



NOTIFIABLE COMMUNICABLE DISEASES FOR CURRENT WEEK

NO.	DISEASE	EW 21/2022	EW 21/2023	MEDIAN	CUMULATIVE 2022 UNTIL EW21	CUMULATIVE 2023 UNTIL EW21
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	75	255	119	723(1)	3,395(6)
5.	CHIKUNGUNYA	0	0	0	2(0)	7(0)
6.	DIPHTHERIA	0	0	0	0	2(1)
7.	DYSENTERY (all type)	0	0	0	0	3
8.	EBOLA	0	0	0	0	0
9.1	FOOD POISONING (episode)	0	3	0	7	18
9.2	FOOD POISONING (case)	0	60	0	474(0)	621(1)
10.	GONOCOCCAL INFECTION (all forms)	0	16	6	29	114
11.	HAND,FOOT&MOUTH DISEASE (HFMD)	1503	243	54	3743	1348
12.	HIV INFECTION	23	16	-	302(24)	353(28)
13.	LEPROSY	0	0	1	1	6
14.	LEPTOSPIROSIS	6	3	5	23(0)	124(3)
15.	MALARIA	3	0	0	18	17
16.	MEASLES	2	1	0	4	11
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)	5	19	10	119	235
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0
24.	TUBERCULOSIS	33	51	33	741(83)	779(30)
25.	TYPHOID & PARATYPHOID FEVER	0	0	0	0	2
26.	TYPHUS & OTHER RICKETTSIOSIS	0	0	0	0	1
27.	VIRAL ENCEPHALITIS	0	0	0	0	3
28.	VIRAL HEPATITIS	26	87	-	130	567
	a) Hepatitis A	0	0	0	0	1(1)
	b) Hepatitis B	3	1	1	45(1)	119(2)
	c) Hepatitis C	12	15	1	136(0)	490(10)
	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	420	137	706	138854 (645)	2565(47)
33.	COVID 19 VARIANT XBB	-	27	-	-	*411

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

NOTIFIABLE COMMUNICABLE DISEASES FOR EW21 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	190	28	6	4	9	8	4	1	4	1	255
5.	CHIKUNGUNYA	0	0	0	0	0	0	0	0	0	0	0
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	11	0	0	44	0	0	5	0	60
10.	GONOCOCCAL INFECTION (All forms)	13	0	0	0	2	1	0	0	0	0	16
11.	HAND, FOOT & MOUTH DISEASE (HFMD)	70	27	20	34	38	15	16	0	23	0	243
12.	HIV INFECTION (All forms)	16	0	0	0	0	0	0	0	0	0	16
13.	LEPROSY	0	0	0	0	0	0	0	0	0	0	0
14.	LEPTOSPIROSIS	1	0	0	0	0	0	1	0	1	0	3
15.	MALARIA	0	0	0	0	0	0	0	0	0	0	0
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)	16	0	0	1	2	0	0	0	0	0	19
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0	0	0	0	0	0	0
24.	TUBERCULOSIS (All forms)	42	1	0	0	4	0	2	0	2	0	51
25.	TYPHOID & PARATYPHOID FEVER	0	0	0	0	0	0	0	0	0	0	0
26.	TYPHUS & OTHER RICKETTSIOSSES	0	0	0	0	0	0	0	0	0	0	0
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	1	0	0	0	0	0	0	0	1
	c) Hepatitis C	1	0	1	9	2	0	1	1	0	0	15
	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	60	26	5	0	7	16	1	10	12	0	137
33.	*COVID 19 VARIANT XBB	20	1	4	0	0	0	0	1	1	0	27

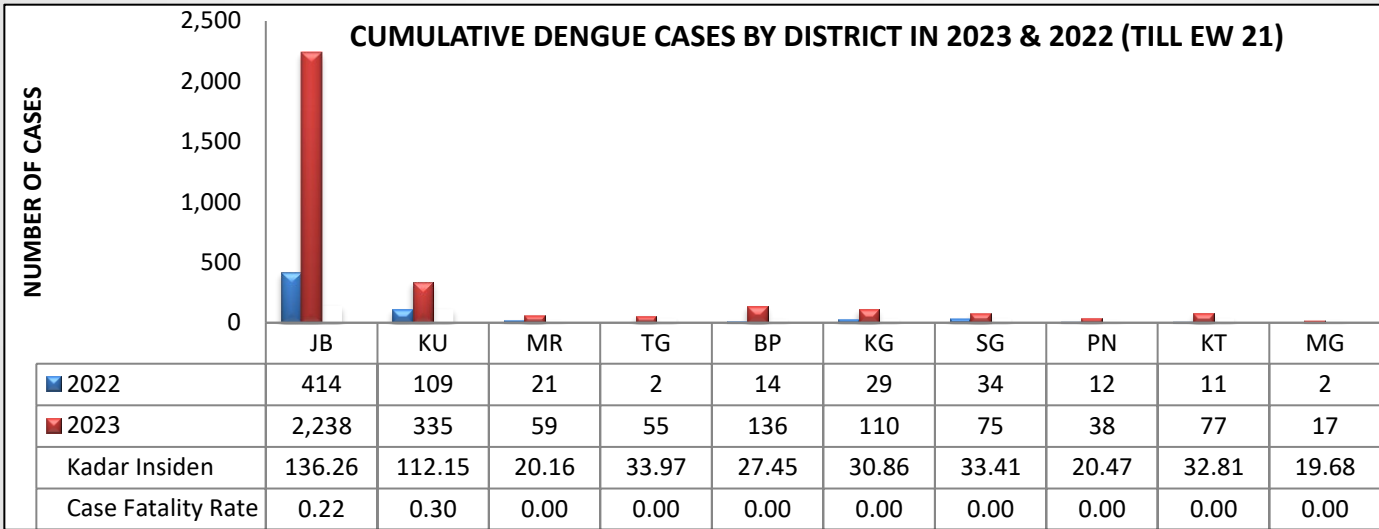
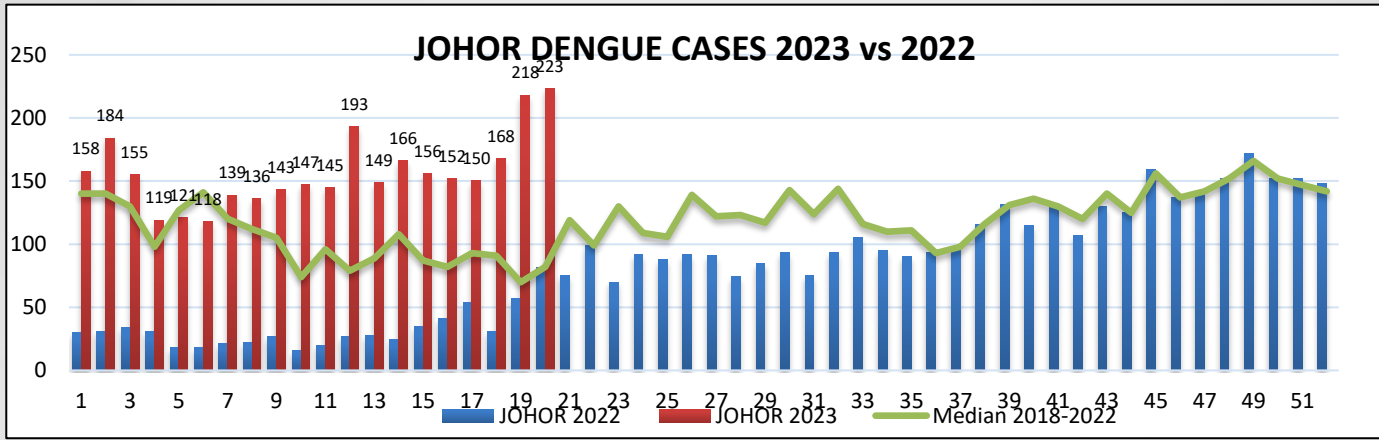
*Notes: Covid19 variant XBB Data dari Tahun 2022

CUMULATIVE NOTIFIABLE COMMUNICABLE DISEASES UNTIL EW21

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	2428	363	65	59	145	118	79	39	81	18	3395
5.	CHIKUNGUNYA	7	0	0	0	0	0	0	0	0	0	7
6.	DIPHTHERIA	2	0	0	0	0	0	0	0	0	0	2
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	150	0	11	83	82	90	82	0	123	0	621
10.	GONOCOCCAL INFECTION (All forms)	54	9	3	1	19	8	7	7	5	1	114
11.	HAND, FOOT & MOUTH DISEASE (HFMD)	496	89	54	167	117	116	105	62	140	2	1348
12.	HIV INFECTION (All forms)	198	15	12	9	32	28	23	8	16	12	353
13.	LEPROSY	0	0	0	0	1	0	0	4	1	0	6
14.	LEPTOSPIROSIS	22	11	8	2	3	4	29	24	19	2	124
15.	MALARIA	5	3	0	0	2	2	5	0	0	0	17
16.	MEASLES	3	1	1	0	0	1	0	1	2	2	11
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)	142	15	4	4	23	10	10	10	12	5	235
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0	0	0	0	0	0	0
24.	TUBERCULOSIS (All forms)	401	48	46	19	82	49	38	24	59	13	779
25.	TYPHOID & PARATYPHOID FEVER	0	1	1	0	0	0	0	0	0	0	2
26.	TYPHUS & OTHER RICKETTSIOSES	1	0	0	0	0	0	0	0	0	0	1
27.	VIRAL ENCEPHALITIS	2	1	0	0	0	0	0	0	0	0	3
28.	VIRAL HEPATITIS											
	a) Hepatitis A	0	0	0	0	1	0	0	0	0	0	1
	b) Hepatitis B	21	15	10	9	27	6	17	3	4	7	119
	c) Hepatitis C	274	16	16	47	16	37	22	13	46	3	490
	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	1497	227	78	17	164	279	21	99	173	10	2565
33.	*COVID 19 VARIANT XBB	234	34	43	14	24	24	2	14	22	0	411

*Notes: Covid19 variant XBB Data dari Tahun 2022

DENGUE TREND AND OUTBREAK



CUMULATIVE VECTOR BORNE DISEASE IN JOHOR EW 21/2023

DISEASE	JB	KU	MR	TGK	BP	KLK	SGT	PTN	KT	MSG	JOH
MALARIA	5	3	0	0	2	2	5	0	0	0	17
DENGUE	2,238	335	59	55	136	110	75	38	77	17	3,140
FILARIASIS	0	0	0	0	0	1	0	0	0	5	6
CHIKUNGUNYA	7	0	0	0	0	0	0	0	0	0	7
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 21 : Denggi (255 kes), Malaria (0 kes), Filariasis (0 kes), Chikun (0 kes)

LABORATORY SURVEILLANCE

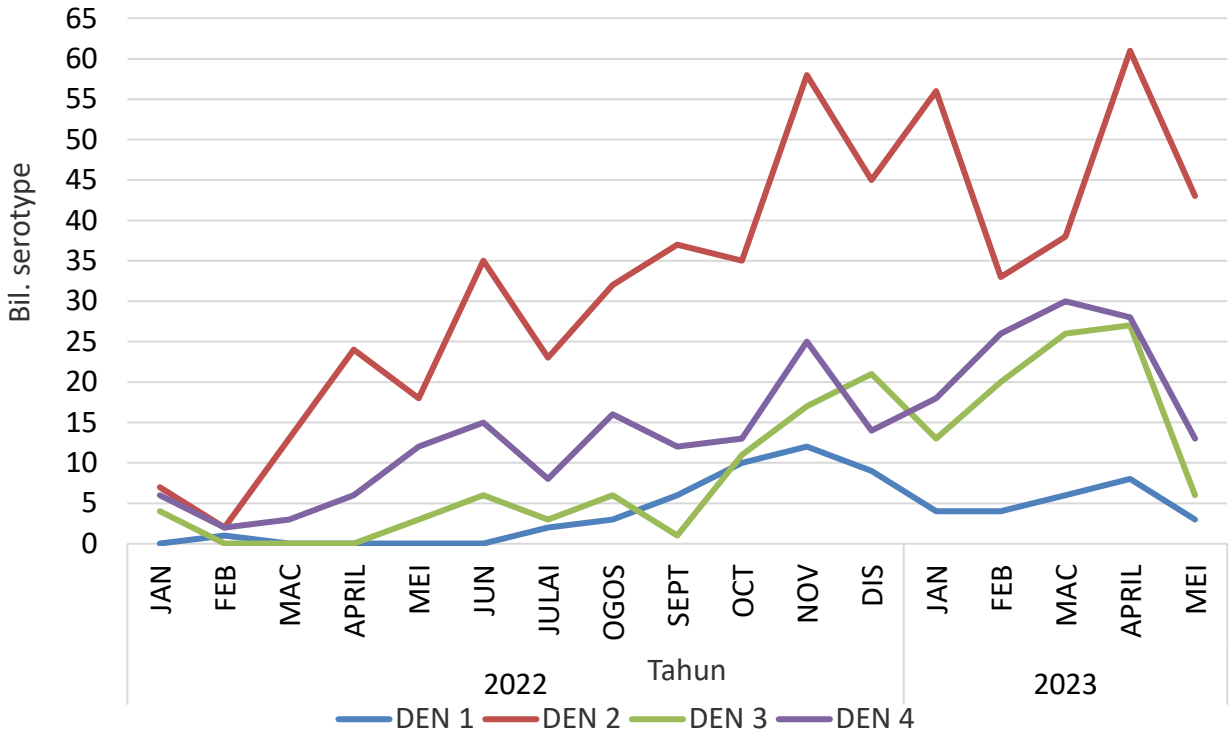
Dengue Virus Serotype Surveillance (DVSS) in Johor 2023 (Epid Week 21)

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	1	0	0	0	0	0	0	1	0
H. KOTA TINGGI	5	2	0	1	0	1	0	0	0	0
H. PAKAR SULTANAH FATIMAH	5	0	0	0	0	0	0	0	0	0
H. SEGAMAT	5	0	0	0	0	0	0	0	0	0
H. SULTAN ISMAIL	5	0	0	0	0	0	0	0	0	0
H. SULTANAH AMINAH	5	1	0	1	0	0	0	0	0	0
H. SULTANAH NORA ISMAIL	5	0	0	0	0	0	0	0	0	0
H. TEMENGGUNG SERI MAHARAJA TUN IBRAHIM	5	3	0	0	0	2	0	1	0	0
KK MAHMOODIAH	5	5	0	3	1	1	0	0	0	0
KK PASIR GUDANG	5	2	0	0	0	1	0	1	0	0
KK SULTAN ISMAIL	5	5	0	1	0	2	0	2	0	0
TOTAL	55	19	0	6	1	7	0	5	0	0
TOTAL DENGUE SEROTYPE POSITIVE	-	-	14				-	-	-	-

Dengue Virus Serotype Surveillance (DVSS) in Johor 2023 (Cumulative data until Epid Week 21)

SENTINEL AREA	TARGET SAMPLE (UNTIL EW 20)	TOTAL RECEIVED	qPCR DENGUE SEROTYPE RESULT						
			DEN 1	DEN 2	DEN 3	DEN 4	Mix DEN	ND*	PENDING
H. ENCHE BESAR HAJJAH KALSOM KLUANG	100	14	0	3	1	3	0	7	0
H. KOTA TINGGI	100	61	1	29	12	12	0	7	0
H. PAKAR SULTANAH FATIMAH	100	31	3	7	4	13	0	4	0
H. SEGAMAT	100	11	0	4	0	7	0	0	0
H. SULTAN ISMAIL	100	86	1	24	15	20	0	26	0
H. SULTANAH AMINAH	100	97	5	31	13	11	0	37	0
H. SULTANAH NORA ISMAIL	100	35	3	18	5	4	0	5	0
H. TEMENGGUNG SERI MAHARAJA TUN IBRAHIM	100	92	1	58	8	15	0	10	0
KK MAHMOODIAH	100	72	2	33	16	7	0	14	0
KK PASIR GUDANG	100	69	5	16	11	17	0	20	0
KK SULTAN ISMAIL	100	36	4	8	7	6	0	11	0
TOTAL	1100	604	25	231	92	115	0	141	0
Percentage (%)	-	-	4.1%	38.2%	15.2%	19.0%	0	23.3%	0
Total Dengue Serotype Positive	-	-	463				-	-	-

DENGUE SEROTYPE IN JOHOR 2022 - 2023 (WK 21/2023)



CASE LIST OF HIV & AIDS (NAR) AND CHANCROID, GONORRHOEA, SYPHILIS & HEPATITIS C (E-NOTIFICATION) BY DISTRICT, JOHOR STATES FOR W01-W21 YEAR 2022 & YEAR 2023

DISTRICT OF	HIV	KHIV	HIV	KHIV	AIDS	K AIDS	AIDS	KAIDS	CHANCROID		GONORRHOEA		SYPHILIS		HEPATITIS C	
	W01-W21 2022	W01-W21 2022	W01-W21 2023	W01-W21 2023	W01-W21 2022	W01-W21 2022	W01-W21 2023	W01-W21 2023	W01-W21 2022	W01-W21 2022	W01-W21 2023	W01-W21 2023	W01-W21 2022	W01-W21 2022	W01-W21 2023	W01-W21 2023
JB	102	3	126	3	64	8	60	9	0	0	25	54	96	137	28	268
MR	15	0	9	0	5	3	3	0	0	0	1	3	0	5	4	16
BP	23	0	15	0	8	3	15	2	0	0	5	19	17	19	10	16
KLG	12	0	18	1	6	0	4	5	0	0	1	8	10	10	63	36
SGT	8	0	11	0	1	0	8	4	0	0	0	7	7	10	2	20
PTN	5	0	6	0	3	2	2	0	0	0	2	7	2	8	6	13
KT	7	0	10	0	3	2	5	1	0	0	2	5	2	11	12	28
MSG	0	0	6	1	1	0	4	1	0	0	0	1	0	4	2	4
TGK	4	2	4	0	1	1	4	1	0	0	1	1	1	4	1	31
KUL	5	0	9	0	6	0	6	0	0	0	3	8	8	15	3	11
JHR	181	5	214	5	98	19	111	23	0	0	40	113	143	223	131	443

NEW HIV RISK FACTORS BY DISTRICT, JOHOR STATES FOR EPID WEEK W01-W21 YEAR 2022 AND YEAR 2023

RISK FACTORS	HOMO/BISEKSUAL		HETEROSEXUAL		INTRAVENOUS DRUG USE (INVIDU)		VERTICAL		UNDETERMINE		NEEDLE STICK INJURY		BLANK		TOTAL	
	W01-W21 2022	W01-W21 2023	W01-W21 2022	W01-W21 2023	W01-W21 2022	W01-W21 2023	W01-W21 2022	W01-W21 2023	W01-W21 2022	W01-W21 2023	W01-W21 2022	W01-W21 2023	W01-W21 2022	W01-W21 2023	W01-W21 2022	W01-W21 2023
JB	61	73	35	41	1	4	0	1	5	0	0	0	0	7	102	126
MR	9	7	6	2	0	0	0	0	0	0	0	0	0	0	15	9
BP	9	11	12	4	1	0	0	0	1	0	0	0	0	0	23	15
KLG	4	7	8	9	0	2	0	0	0	0	0	0	0	0	12	18
SGT	4	6	4	5	0	0	0	0	0	0	0	0	0	0	8	11
PTN	1	4	4	1	0	1	0	0	0	0	0	0	0	0	5	6
KT	4	5	3	4	0	1	0	0	0	0	0	0	0	0	7	10
MSG	0	2	0	4	0	0	0	0	0	0	0	0	0	0	0	6
TGK	3	3	1	1	0	0	0	0	0	0	0	0	0	0	4	4
KUL	3	6	1	3	1	0	0	0	0	0	0	0	0	0	5	9
JHR	98	124	74	74	3	8	0	1	6	0	0	0	0	7	181	214
%	54.1	57.9	40.9	34.6	1.7	3.7	0.0	0.5	3.3	0.0	0.0	0.0	0.0	3.3	100.0	100.0

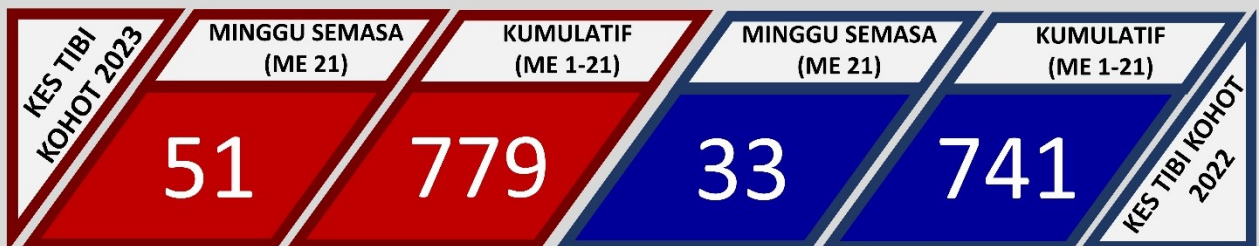


HASIL RAWATAN KES TIBI WARGANEGARA (ME 1-21 2023, N= 616)



SASARAN KADAR SUKSES : $\geq 90\%$

DAERAH	MASIH DALAM RAWATAN	TERHENTI RAWATAN	MATI BELUM DIAUDIT	RR/ MDR/ XDR	KADAR SUKSES (%)
BATU PAHAT	0	2	2	0	85.5
JOHOR BAHRU	6	12	7	6	84.7
KLUANG	0	6	0	0	79.7
KOTA TINGGI	2	0	0	0	87.5
KULAI	0	2	0	0	77.4
TANGKAK	0	0	0	1	92.0
MERSING	0	0	0	0	88.9
MUAR	0	0	0	0	95.1
PONTIAN	0	0	1	0	91.3
SEGAMAT	0	0	1	0	85.2
JOHOR	8	22	11	7	85.4



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

BP	JB	KG	KT	KU	MG	MR	PN	SG	TG	JOHOR
1:5	1:6	1:7	1:5	1:6	1:5	1:22	1:5	1:6	1:5	1:7

DATA SEHINGGA ME 21 (27/05/2023) MUAT TURUN PADA (01/06/2023)



DISEASES OUTBREAK

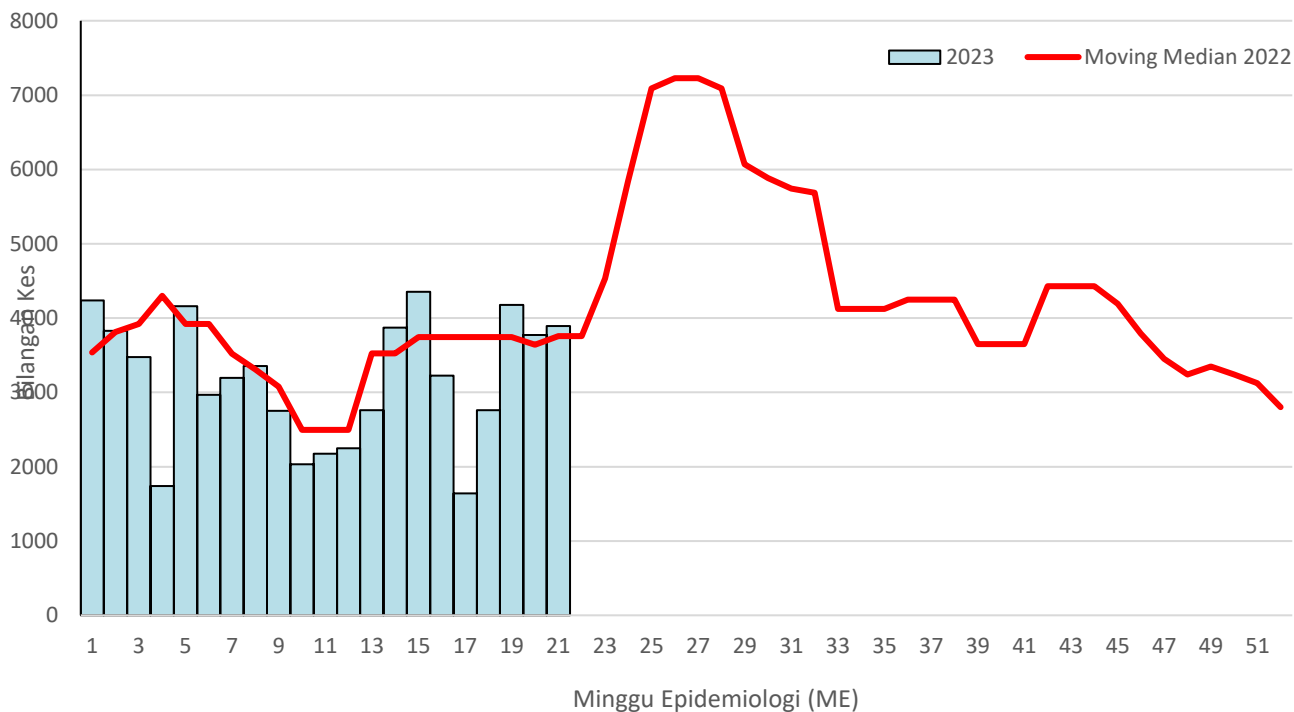
CLUSTER / OUTBREAK BY DISTRICT ON EW 21/2023

NO.	DISTRICT	LOCALITY	DISEASE/EVENT
1	TANGKAK	SK RKT SRI LEDANG	HFMD
2	KULAI	TADIKA KEMAS TAMAN SALENG	HFMD
3	KULAI	TADIKA INTELEK AL BAGHDADI	HFMD
4	TANGKAK	TADIKA DURRATUL HIKMAH	HFMD
5	JOHOR BAHRU	WAD OLIVE A HOSPITAL PERMAI	INFLUENZA A
6	JOHOR BAHRU	TADIKA GENIUS AULAD	HFMD
7	KOTA TINGGI	TADIKA CILIK AL FATEH	HFMD
8	KULAI	TADIKA KEMAS PPAK FELDA BKT BATU	HFMD
9	MUAR	MAKTAB POLIS MUAR	KRM
10	KLUANG	SMK TAMAN KLUANG BARAT	KRM
11	TANGKAK	PUSAT WARGA EMAS TAMAN SENTOSA	SCABIES

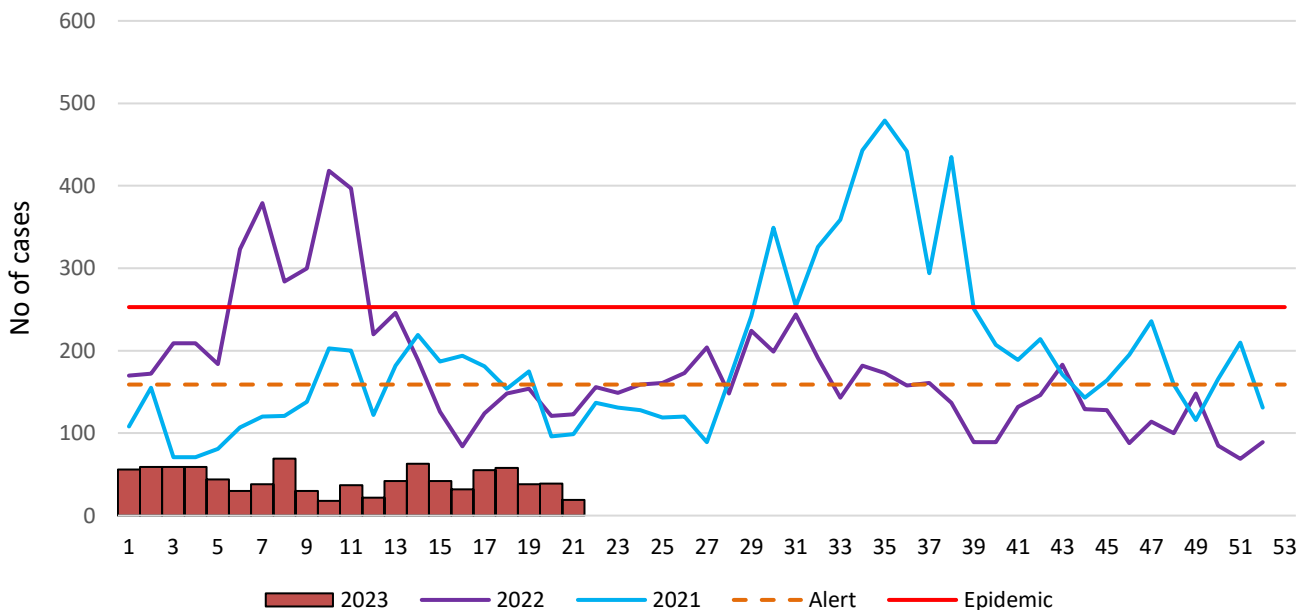
CUMULATIVE CLUSTER / OUTBREAK BY DISTRICT EW 21/ 2023

NO.	DISEASES	JB	KJ	MR	TG	BP	KG	SG	PN	KT	MG	JOHOR
1.	FOOD POISONING	3	0	1	3	5	3	1	0	2	0	18
2.	DIPHTHERIA	1	0	0	0	0	0	0	0	0	0	6
3.	CHICKEN POX	6	3	1	0	1	1	0	0	0	0	12
4.	HFMD	20	3	0	4	0	3	1	0	4	0	35
5.	LEPTOSPIROSIS	0	0	0	0	0	0	0	0	0	0	0
6.	SCABIES	1	0	0	1	0	0	0	0	0	0	2
7.	AGE	1	0	0	0	1	0	0	0	0	0	2
8.	MUMPS	0	0	0	0	0	0	0	0	0	0	0
9.	MEASLES	0	0	0	0	0	0	0	0	0	0	0
10	ILI	0	0	0	1	0	0	0	0	0	0	1
11.	TUBERCULOSIS	0	0	0	0	0	0	0	0	0	0	0
12.	INFLUENZA	7	2	0	0	0	0	0	0	0	0	9
13.	CONJUNCTIVITIS	1	0	0	1	0	3	0	0	1	0	6
14.	URTI	0	0	0	1	0	0	0	0	0	0	1
15.	TYPHIOD	0	0	0	0	0	0	0	0	0	0	0
16.	DENGUE	357	27	1	0	12	6	1	0	2	0	406
17.	CHIKUGUNYA	1	0	0	0	0	0	0	0	0	0	1
18.	ROTAVIRUS	0	0	0	0	0	0	0	0	0	0	0

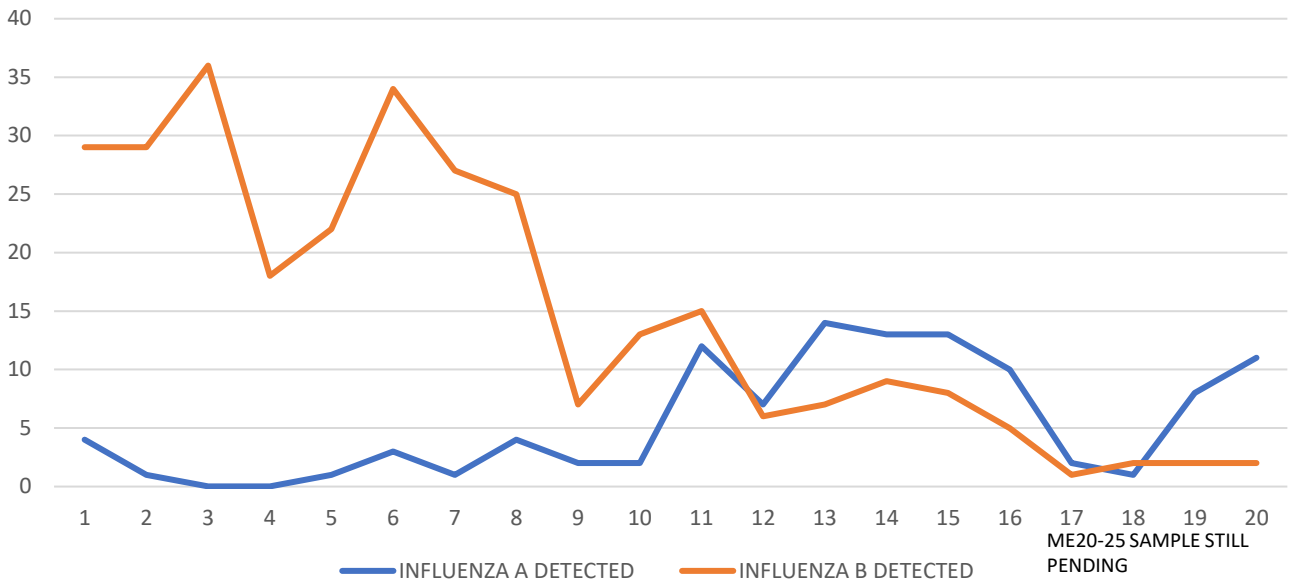
SURVELAN ILI DI KLINIK KESIHATAN NEGERI JOHOR TAHUN 2023



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

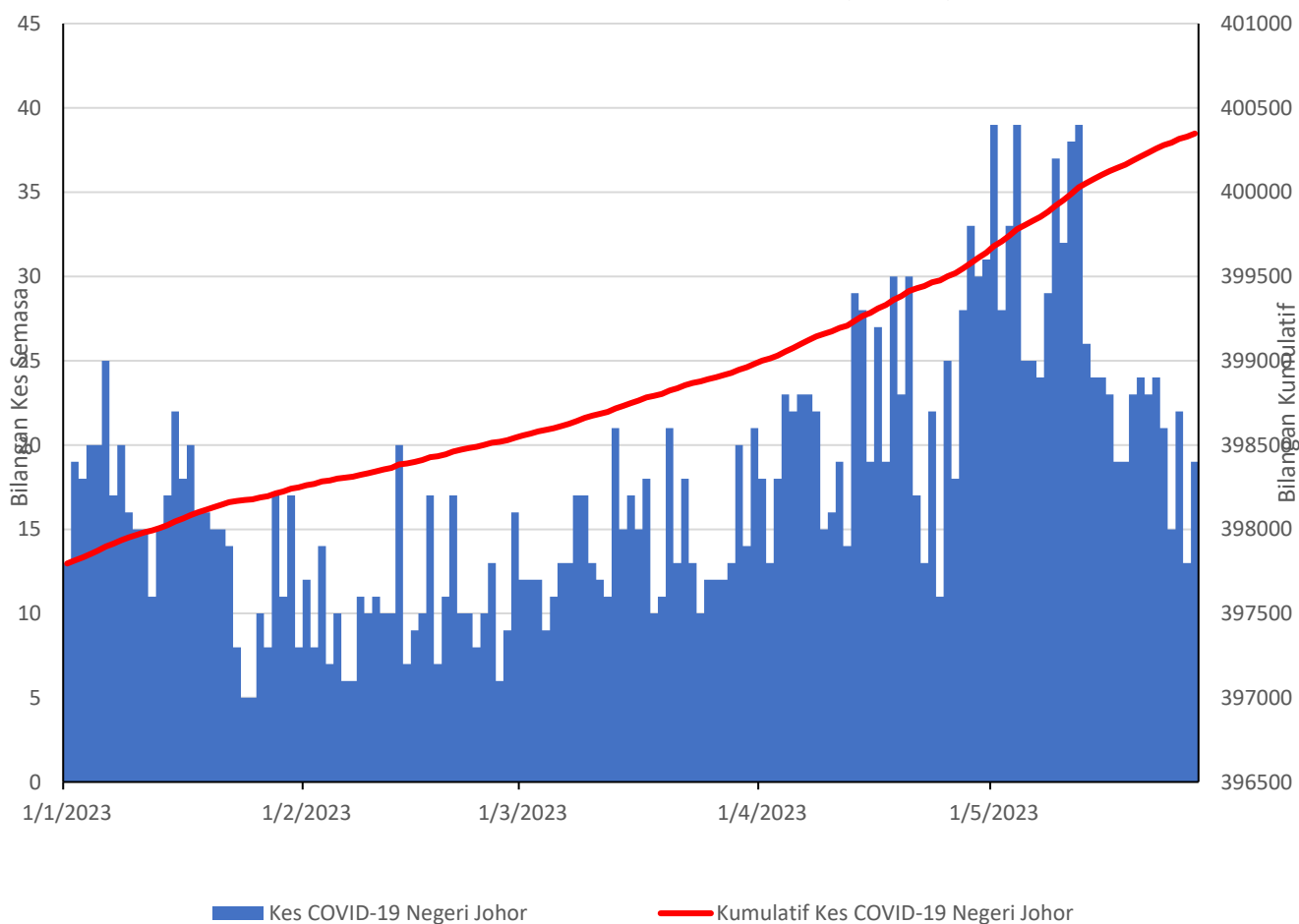


Tren Influenza A dan B di Klinik Sentinel Negeri Johor - 2023

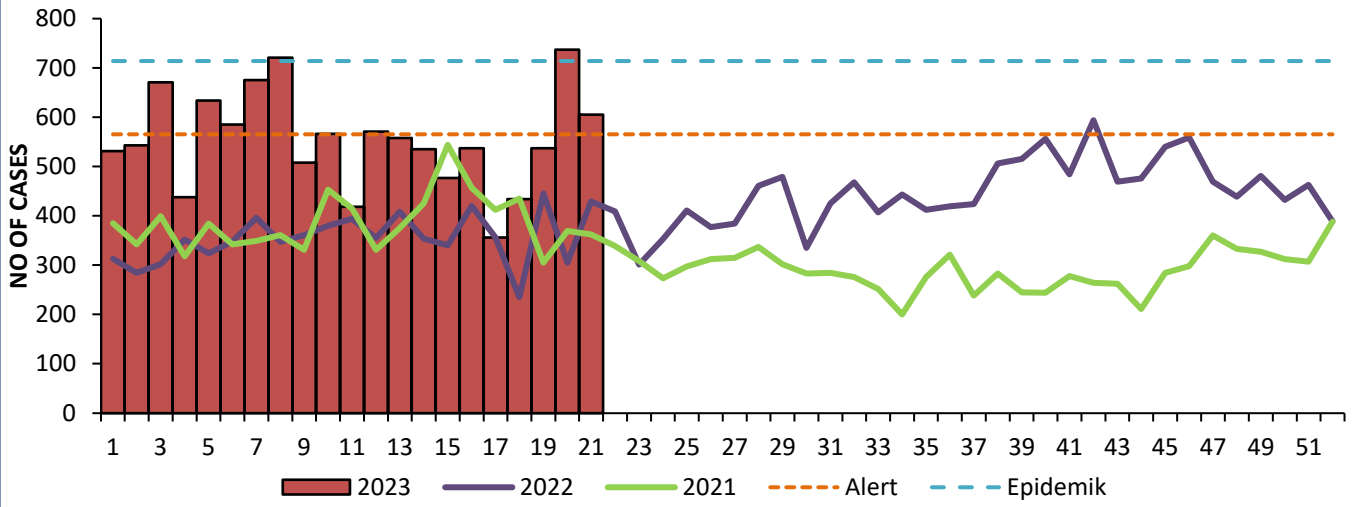


NO.	DOG BITE SURVEILLANCE	APRIL 2022	APRIL 2023	CUMULATIVE UNTIL APRIL 2022	CUMULATIVE UNTIL APRIL 2023
1.	No. of cases reported	7	4	20	35
2.	No. of cases received outpatient treatment	7	4	20	34
3.	No. of cases received rabiest vaccine outpatient	0	0	0	1
4.	No. of cases on Rabies follow-up (PEP)	0	0	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	6	3	17	29

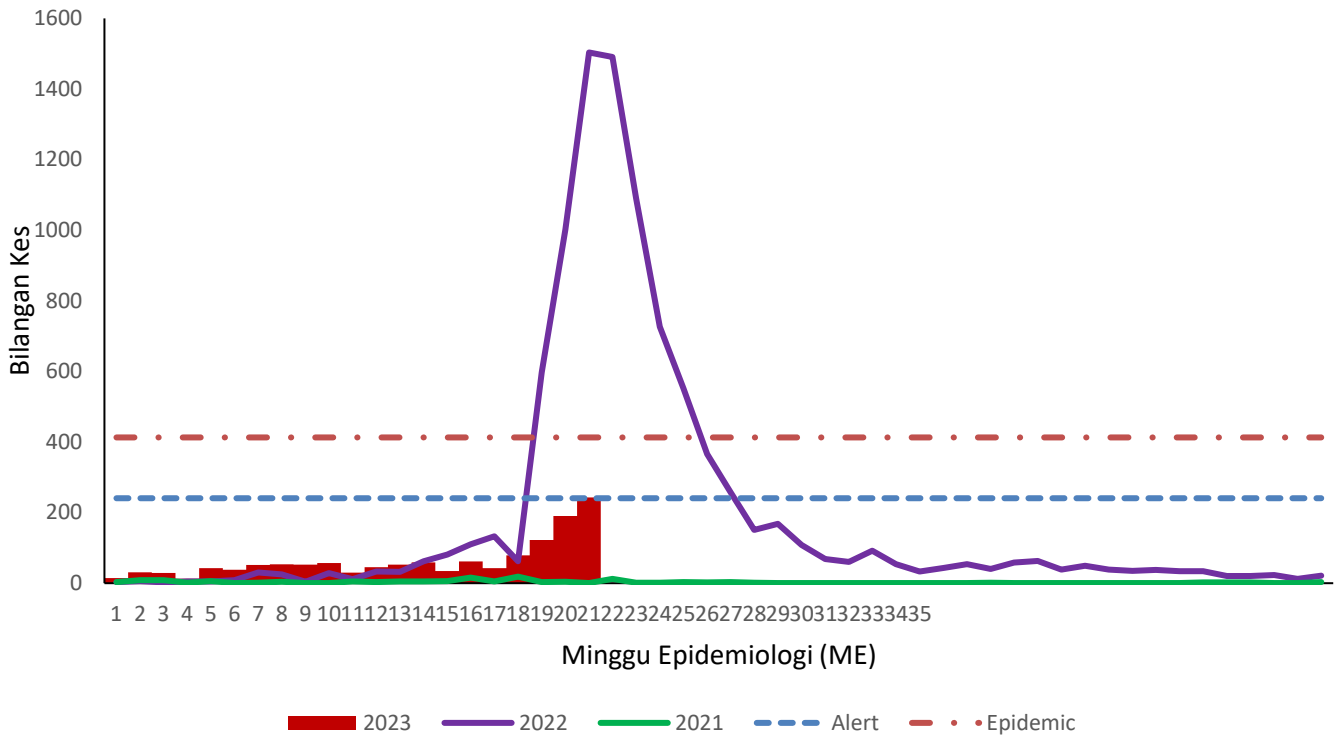
**KES COVID-19 NEGERI JOHOR MENGIKUT TARIKH LAPORAN DARI
1 JANUARI 2023 - 27 MEI 2023 (N=2565)**



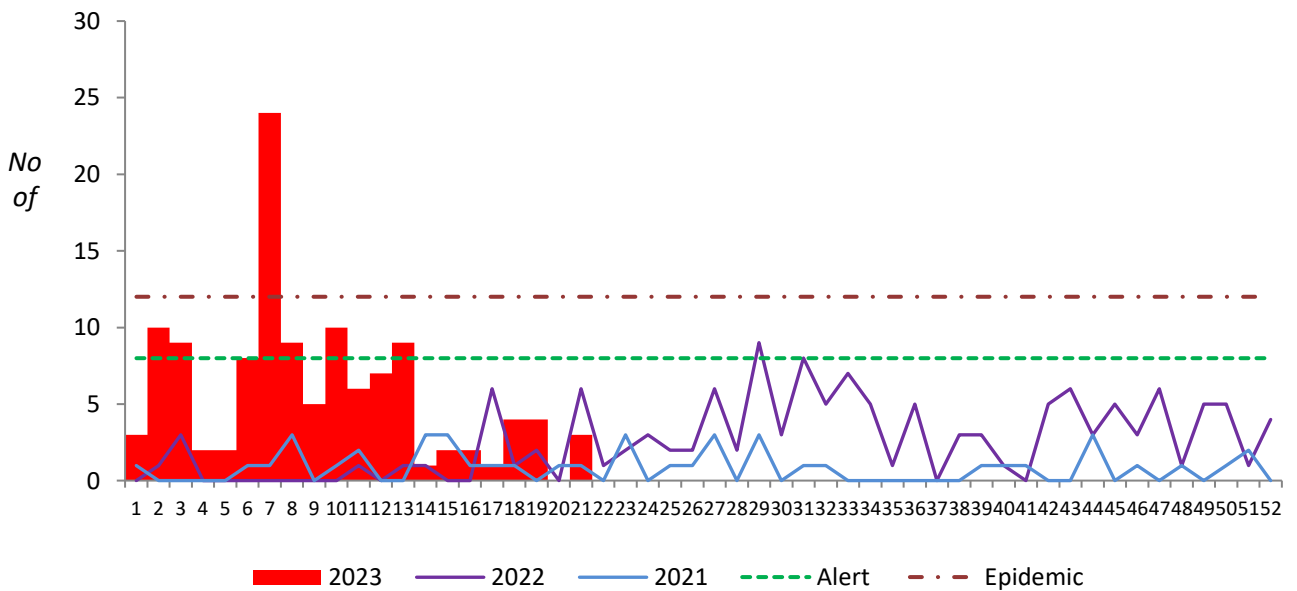
AGE JOHOR 2021-2023



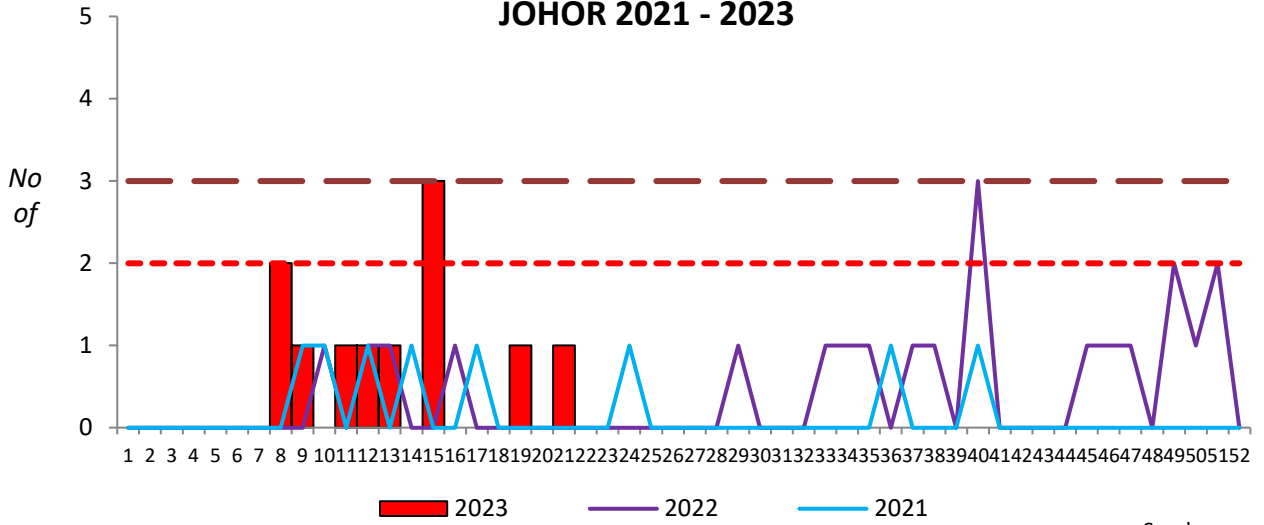
HFMD JOHOR 2021-2023



LEPTOSPIROSIS JOHOR 2021-2023



**MEASLES (LAB CONFIRMED/CLINICAL/EPID LINK)
JOHOR 2021 - 2023**

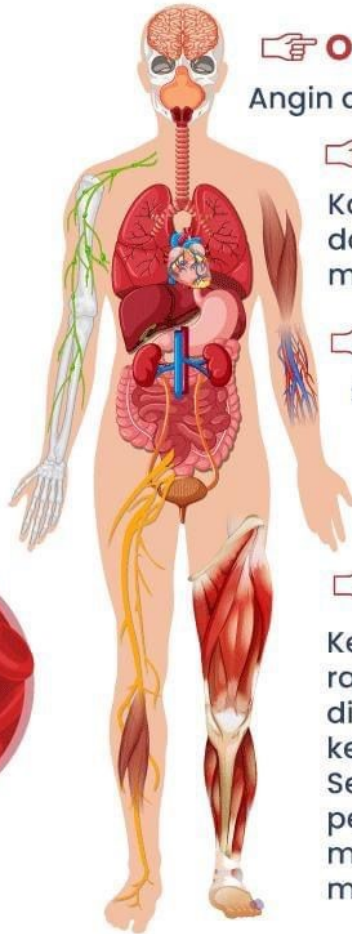


Sumber:



KEMENTERIAN KESIHATAN MALAYSIA

KANDUNGAN GULA DALAM DARAH TINGGI YANG KRONIK BOLEH MENYEBABKAN KEROSAKAN JANGKA PANJANG



👉 Otak

Angin ahmar

👉 Mata

Katarak, pendarahan dalam mata dan menyebabkan buta

👉 Jantung

Sakit jantung

👉 Buah pinggang

Kegagalan buah pinggang

👉 Saraf

Kebas atau kehilangan deria rasa pada tangan dan kaki. dimana pesakit boleh mendapat kecederaan tanpa disedari. Sekiranya kecederaan melarat, pembedahan amputasi perlu bagi mengelakkan jangkitan daripada merebak ke seluruh badan

UKK
KKM

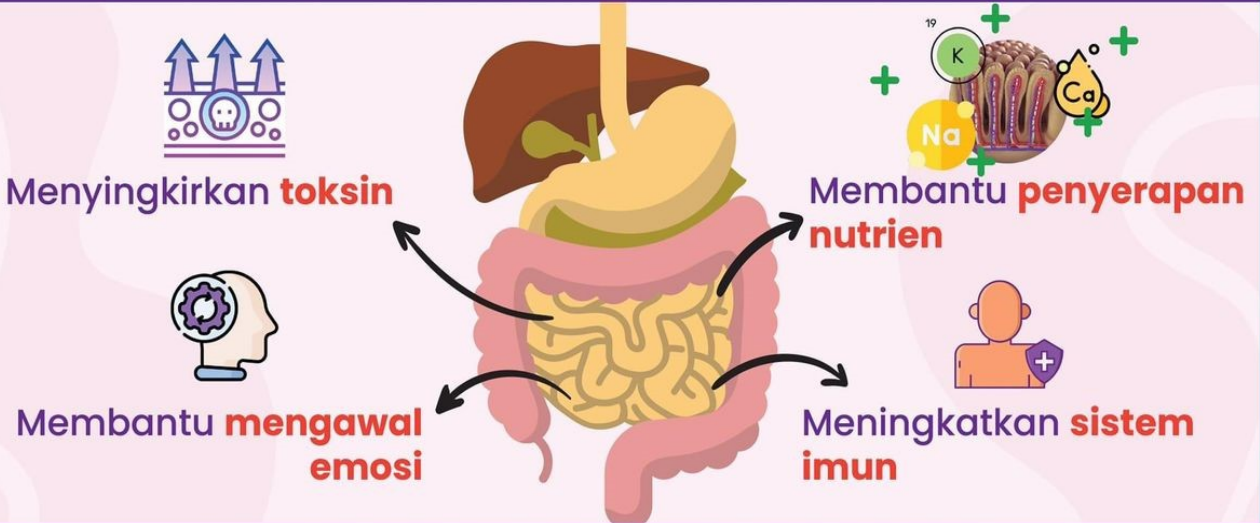
MALAYSIA
MADANI



KEMENTERIAN KESIHATAN MALAYSIA

Manfaat PENGHADAMAN

KEPENTINGAN PENGHADAMAN YANG BAIK



KAEDAH MEMASTIKAN PENGHADAMAN YANG BAIK

- 01 Kawal **stres**
- 02 Kekal **hidrat**
- 03 **Elakkan** makan pada **lewat malam**
- 04 Mengamalkan **senaman secara rutin**
- 05 Banyakkan pengambilan **serat**
- 06 **Kunyah makanan dengan sempurna** sebelum menelan
- 07 **Berhenti merokok** dan **kurangkan pengambilan alkohol** dan **minuman berkafein**

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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