGUNYA	2	0	0	0	0	0	0	0	0	0	2
6.	DIPHTHERIA	0	0	0	0	0	0	0	0	0	0	0
7.	DYSENTERY (All types)	0	0	0	0	0	0	0	0	0	0	0
8.	EBOLA	0	0	0	0	0	0	0	0	0	0	0
9.	FOOD POISONING	0	0	0	0	0	2	0	0	0	0	2
10.	GONOCOCCAL INFECTION (All forms)	4	0	0	0	1	0	0	0	0	0	5
11.	HAND, FOOT & MOUTH DISEASE (HFMD)	22	1	0	12	0	3	12	0	2	0	52
12.	HIV INFECTION (All forms)	9	0	0	0	3	1	2	1	0	0	16
13.	LEPROSY	0	0	0	0	0	0	0	0	0	0	0
14.	LEPTOSPIROSIS	1	1	0	0	0	1	6	0	0	0	9
15.	MALARIA	0	0	0	0	1	0	0	0	0	0	1
16.	MEASLES	0	0	0	0	0	0	0	0	1	0	1
17.	MERSCoV	0	0	0	0	0	0	0	0	0	0	0
18.	PLAGUE	0	0	0	0	0	0	0	0	0	0	0
19.	ACUTE POLIOMYELITIS	0	0	0	0	0	0	0	0	0	0	0
20.	RABIES	0	0	0	0	0	0	0	0	0	0	0
21.	RELAPSING FEVER	0	0	0	0	0	0	0	0	0	0	0
22.	SYPHILIS (All forms)	10	0	0	0	1	0	2	2	0	0	15
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0	0	0	0	0	0	0
24.	TUBERCULOSIS (All forms)	3	3	2	2	15	3	4	1	0	1	34
25.	TYPHOID & PARATYPHOID FEVER	0	0	0	0	0	0	0	0	0	0	0
26.	TYPHUS & OTHER RICKETTSIOSES	1	0	0	0	0	0	0	0	0	0	1
27.	VIRAL ENCEPHALITIS	0	0	0	0	0	0	0	0	0	0	0
28.	VIRAL HEPATITIS											
	a) Hepatitis A	0	0	0	0	0	0	0	0	0	0	0
	b) Hepatitis B	0	0	0	0	0	0	2	0	0	0	2
	c) Hepatitis C	12	0	0	1	1	1	2	0	3	0	20
	d) Other Hepatitis	0	0	0	0	0	0	0	0	0	0	0
29.	PERTUSSIS	0	0	0	0	0	0	0	0	0	0	0
30.	YELLOW FEVER	0	0	0	0	0	0	0	0	0	0	0
31.	ZIKA	0	0	0	0	0	0	0	0	0	0	0
32.	COVID-19	75	7	3	0	10	9	0	2	4	0	110
33.	*COVID 19 VARIANT XBB	0	0	0	0	0	0	0	0	0	0	0

\*Notes: Covid19 variant XBB Data dari Tahun 2022

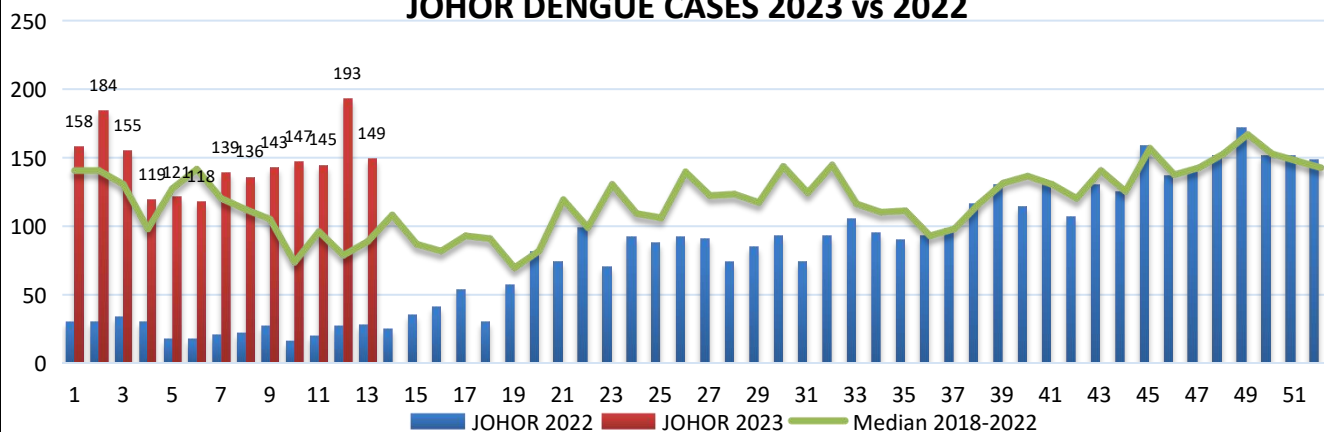
## CUMULATIVE NOTIFIABLE COMMUNICABLE DISEASES UNTIL EW12

NO.	DISEASE	JB	KJ	MR	TG	BP	KG	SG	PN	KT	MG	JOHOR
1.	AVIAN INFLUENZA	0	0	0	0	0	0	0	0	0	0	0
2.	CHANCROID	0	0	0	0	0	0	0	0	0	0	0
3.	CHOLERA	0	0	0	0	0	0	0	0	0	0	0
4.	DENGUE FEVER	1384	172	34	42	89	73	46	24	33	10	1907
5.	CHIKUNGUNYA	6	0	0	0	0	0	0	0	0	0	6
6.	DIPHTHERIA	0	0	0	0	0	0	0	0	0	0	0
7.	DYSENTERY (All types)	0	0	1	0	1	1	0	0	0	0	3
8.	EBOLA	0	0	0	0	0	0	0	0	0	0	0
9.	FOOD POISONING	127	0	0	83	67	2	0	0	22	0	301
10.	GONOCOCCAL INFECTION (All forms)	28	7	3	1	12	6	4	2	1	1	65
11.	HAND, FOOT & MOUTH DISEASE (HFMD)	244	17	7	45	26	43	32	39	64	1	518
12.	HIV INFECTION (All forms)	122	13	6	8	19	22	17	5	12	8	232
13.	LEPROSY	0	0	0	0	1	0	0	1	1	0	3
14.	LEPTOSPIROSIS	21	10	5	1	1	3	24	24	14	2	105
15.	MALARIA	3	2	0	0	2	0	1	0	0	0	8
16.	MEASLES	1	0	1	0	0	1	0	1	1	0	5
17.	MERSCoV	0	0	0	0	0	0	0	0	0	0	0
18.	PLAGUE	0	0	0	0	0	0	0	0	0	0	0
19.	ACUTE POLIOMYELITIS	0	0	0	0	0	0	0	0	0	0	0
20.	RABIES	0	0	0	0	0	0	0	0	0	0	0
21.	RELAPSING FEVER	0	0	0	0	0	0	0	0	0	0	0
22.	SYPHILIS (All forms)	67	8	3	2	14	5	8	7	6	5	125
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0	0	0	0	0	0	0
24.	TUBERCULOSIS (All forms)	260	43	28	16	52	34	17	13	31	8	502
25.	TYPHOID & PARATYPHOID FEVER	0	1	0	0	0	0	0	0	0	0	1
26.	TYPHUS & OTHER RICKETTSIOSSES	1	0	0	0	0	0	0	0	0	0	1
27.	VIRAL ENCEPHALITIS	1	0	0	0	0	0	0	0	0	0	1
28.	VIRAL HEPATITIS											
	a) Hepatitis A	0	0	0	0	1	0	0	0	0	0	1
	b) Hepatitis B	20	8	10	5	16	5	12	1	2	6	85
	c) Hepatitis C	35	13	9	34	8	28	13	11	36	1	188
	d) Other Hepatitis	0	0	0	0	0	0	0	0	0	0	0
29.	PERTUSSIS	1	0	0	2	0	0	0	0	0	0	3
30.	YELLOW FEVER	0	0	0	0	0	0	0	0	0	0	0
31.	ZIKA	0	0	0	0	0	0	0	0	0	0	0
32.	COVID-19	893	43	27	9	84	67	10	27	51	6	1217
33.	*COVID 19 VARIANT XBB	197	28	32	14	18	20	1	11	19	0	340

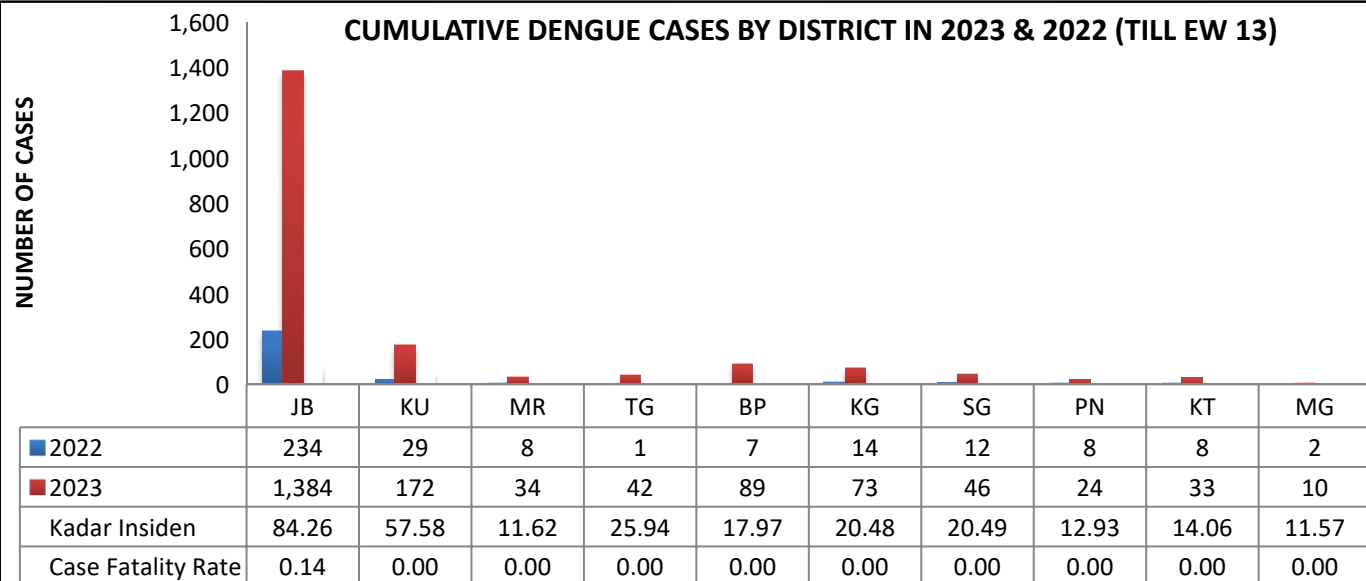
\*Notes: Covid19 variant XBB Data dari Tahun 2022

# DENGUE TREND AND OUTBREAK

## JOHOR DENGUE CASES 2023 vs 2022



## CUMULATIVE DENGUE CASES BY DISTRICT IN 2023 & 2022 (TILL EW 13)



## CUMULATIVE VECTOR BORNE DISEASE IN JOHOR EW 13/2023

DISEASE	JB	KU	MR	TGK	BP	KLK	SGT	PTN	KT	MSG	JOH
MALARIA	3	2	0	0	2	0	1	0	0	0	8
DENGUE	1,384	172	34	42	89	73	46	24	33	10	1,907
FILARIASIS	0	0	0	0	0	1	0	0	0	5	6
CHIKUNGUNYA	6	0	0	0	0	0	0	0	0	0	6
J.E	0	0	0	0	0	0	0	0	0	0	0
TYPHUS	1	0	0	0	0	0	0	0	0	0	1
YELLOW FEVER	0	0	0	0	0	0	0	0	0	0	0
PLAGUE	0	0	0	0	0	0	0	0	0	0	0
ZIKA	0	0	0	0	0	0	0	0	0	0	0

EW 13 : Denggi (149 kes), Malaria (1 kes), Filariasis (0 kes), Chikun (2 kes)

# LABORATORY SURVEILLANCE

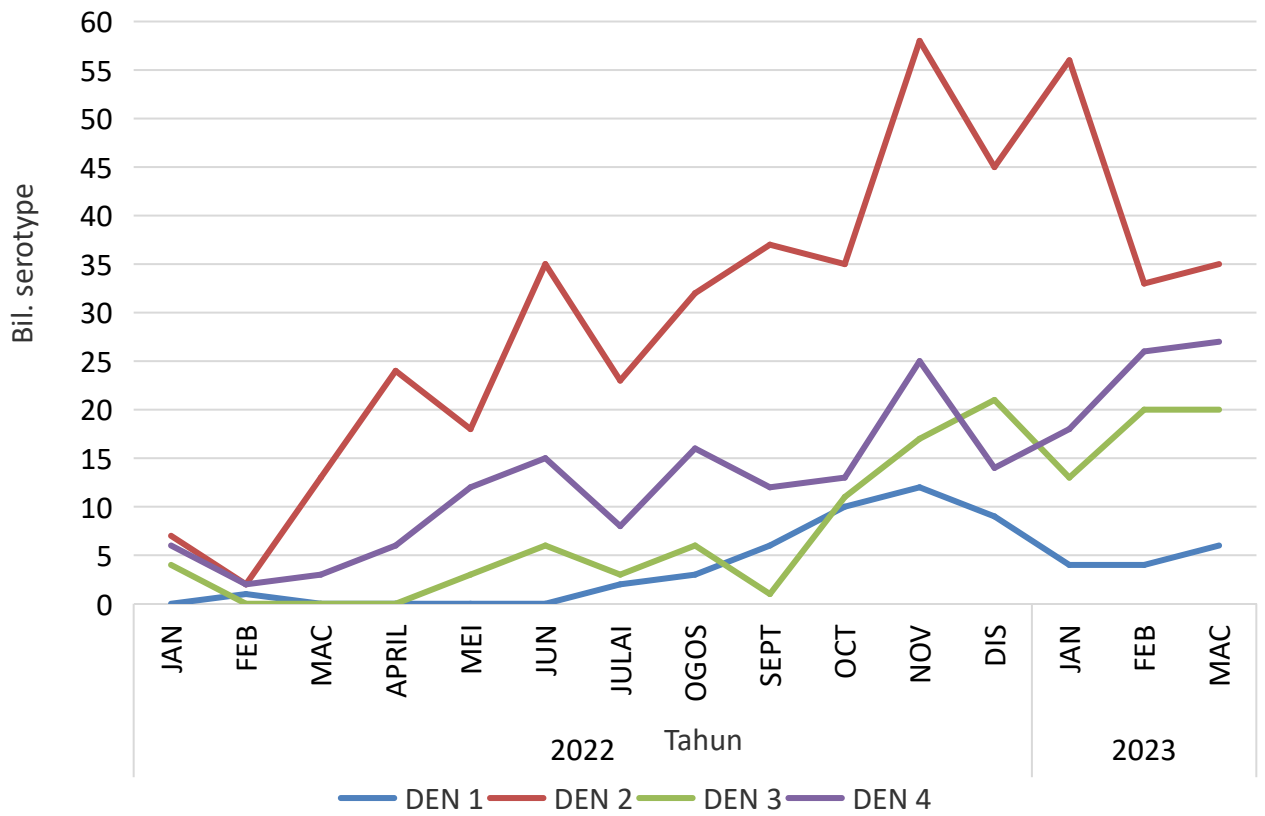
## Dengue Virus Serotype Surveillance (DVSS) in Johor 2023 (Epid Week 13)

SENTINEL AREA	TARGET SAMPLE (WEEKLY)	TOTAL RECEIVED	qPCR DENGUE SEROTYPE RESULT						
			DEN 1	DEN 2	DEN 3	DEN 4	Mix DEN	ND*	PENDING
H. ENCHE BESAR HAJJAH KALSOM KLUANG	5	0	0	0	0	0	0	0	0
H. KOTA TINGGI	5	0	0	0	0	0	0	0	0
H. PAKAR SULTANAH FATIMAH	5	0	0	0	0	0	0	0	0
H. SEGAMAT	5	0	0	0	0	0	0	0	0
H. SULTAN ISMAIL	5	2	0	1	0	0	0	1	0
H. SULTANAH AMINAH	5	0	0	0	0	0	0	0	0
H. SULTANAH NORA ISMAIL	5	0	0	0	0	0	0	0	0
H. TEMENGGUNG SERI MAHARAJA TUN IBRAHIM	5	4	0	1	0	3	0	0	0
KK MAHMOODIAH	5	4	0	0	3	1	0	0	0
KK PASIR GUDANG	5	5	0	0	1	0	0	4	0
KK SULTAN ISMAIL	5	0	0	0	0	0	0	0	0
<b>TOTAL</b>	<b>55</b>	<b>15</b>	<b>0</b>	<b>2</b>	<b>4</b>	<b>4</b>	<b>0</b>	<b>5</b>	<b>0</b>
<b>TOTAL DENGUE SEROTYPE POSITIVE</b>	-	-	<b>10</b>				-	-	

## Dengue Virus Serotype Surveillance (DVSS) in Johor 2023 (cumulative data until Epid Week 13)

SENTINEL AREA	TARGET SAMPLE (UNTIL EW 13)	TOTAL RECEIVED	qPCR DENGUE SEROTYPE RESULT						
			DEN 1	DEN 2	DEN 3	DEN 4	Mix DEN	ND*	PENDING
H. ENCHE BESAR HAJJAH KALSOM KLUANG	65	10	0	2	1	2	0	5	0
H. KOTA TINGGI	65	29	1	16	2	5	0	5	0
H. PAKAR SULTANAH FATIMAH	65	22	2	4	3	10	0	3	0
H. SEGAMAT	65	4	0	1	0	3	0	0	0
H. SULTAN ISMAIL	65	53	1	14	8	12	0	18	0
H. SULTANAH AMINAH	65	60	3	16	7	9	0	25	0
H. SULTANAH NORA ISMAIL	65	23	3	11	4	2	0	3	0
H. TEMENGGUNG SERI MAHARAJA TUN IBRAHIM	65	59	1	37	4	9	0	8	0
KK MAHMOODIAH	65	41	0	13	11	6	0	11	0
KK PASIR GUDANG	65	44	2	8	9	10	0	15	0
KK SULTAN ISMAIL	65	14	1	2	4	3	0	4	0
<b>TOTAL</b>	<b>715</b>	<b>359</b>	<b>14</b>	<b>124</b>	<b>53</b>	<b>71</b>	<b>0</b>	<b>97</b>	<b>0</b>
<b>Percentage (%)</b>	-	-	<b>3.9%</b>	<b>34.5%</b>	<b>14.8%</b>	<b>19.8%</b>	<b>0</b>	<b>27.0%</b>	<b>0</b>
<b>Total Dengue Serotype Positive</b>	-	-	<b>262</b>				-	-	

### DENGUE SEROTYPE IN JOHOR 2022 - 2023 (WK 13/2023)



## CASE LIST OF HIV & AIDS (NAR) AND CHANCROID, GONORRHOEA, SYPHILIS & HEPATITIS C (E-NOTIFICATION) BY DISTRICT, JOHOR STATES FOR W01-W13 YEAR 2022 & YEAR 2023

DISTRICT OF	HIV	KHIV	HIV	KHIV	AIDS	K AIDS	AIDS	KAIDS	CHANCROID		GONORRHOEA		SYPHILIS		HEPATITIS C	
	W01-W13 2022	W01-W13 2022	W01-W13 2023	W01-W13 2023	W01-W13 2022	W01-W13 2022	W01-W13 2023	W01-W13 2023	W01-W13 2022	W01-W13 2022	W01-W13 2023	W01-W13 2023	W01-W13 2022	W01-W13 2022	W01-W13 2023	W01-W13 2023
JB	60	0	75	4	39	1	38	5	0	0	13	28	62	63	26	29
MR	8	0	4	0	2	1	2	0	0	0	1	3	0	4	4	9
BP	14	0	8	0	6	3	9	2	0	0	4	12	8	10	10	8
KLG	10	0	14	1	4	0	4	3	0	0	0	6	5	5	32	27
SGT	5	0	8	0	1	0	5	4	0	0	0	4	3	8	8	11
PTN	3	0	4	0	2	1	1	0	0	0	1	2	1	5	4	11
KT	4	0	8	0	0	2	3	1	0	0	1	1	1	5	4	18
MSG	0	0	5	0	1	0	2	1	0	0	0	1	0	4	2	1
TGK	4	2	3	0	1	1	4	1	0	0	1	1	0	2	7	18
KUL	3	0	8	0	2	0	5	0	0	0	1	6	2	8	3	8
JHR	111	2	137	5	58	9	73	17	0	0	22	64	82	114	100	140

## NEW HIV RISK FACTORS BY DISTRICT, JOHOR STATES FOR EPID WEEK W01-W13 YEAR 2022 AND YEAR 2023

RISK FACTORS	HOMO/BISEKSUAL		HETEROSEXUAL		INTRAVENOUS DRUG USE (INVIDU)		VERTICAL		UNDETERMINE		NEEDLE STICK INJURY		BLANK		TOTAL	
	W01-W13 2022	W01-W13 2023	W01-W13 2022	W01-W13 2023	W01-W13 2022	W01-W13 2023	W01-W13 2022	W01-W13 2023	W01-W13 2022	W01-W13 2023	W01-W13 2022	W01-W13 2023	W01-W13 2022	W01-W13 2023	W01-W13 2022	W01-W13 2023
JB	42	38	16	30	0	3	0	0	2	0	0	0	0	4	60	75
MR	6	4	2	0	0	0	0	0	0	0	0	0	0	0	8	4
BP	4	6	8	1	1	0	0	0	1	0	0	0	0	1	14	8
KLG	4	5	6	7	0	2	0	0	0	0	0	0	0	0	10	14
SGT	4	5	1	3	0	0	0	0	0	0	0	0	0	0	5	8
PTN	1	2	2	1	0	1	0	0	0	0	0	0	0	0	3	4
KT	2	4	2	3	0	1	0	0	0	0	0	0	0	0	4	8
MSG	0	2	0	3	0	0	0	0	0	0	0	0	0	0	0	5
TGK	3	3	1	0	0	0	0	0	0	0	0	0	0	0	4	3
KUL	2	5	1	3	0	0	0	0	0	0	0	0	0	0	3	8
JHR	68	74	39	51	1	7	0	0	3	0	0	0	0	5	111	137
%	61.3	54.0	35.1	37.2	0.9	5.1	0.0	0.0	2.7	0.0	0.0	0.0	0.0	3.6	100.0	100.0



## HASIL RAWATAN KES TIBI WARGANEGARA ( ME 1-13 2023, N= 341)



SASARAN KADAR SUKSES :  $\geq 90\%$

DAERAH	MASIH DALAM RAWATAN	TERHENTI RAWATAN	MATI BELUM DIAUDIT	RR/ MDR/ XDR	KADAR SUKSES (%)
BATU PAHAT	3	0	1	0	83.3
JOHOR BAHRU	7	5	3	4	87.1
KLUANG	1	3	1	0	72.7
KOTA TINGGI	0	0	0	0	95.0
KULAI	0	2	0	0	71.4
TANGKAK	1	0	0	0	85.7
MERSING	0	0	0	0	100.0
MUAR	1	0	0	0	96.3
PONTIAN	0	0	1	0	86.7
SEGAMAT	0	0	1	0	92.9
JOHOR	13	10	7	4	85.9



### PENCAPAIAN PEMERIKSAAN KONTAK BAGI KOHOT JAN-MAC 2023 (SASARAN 1: 10)

BP	JB	KG	KT	KU	MG	MR	PN	SG	TG	JOHOR
1:3	1:2	1:3	1:3	1:2	1:3	1:6	1:3	1:3	1:5	1:3

DATA SEHINGGA ME 13 (01/04/2023) MUAT TURUN PADA (02/04/2023)

JABATAN KESIHATAN NEGERI JOHOR



# DISEASES OUTBREAK

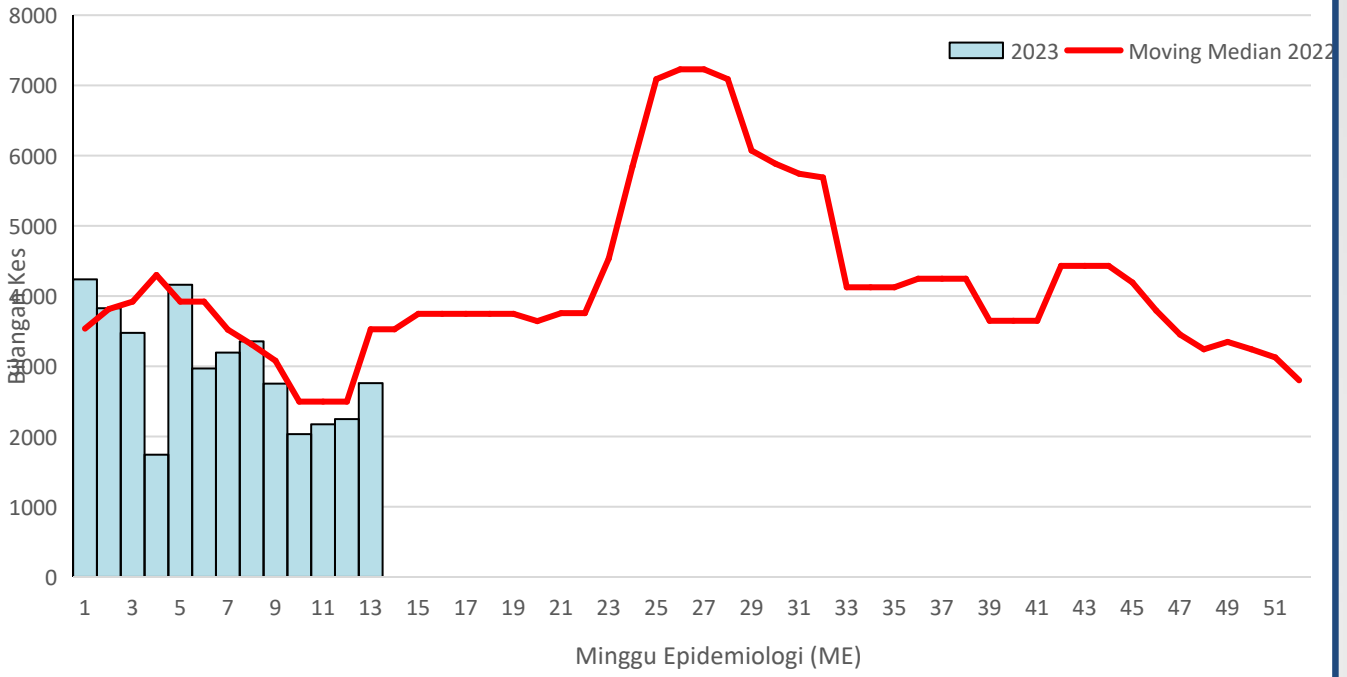
## CLUSTER / OUTBREAK BY DISTRICT ON EW 13/2023

NO.	DISTRICT	LOCALITY	DISEASE/EVENT
1	KLUANG	JALAN SIN TIAM, CHAMEK	FOOD POISONING
2	SEGAMAT	TADIKA AUNAH	HFMD
3	JOHOR BAHRU	TADIKA ALFA IDEALISIK	HFMD
4	KULAI	TASKA RAMA-RAMA	CHICKEN POX

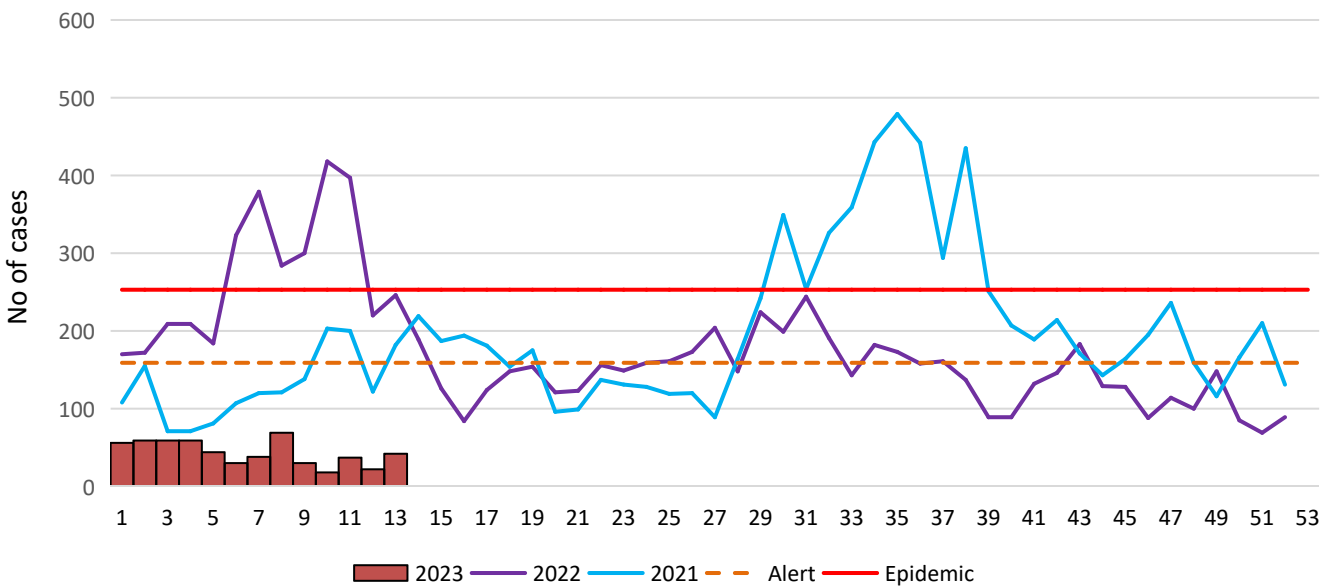
## CUMULATIVE CLUSTER / OUTBREAK BY DISTRICT EW 13/ 2023

NO.	DISEASES	JB	KJ	MR	TG	BP	KG	SG	PN	KT	MG	JOHOR
1.	FOOD POISONING	2	0	0	3	4	1	0	0	1	0	<b>11</b>
2.	DIPHTHERIA	0	0	0	0	0	0	0	0	0	0	<b>0</b>
3.	CHICKEN POX	4	1	1	0	1	1	0	0	0	0	<b>8</b>
4.	HFMD	12	0	0	1	0	3	1	0	0	0	<b>17</b>
5.	LEPTOSPIROSIS	0	0	0	0	0	0	0	0	0	0	<b>0</b>
6.	SCABIES	1	0	0	0	0	0	0	0	0	0	<b>1</b>
7.	AGE	1	0	0	0	1	0	0	0	0	0	<b>2</b>
8.	MUMPS	0	0	0	0	0	0	0	0	0	0	<b>0</b>
9.	MEASLES	0	0	0	0	0	0	0	0	0	0	<b>0</b>
10	ILI	0	0	0	0	0	0	0	0	0	0	<b>0</b>
11.	TUBERCULOSIS	0	0	0	0	0	0	0	0	0	0	<b>0</b>
12.	INFLUENZA	3	1	0	0	0	0	0	0	0	0	<b>4</b>
13.	CONJUNCTIVITIS	1	0	0	1	0	2	0	0	1	0	<b>5</b>
14.	URTI	0	0	0	0	0	0	0	0	0	0	<b>0</b>
15.	TYPHIOD	0	0	0	0	0	0	0	0	0	0	<b>0</b>
16.	DENGUE	201	14	1	0	7	3	0	0	0	0	<b>226</b>
17.	CHIKUGUNYA	1	0	0	0	0	0	0	0	0	0	<b>1</b>
18.	ROTAVIRUS	0	0	0	0	0	0	0	0	0	0	<b>0</b>

**SURVELAN ILI DI KLINIK KESIHATAN NEGERI JOHOR TAHUN 2023**



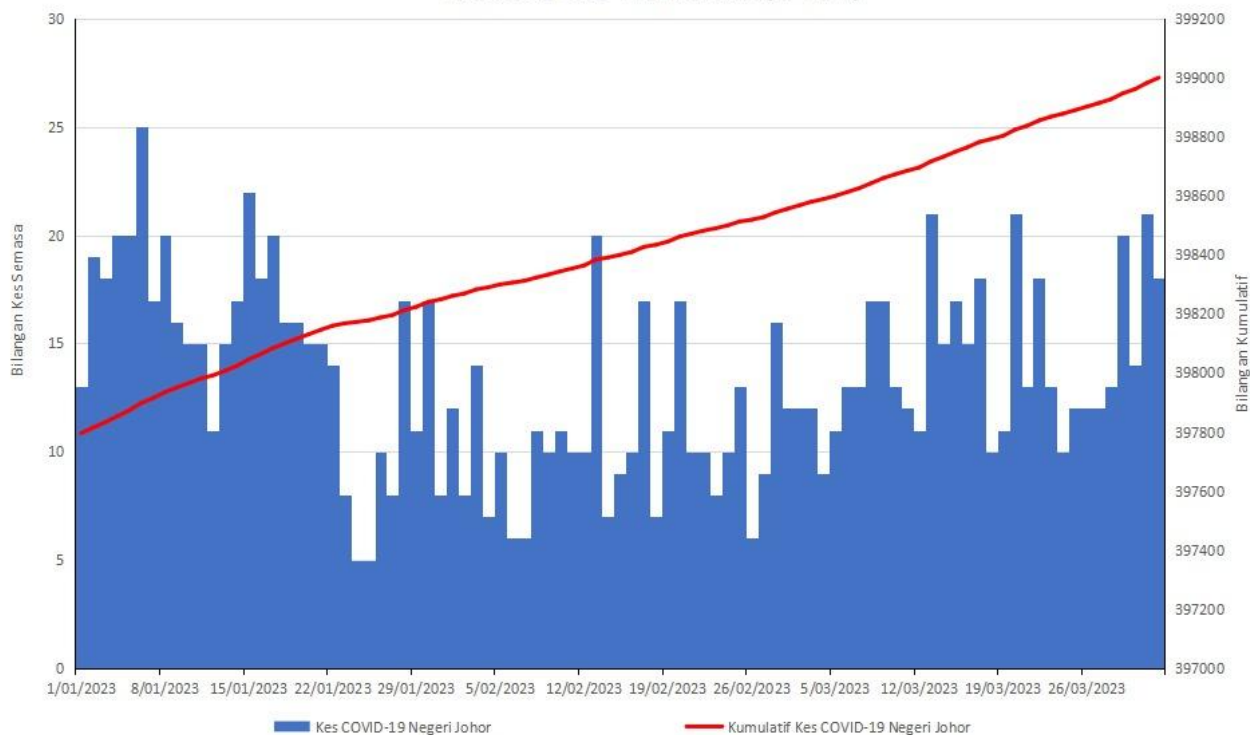
**SENTINAL SURVEILLANCE OF sARI IN HOSPITAL SULTANAH AMINAH JOHOR BAHRU 2021-2023**

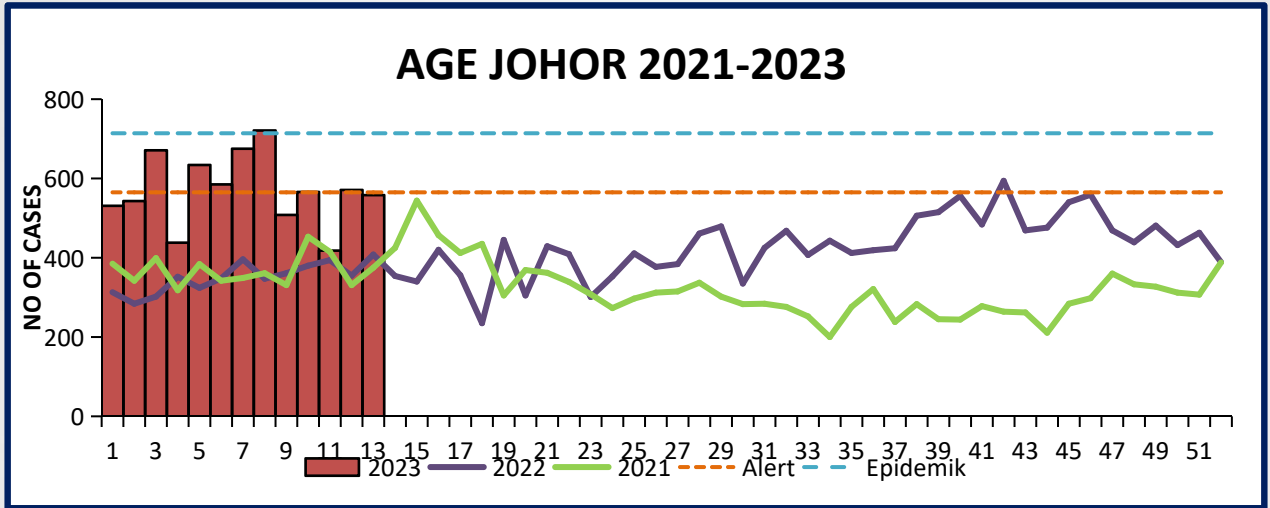


# DOG BITE & COVID 19 SURVEILLANCE

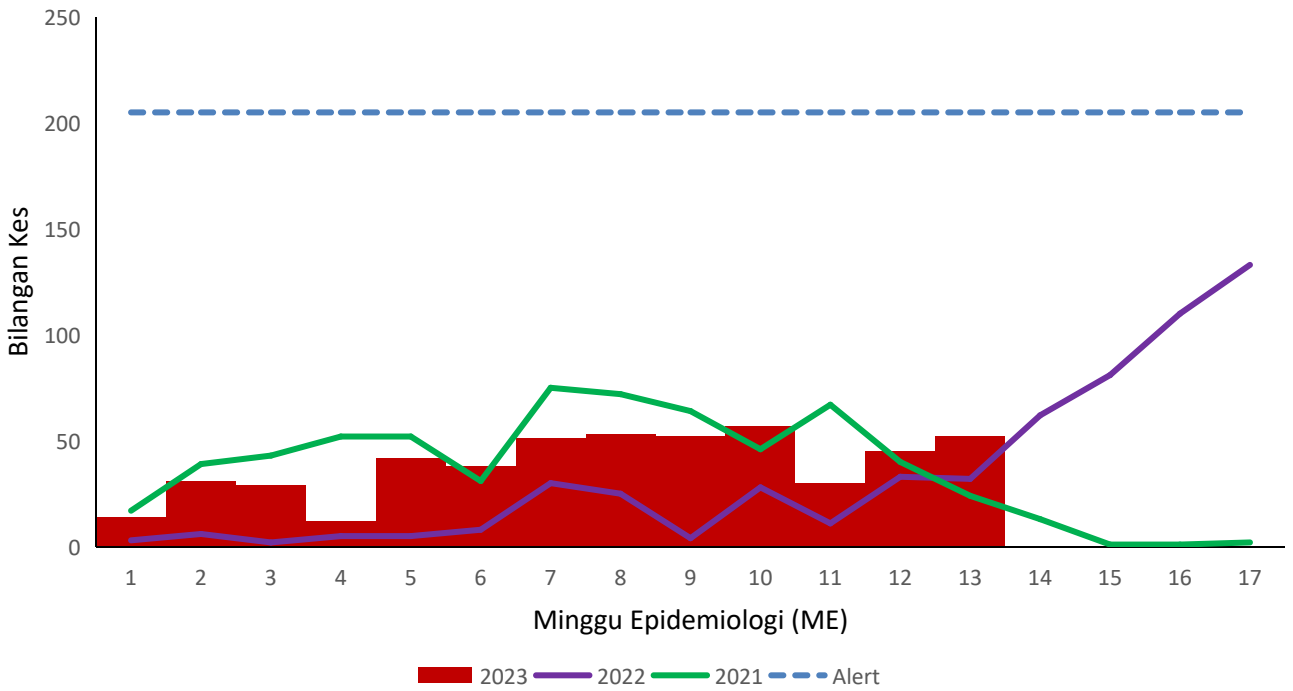
NO.	DOG BITE SURVEILLANCE	MAC 2022	MAC 2023	CUMULATIVE UNTIL MAC 2022	CUMULATIVE UNTIL MAC 2023
1.	No. of cases reported	3	8	13	31
2.	No. of cases received outpatient treatment	3	8	13	30
3.	No. of cases received rabiest vaccine outpatient	0	0	0	1
4.	No. of cases on Rabies follow-up (PEP)	0	0	0	1
5.	No. of cases completed follow-up (PEP)	0	0	0	1
6.	No. of cases admitted	0	0	0	1
7.	No. of sample taken for Rabies test	0	0	0	0
8.	No. of case positive Rabies	0	0	0	0
9.	No. of bite died of Rabies	0	0	0	0
10.	No. of dog involved in bite cases	3	7	11	26

KES COVID-19 NEGERI JOHOR MENGIKUT TARIKH LAPORAN DARI  
1 JANUARI 2023 - 1 APRIL 2023 (N=1217)

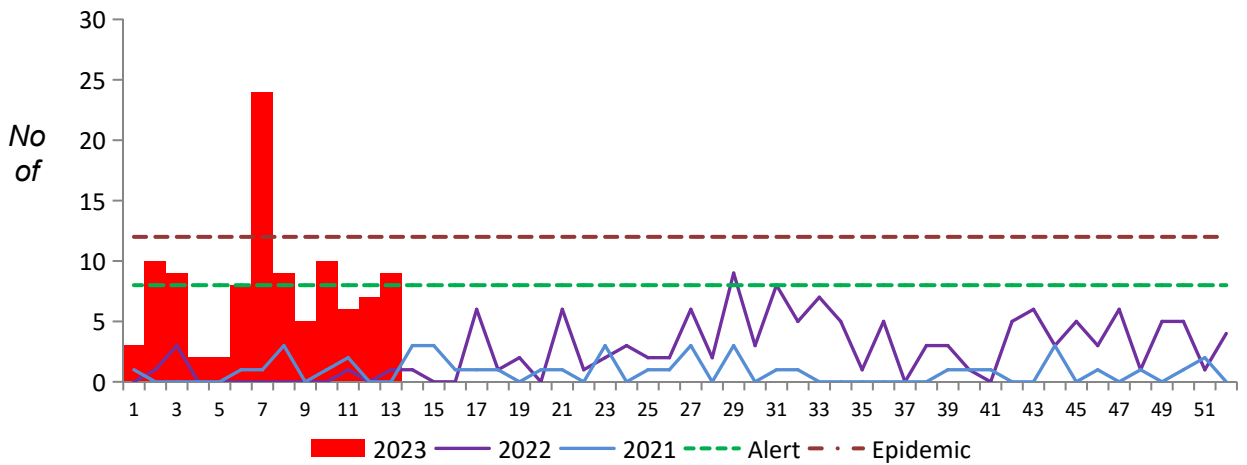




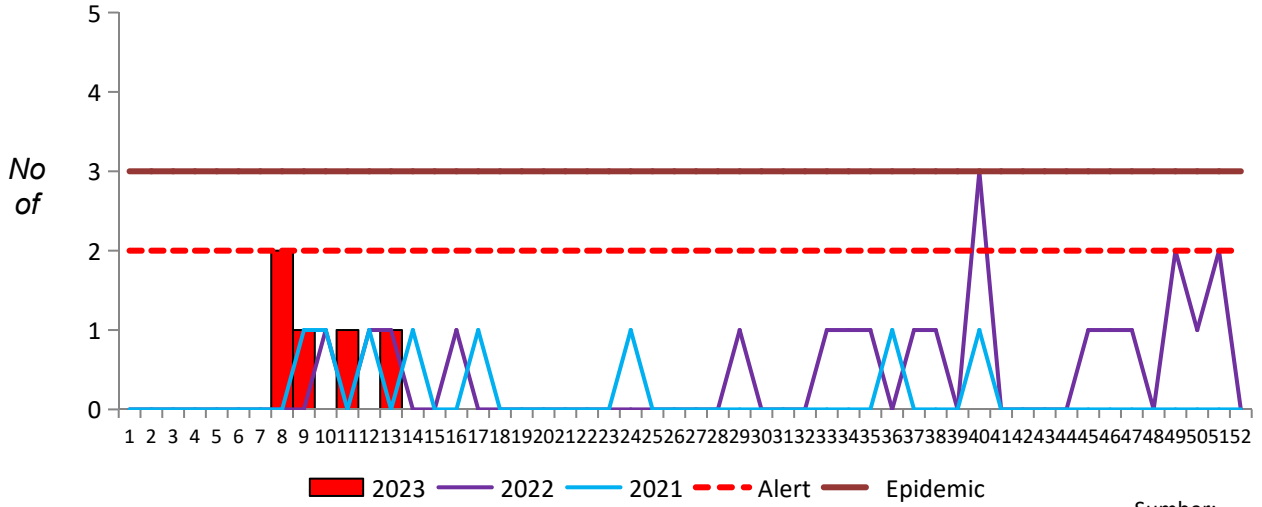
### HFMD JOHOR 2021-2023



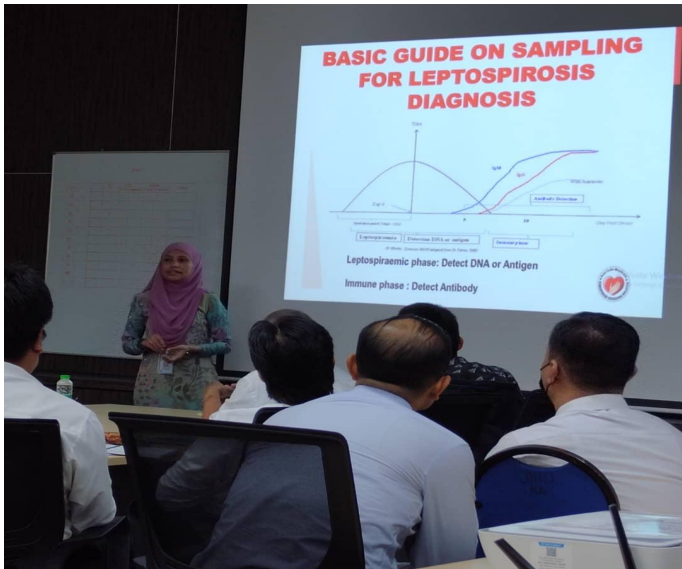
### LEPTOSPIROSIS JOHOR



MEASLES (LAB CONFIRMED/CLINICAL/EPID)



Sumber:







KEMENTERIAN KESIHATAN MALAYSIA

# IKAN BUNTAL SELAMAT ATAU TIDAK?

**Racun tetrodotoxin yang menyerang saraf :**



Terdapat di dalam telur (*ovaries*), hempedu, hati, usus dan kulit ikan buntal



Boleh mencemari ikan buntal sekiranya semasa proses menyang ikan, bahagian-bahagian tersebut terluka/terpotong



Racun boleh menyebabkan kelumpuhan otot-otot penting seperti otot-otot pernafasan yang boleh membawa maut

**JANGAN MAKAN JIKA  
ANDA TIDAK YAKIN  
IA SELAMAT !!!**



UKK  
KKM

MALAYSIA  
MADANI



KEMENTERIAN KESIHATAN MALAYSIA

## KENAPA PENJAGAAN **TAHAP KOLESTEROL** PENTING



### **Kolesterol Jahat**

Cenderung melekat di dinding salur darah dan membentuk plak yang mengakibatkan penyempitan/penyumbatan



### **Kolesterol Baik**

Mencegah pembentukan Plak. Membawa kolesterol jahat ke hati untuk di musnahkan

Paras **kolesterol** tinggi meningkatkan risiko tekanan darah tinggi, serangan jantung dan strok

#### Apakah gejala paras kolesterol tinggi?

- Kebiasaannya ia tidak memberi sebarang gejala, tetapi **paras kolesterol** boleh diketahui melalui ujian darah

#### Siapakah yang berisiko?

- Individu dengan sejarah keluarga yang ada serangan jantung
- Individu yang ada diabetes
- Individu yang berlebihan berat badan atau obes
- Gaya hidup tidak sihat: pengambilan makanan tinggi lemak tepu atau lemak trans dan tidak aktif (sedentari)



**JOM SARING!**

**LAKUKAN UJIAN KOLESTEROL**



### Acronym

AGE: Acute gastroenteritis infection	KPPK: Ketua Penolong Pengarah Kanan
AIDS: Acquired immune deficiency syndrome	KT: Kota Tinggi
BP: Batu Pahat	MG: Mersing
CDC: Communicable Disease Control	MR: Muar
EW: Epidemiological Week	PN: Pontian
HIV: Human immunodeficiency virus	PUI: Person under investigation
ILI: Influenza like illness	SARI: Severe acute respiratory illness
JB: Johor Bahru	SG: Segamat
KG: Kluang	TG: Tangkak
KK: Klinik Kesihatan	

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