



NOTIFIABLE COMMUNICABLE DISEASES FOR CURRENT WEEK

NO.	DISEASE	EW 32/2022	EW 32/2023	MEDIAN	CUMULATIVE 2022 UNTIL EW32	CUMULATIVE 2023 UNTIL EW32
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	93	264	144	1,675(1)	6150(9)
5.	CHIKUNGUNYA	0	0	0	2(0)	7(0)
6.	DIPHTHERIA	0	0	0	0	2(1)
7.	DYSENTERY (all type)	0	3	0	0	9
8.	EBOLA	0	0	0	0	0
9.1	FOOD POISONING (episode)	0	0	0	16	22
9.2	FOOD POISONING (case)	117	0	51	854(0)	796(1)
10.	GONOCOCCAL INFECTION (all forms)	3	8	3	55	181
11.	HAND,FOOT&MOUTH DISEASE (HFMD)	60	639	60	8780	6108
12.	HIV INFECTION	0	12	-	472(48)	519(41)
13.	LEPROSY	0	1	0	3	8
14.	LEPTOSPIROSIS	5	6	3	66(5)	155
15.	MALARIA	0	2	0	25	45
16.	MEASLES	0	0	0	7	27
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)	2	13	5	235	323
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0
24.	TUBERCULOSIS	40	13	33	1134(138)	1168(71)
25.	TYPHOID & PARATYPHOID FEVER	0	0	0	1	2
26.	TYPHUS & OTHER RICKETTSIOSIS	0	0	0	0	2
27.	VIRAL ENCEPHALITIS	0	0	0	0	3
28.	VIRAL HEPATITIS					
	a) Hepatitis A	0	0	0	0	1(1)
	b) Hepatitis B	2	1	1	114(4)	166(2)
	c) Hepatitis C	5	5	1	338(1)	620(11)
	d) Other Hepatitis	0	0	0	0	0
29.	PERTUSSIS	0	2	0	0	7
30.	YELLOW FEVER	0	0	0	0	0
31.	ZIKA	0	0	NA	0	0
32.	COVID-19	792	7	792	144827(700)	3103(58)
33.	COVID 19 VARIANT XBB	-	0	-	-	474*

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

NOTIFIABLE COMMUNICABLE DISEASES FOR EW32 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	191	23	5	5	3	18	7	2	9	1	264
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	1	0	0	0	1	0	0	0	1	3
8.	EBOLA	0	0	0	0	0	0	0	0	0	0	0
9.	FOOD POISONING	0	0	0	0	0	0	0	0	0	0	0
10.	GONOCOCCAL INFECTION (All forms)	5	0	0	1	2	0	0	0	0	0	8
11.	HAND, FOOT & MOUTH DISEASE (HFMD)	226	68	51	33	86	52	29	27	61	6	639
12.	HIV INFECTION (All forms)	10	0	0	0	0	2	0	0	0	0	12
13.	LEPROSY	1	0	0	0	0	0	0	0	0	0	1
14.	LEPTOSPIROSIS	4	0	0	0	0	2	0	0	0	0	6
15.	MALARIA	1	0	0	0	0	1	0	0	0	0	2
16.	MEASLES	0	0	0	0	0	0	0	0	0	0	0
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)	8	3	0	0	0	0	1	0	1	0	13
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0	0	0	0	0	0	0
24.	TUBERCULOSIS (All forms)	0	5	2	0	2	3	0	1	0	0	13
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	4	1	0	0	0	0	0	0	0	0	5
	d) Other Hepatitis	0	0	0	0	0	0	0	0	0	0	0
29.	PERTUSSIS	0	1	0	0	0	1	0	0	0	0	2
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	3	0	0	0	0	2	0	2	0	0	7
33.	COVID 19 VARIANT XBB*	0	0	0	0	0	0	0	0	0	0	0

Notes: * Covid19 variant XBB Data starting from year 2022

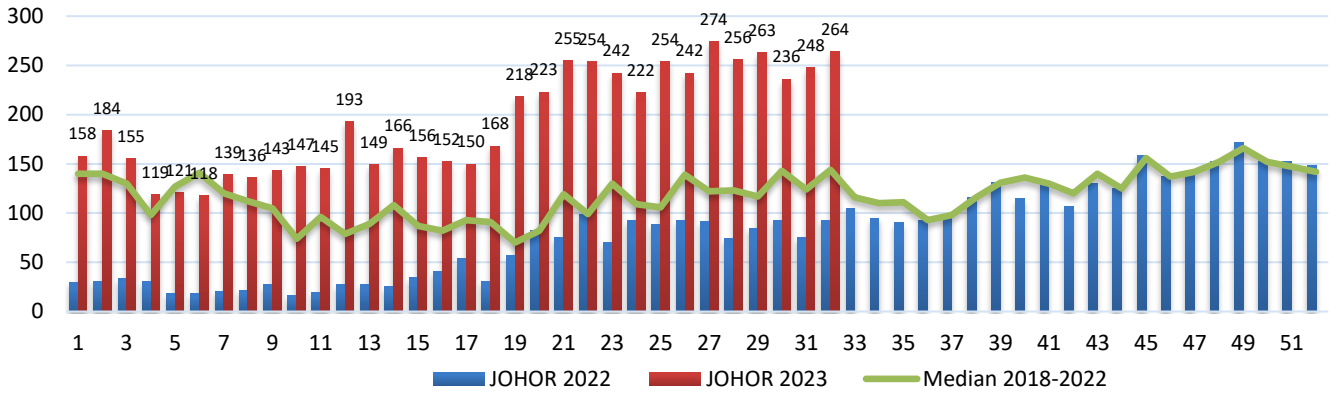
CUMULATIVE NOTIFIABLE COMMUNICABLE DISEASES UNTIL EW32

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	4593	538	117	105	202	211	140	58	151	35	6150
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	1	1	1	2	2	0	0	0	2	9
8.	EBOLA	0	0	0	0	0	0	0	0	0	0	0
9.	FOOD POISONING	207	47	72	83	82	100	82	0	123	0	796
10.	GONOCOCCAL INFECTION (All forms)	87	13	5	2	32	12	9	12	8	1	181
11.	HAND, FOOT & MOUTH DISEASE (HFMD)	2179	427	340	545	712	637	350	260	607	51	6108
12.	HIV INFECTION (All forms)	302	20	13	12	48	37	31	11	32	13	519
13.	LEPROSY	1	0	0	0	2	0	0	4	1	0	8
14.	LEPTOSPIROSIS	29	11	8	2	4	11	39	28	21	2	155
15.	MALARIA	24	5	0	1	3	4	5	1	0	2	45
16.	MEASLES	10	2	2	0	2	2	0	2	6	1	27
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)	191	22	12	5	27	14	13	15	18	6	323
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0	0	0	0	0	0	0
24.	TUBERCULOSIS (All forms)	594	79	68	35	108	83	58	39	82	22	1168
25.	TYPHOID & PARATYPHOID FEVER	0	1	1	0	0	0	0	0	0	0	2
26.	TYPHUS & OTHER RICKETTSIOSSES	1	0	0	0	0	1	0	0	0	0	2
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	31	21	19	11	31	12	19	6	7	9	166
	c) Hepatitis C	318	20	29	63	25	64	27	13	50	11	620
	d) Other Hepatitis	0	0	0	0	0	0	0	0	0	0	0
29.	PERTUSSIS	1	1	0	2	1	2	0	0	0	0	7
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	1813	267	94	21	202	353	23	115	204	11	3103
33.	COVID 19 VARIANT XBB*	260	39	60	14	35	24	3	15	23	1	474

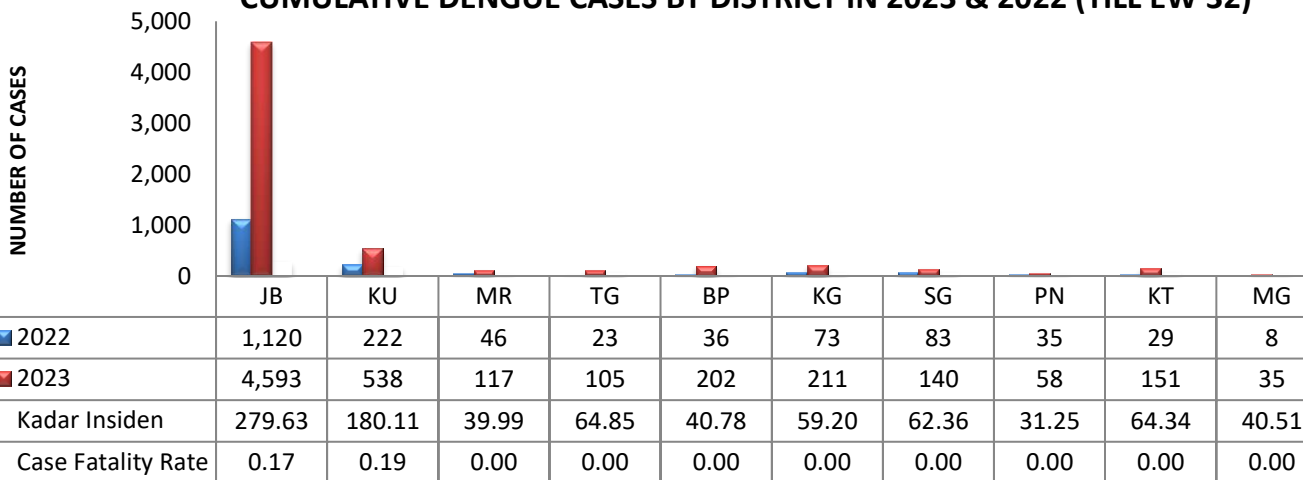
Notes: * Covid19 variant XBB Data starting from year 2022

DENGUE TREND AND OUTBREAK

JOHOR DENGUE CASES 2023 vs 2022



CUMULATIVE DENGUE CASES BY DISTRICT IN 2023 & 2022 (TILL EW 32)



CUMULATIVE VECTOR BORNE DISEASE IN JOHOR EW 32/2023

DISEASE	JB	KU	MR	TGK	BP	KLG	SGT	PTN	KT	MSG	JOH
MALARIA	24	5	0	1	3	4	5	1	0	2	45
DENGUE	4,593	538	117	105	202	211	140	58	151	35	6,150
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	1	0	0	0	0	2
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 32 : Denggi (264 kes), Malaria (2 kes), Filariasis (0 kes), Typhus (0 kes)

LABORATORY SURVEILLANCE

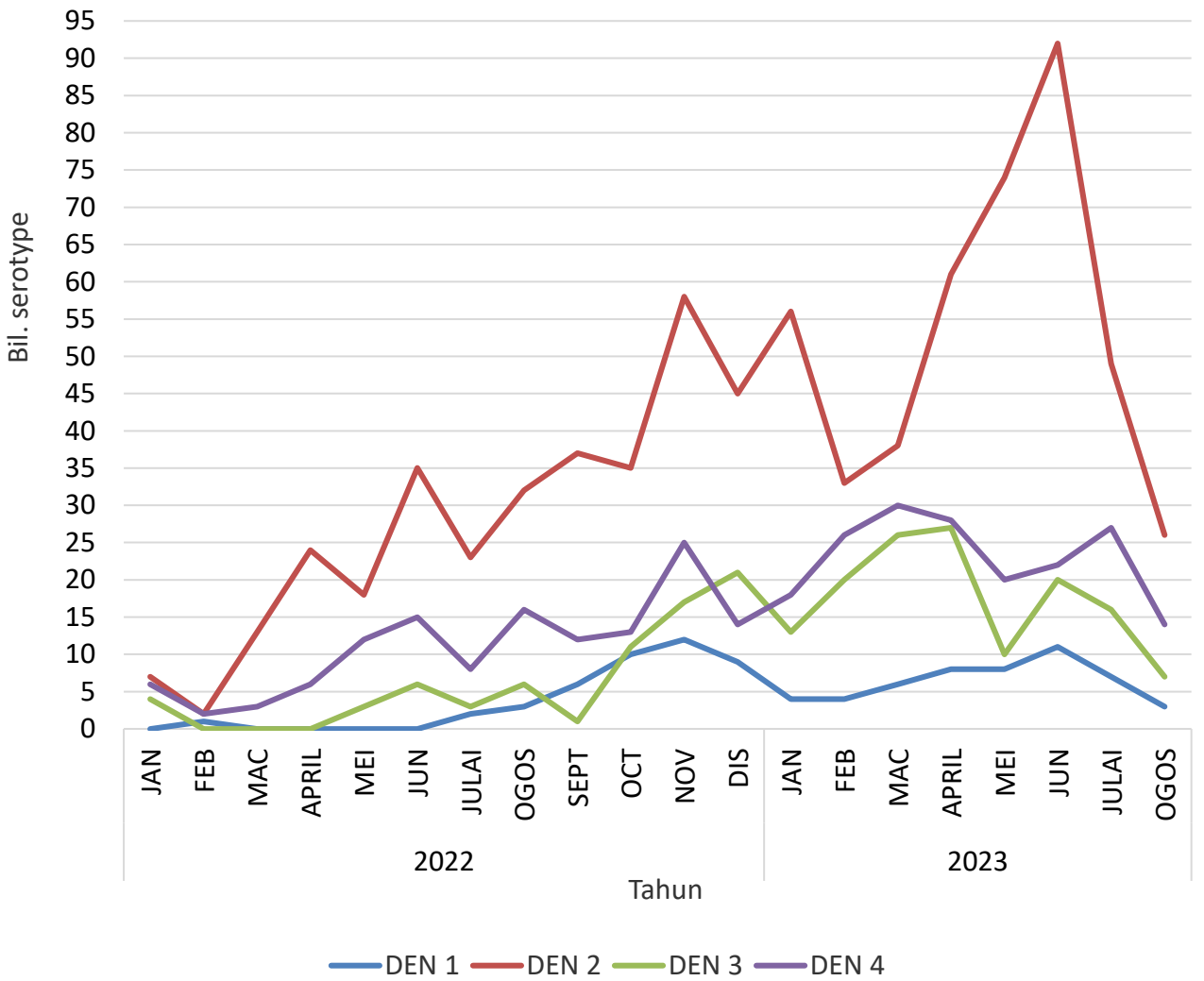
Dengue Virus Serotype Surveillance (DVSS) in Johor 2023 (Epid Week 32)

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	5	0	2	0	1	0	2	0
H. PAKAR SULTANAH FATIMAH	5	2	1	0	0	1	0	0	0
H. SEGAMAT	5	0	0	0	0	0	0	0	0
H. SULTAN ISMAIL	5	0	0	0	0	0	0	0	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	3	1	0	0	0	0
KK MAHMOODIAH	5	5	0	4	0	1	0	0	0
KK PASIR GUDANG	5	2	0	1	0	0	0	1	0
KK SULTAN ISMAIL	5	4	0	0	1	3	0	0	0
TOTAL	55	22	1	10	2	6	0	3	0
TOTAL DENGUE SEROTYPE POSITIVE	-	-	19				-	-	-

Dengue Virus Serotype Surveillance (DVSS) in Johor 2023 (Cumulative data until Epid Week 32)

SENTINEL AREA	TARGET SAMPLE (UNTIL EW 32)	TOTAL RECEIVED	qPCR DENGUE SEROTYPE RESULT						
			DEN 1	DEN 2	DEN 3	DEN 4	Mix DEN	ND*	PENDING
H. ENCHE BESAR HAJJAH KALSOM KLUANG	160	27	1	10	2	4	0	10	0
H. KOTA TINGGI	160	113	2	54	21	27	0	9	0
H. PAKAR SULTANAH FATIMAH	160	60	6	17	4	28	0	5	0
H. SEGAMAT	160	16	1	5	0	8	0	2	0
H. SULTAN ISMAIL	160	141	6	45	21	25	0	44	0
H. SULTANAH AMINAH	160	156	6	64	22	18	0	46	0
H. SULTANAH NORA ISMAIL	160	60	3	34	8	7	0	8	0
H. TEMENGGUNG SERI MAHARAJA TUN IBRAHIM	160	141	2	90	15	23	0	11	0
KK MAHMOODIAH	160	112	6	58	22	8	0	18	0
KK PASIR GUDANG	160	111	11	30	13	22	0	35	0
KK SULTAN ISMAIL	160	68	7	22	11	15	0	13	0
TOTAL	1760	1005	51	429	139	185	0	201	0
Percentage (%)	-	-	5.1%	42.7%	13.8%	18.4%	0	20.0%	-
Total Dengue Serotype Positive	-	-	804				-	-	-

DENGUE SEROTYPE IN JOHOR 2022 - 2023 (WK 32/2023)



CASE LIST OF HIV & AIDS (NAR) AND CHANCROID, GONORRHOEA, SYPHILIS & HEPATITIS C (E-NOTIFICATION) BY DISTRICT, JOHOR STATES FOR W01-W32 YEAR 2022 & YEAR 2023

DISTRICT OF	HIV	KHIV	HIV	KHIV	AIDS	K AIDS	AIDS	KAIDS	CHANCROID		GONORRHOEA		SYPHILIS		HEPATITIS C	
	W01-W32 2022	W01-W32 2022	W01-W32 2023	W01-W32 2023	W01-W32 2022	W01-W32 2022	W01-W32 2023	W01-W32 2023	W01-W32 2022	W01-W32 2022	W01-W32 2023	W01-W32 2023	W01-W32 2022	W01-W32 2022	W01-W32 2023	W01-W32 2023
JB	186	6	188	7	96	19	95	12	0	0	49	90	201	187	83	312
MR	15	0	10	0	5	3	3	0	0	0	1	5	3	12	14	30
BP	31	0	26	0	11	9	19	3	0	0	9	32	29	24	91	25
KLG	16	1	25	1	10	1	5	6	0	0	2	12	15	15	158	63
SGT	12	0	15	0	2	2	10	6	0	0	2	9	11	13	21	25
PTN	10	0	7	0	4	3	4	0	0	0	4	12	6	14	9	13
KT	9	0	19	0	7	2	10	3	0	0	3	8	8	17	33	32
MSG	3	0	6	1	3	0	5	1	0	0	1	1	4	5	7	11
TGK	4	2	5	1	1	2	5	1	0	0	1	2	3	6	16	50
KUL	13	0	12	0	8	0	8	0	0	0	5	12	14	21	4	15
JHR	299	9	313	10	147	41	164	32	0	0	77	183	294	314	436	576

NEW HIV RISK FACTORS BY DISTRICT, JOHOR STATES FOR EPID WEEK W01-W32 YEAR 2022 AND YEAR 2023

RISK FACTORS	HOMO/BISEKSUAL		HETEROSEXUAL		INTRAVENOUS DRUG USE (INVIDU)		VERTICAL		UNDETERMINE		NEEDLE STICK INJURY		BLANK		TOTAL	
	W01-W32 2022	W01-W32 2023	W01-W32 2022	W01-W32 2023	W01-W32 2022	W01-W32 2023	W01-W32 2022	W01-W32 2023	W01-W32 2022	W01-W32 2023	W01-W32 2022	W01-W32 2023	W01-W32 2022	W01-W32 2023	W01-W32 2022	W01-W32 2023
JB	109	104	70	71	2	6	0	1	5	0	0	0	0	6	186	188
MR	9	8	6	2	0	0	0	0	0	0	0	0	0	0	15	10
BP	14	18	15	8	1	0	0	0	1	0	0	0	0	0	31	26
KLG	6	8	10	11	0	3	0	0	0	2	0	0	0	1	16	25
SGT	6	10	6	5	0	0	0	0	0	0	0	0	0	0	12	15
PTN	5	5	5	1	0	1	0	0	0	0	0	0	0	0	10	7
KT	5	12	4	6	0	1	0	0	0	0	0	0	0	0	9	19
MSG	2	2	1	4	0	0	0	0	0	0	0	0	0	0	3	6
TGK	3	4	1	1	0	0	0	0	0	0	0	0	0	0	4	5
KUL	9	7	3	5	1	0	0	0	0	0	0	0	0	0	13	12
JHR	168	178	121	114	4	11	0	1	6	2	0	0	0	7	299	313
%	56.2	56.9	40.5	36.4	1.3	3.5	0.0	0.3	2.0	0.6	0.0	0.0	0.0	2.2	100.0	100.0

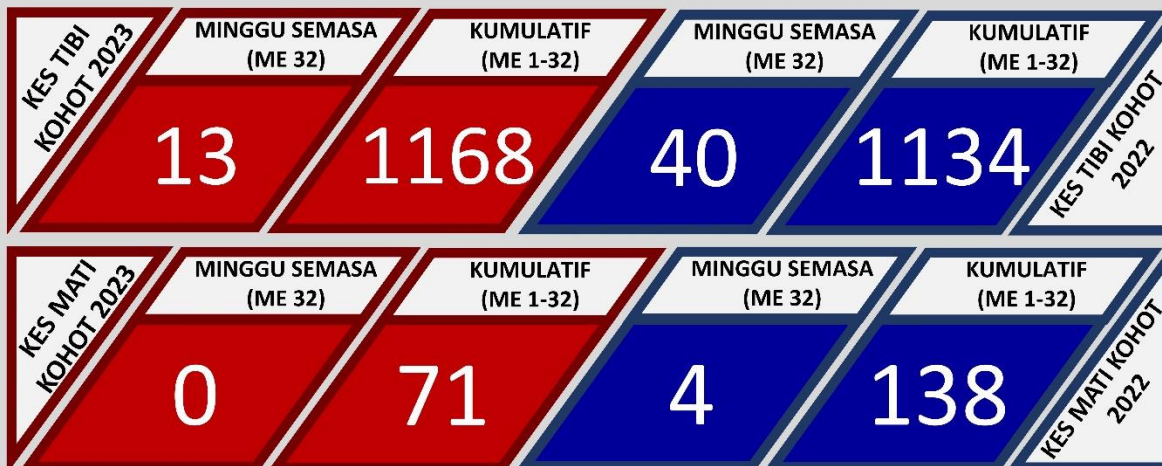


HASIL RAWATAN KES TIBI WARGANEGARA (ME 1-32 2023, N= 914)



SASARAN KADAR SUKSES : $\geq 90\%$

DAERAH	MASIH DALAM RAWATAN	TERHENTI RAWATAN	MATI BELUM DIAUDIT	RR/ MDR/ XDR	KADAR SUKSES (%)
BATU PAHAT	0	2	0	0	88.5
JOHOR BAHRU	8	8	10	6	90.2
KLUANG	0	8	0	0	83.7
KOTA TINGGI	0	0	0	0	90.7
KULAI	0	0	0	0	90.7
TANGKAK	0	0	0	1	94.1
MERSING	0	0	0	0	90.9
MUAR	0	0	0	0	96.6
PONTIAN	1	0	1	0	91.4
SEGAMAT	0	1	1	0	92.1
JOHOR	9	19	12	7	90.2



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

BP	JB	KG	KT	KU	MG	MR	PN	SG	TG	JOHOR
1:7	1:7	1:8	1:10	1:7	1:6	1:15	1:5	1:8	1:6	1:8

DATA SEHINGGA ME 32 (12/08/2023) MUAT TURUN PADA (14/08/2023)

JABATAN KESIHATAN NEGERI JOHOR



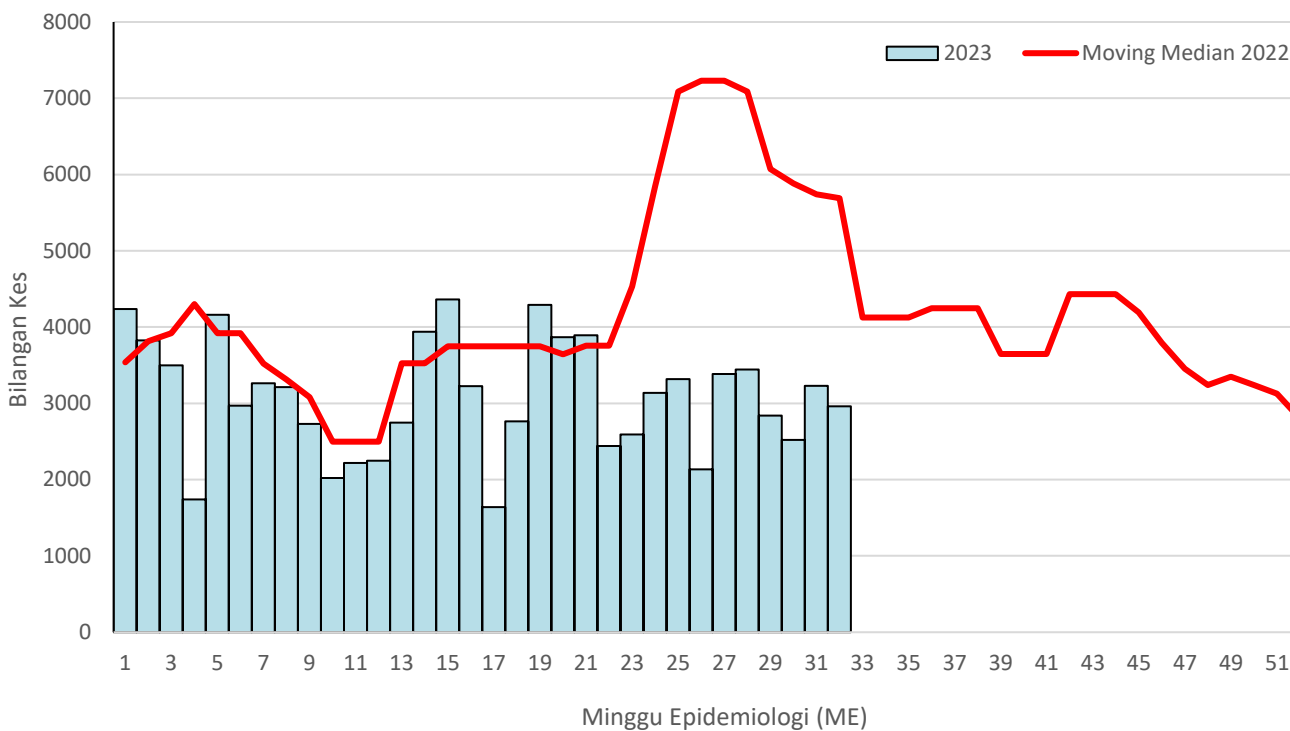
CLUSTER / OUTBREAK BY DISTRICT ON EW 32/2023

NO.	DISTRICT	LOCALITY	DISEASE/EVENT
1	KOTA TINGGI	DARJAH SATU BESTARI SEKOLAH KEBANGSAAN BANDAR TENGGARA 1	HFMD
2	KLUANG	TADIKA AL BAGHDADI	HFMD
3	TANGKAK	INSTITUSI LATIHAN PERINDUSTRIAN TANGKAK	CONJUNCTIVITIS
4	KOTA TINGGI	TABIKA KEMAS FELDA AIR TAWAR 5	HFMD
5	PONTIAN	TADIKA LITTLE CALIPHS PONTIAN	CHICKEN POX
6	JOHOR BAHRU	TADIKA CAHAYA MATA IMAN	HFMD
7	BATU PAHAT	SMA PARIT SULONG	CONJUNCTIVITIS
8	KULAI	PRA SEKOLAH SJKC KULAI 1	HFMD
9	MUAR	PRA SEKOLAH SK SEMASEH	HFMD
10	KOTA TINGGI	KOLEJ VOKASIONAL KOTA TINGGI	CONJUNCTIVITIS
11	KOTA TINGGI	TABIKA PERPADUAN TAMAN KOTA MAS	HFMD
12	PONTIAN	TADIKA AGAMA JOHOR, SEKOLAH AGAMA RAMBAH	HFMD
13	SEGAMAT	TADIKA AGAMA JEMENTAH, SEKOLAH AGAMA JEMENTAH	HFMD
14	MUAR	TABIKA KEMAS KG. BATU 23 LENGA	HFMD
15	KOTA TINGGI	SMK Pengerang Utama	CONJUNCTIVITIS
16	KOTA TINGGI	TABIKA KEMAS TAMAN ANGGERIK 4&5	HFMD
17	MUAR	TASKA KEMAS KG. BATU 28 LENGA	HFMD
18	BATU PAHAT	SK SERI PUTERI	HFMD
19	JOHOR BAHRU	MADRASAH AL ATTAS AL ARABIAH JOHOR	CONJUNCTIVITIS
20	KOTA TINGGI	TABIKA KEMAS PASIR PANJANG	HFMD

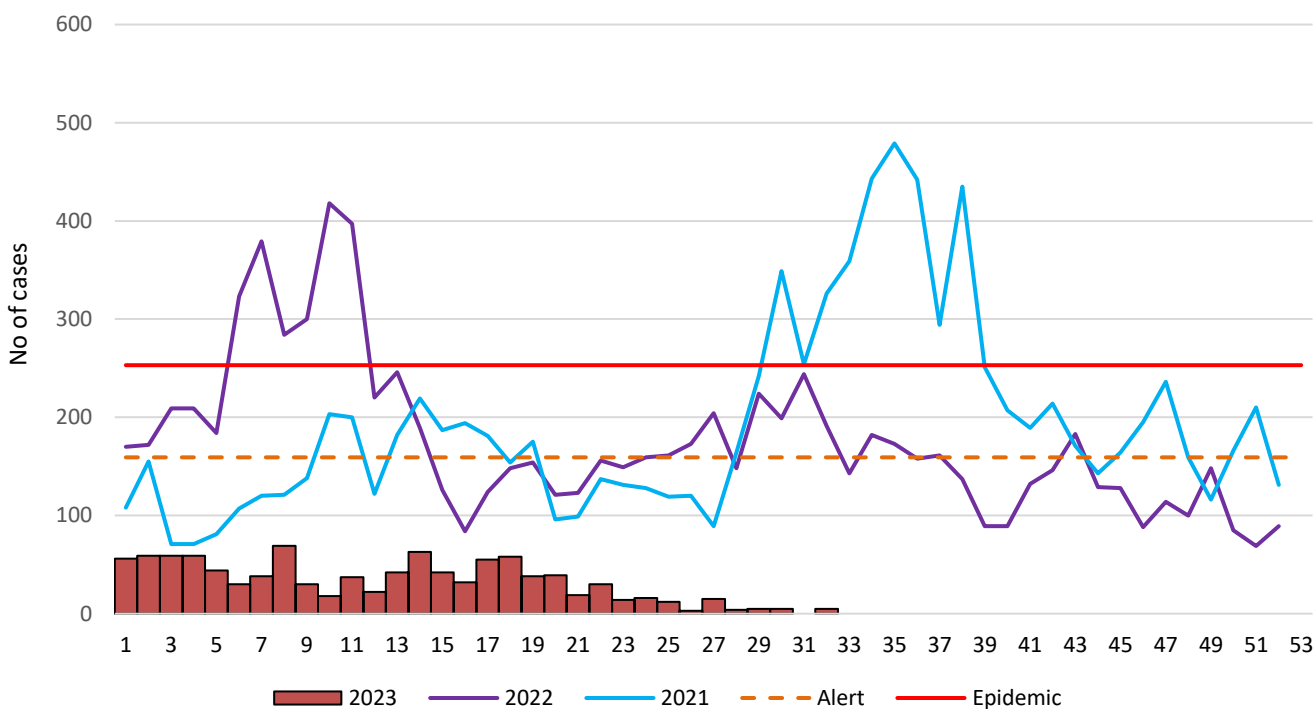
CUMULATIVE CLUSTER / OUTBREAK BY DISTRICT EW 32/2023

NO.	DISEASES	JB	KJ	MR	TG	BP	KG	SG	PN	KT	MG	JOHOR
1.	FOOD POISONING	4	1	2	3	5	4	1	0	2	0	22
2.	DIPHTHERIA	1	0	0	0	0	0	0	0	0	0	1
3.	CHICKEN POX	9	3	1	0	1	1	0	1	1	0	17
4.	HFMD	58	8	7	7	18	16	3	3	15	0	135
5.	LEPTOSPIROSIS	0	0	0	0	0	1	0	0	0	0	1
6.	SCABIES	1	0	0	2	0	0	1	0	0	1	5
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	1	0	0	0	0	0	0	0	1	0	2
10.	ILI	0	0	1	2	0	0	0	0	0	0	3
11.	TUBERCULOSIS	0	0	2	0	0	0	0	0	0	0	2
12.	INFLUENZA	13	3	2	0	0	1	0	0	0	0	19
13.	CONJUNCTIVITIS	4	1	8	5	11	6	2	3	4	2	46
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	681	31	4	1	14	16	2	0	5	2	756
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

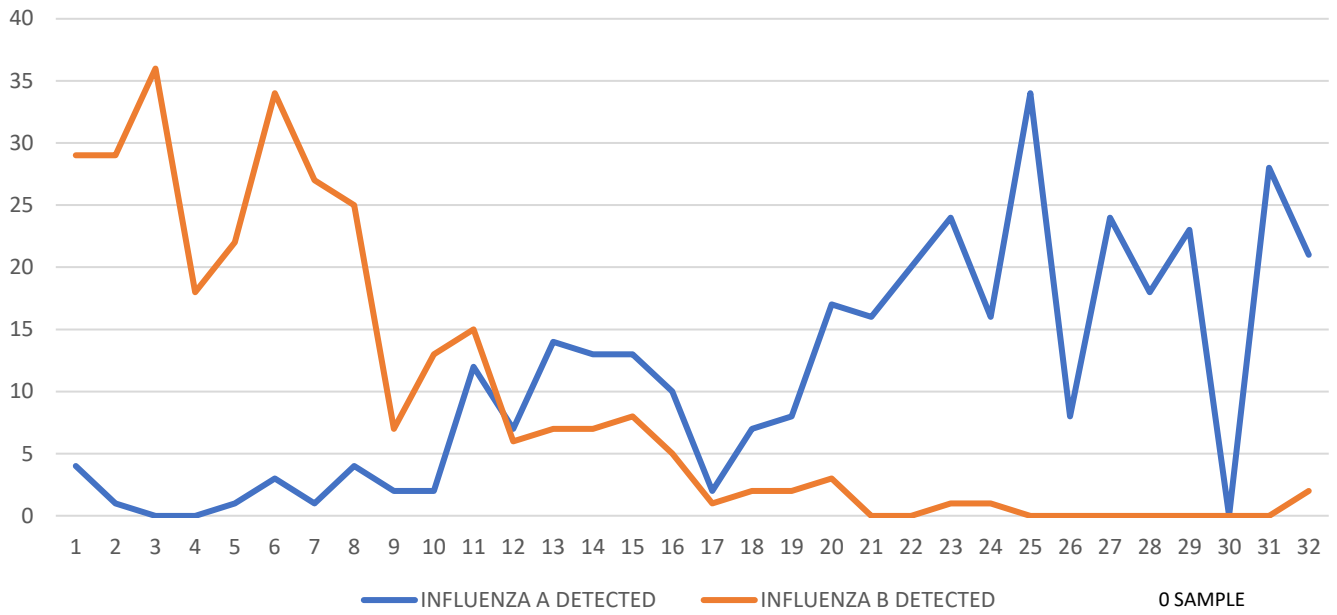
SURVELAN ILI DI KLINIK KESIHATAN NEGERI JOHOR TAHUN 2023



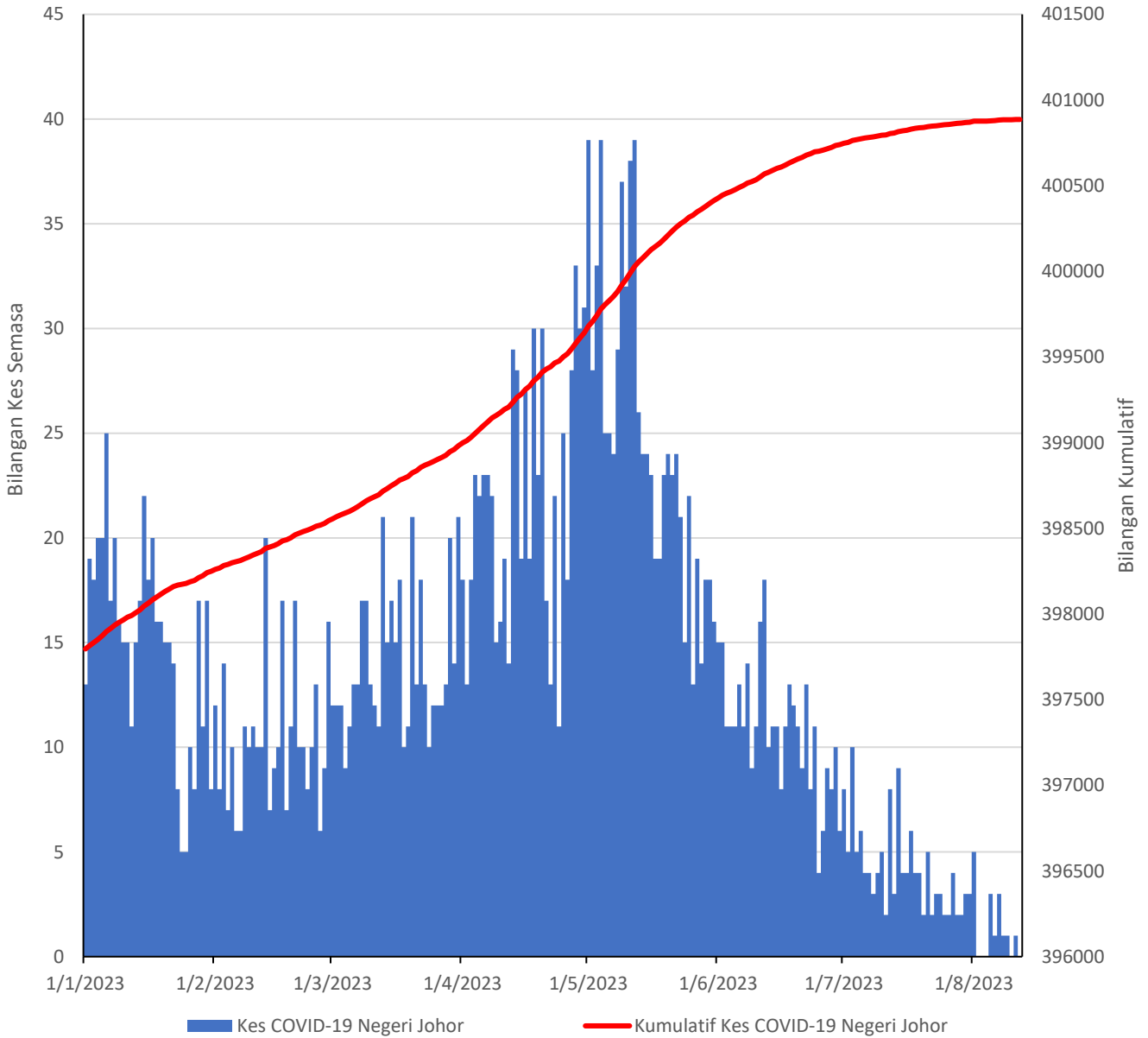
SENTINAL SURVEILLANCE OF SARI IN HOSPITAL SULTANAH AMINAH JOHOR BAHRU 2021-2023



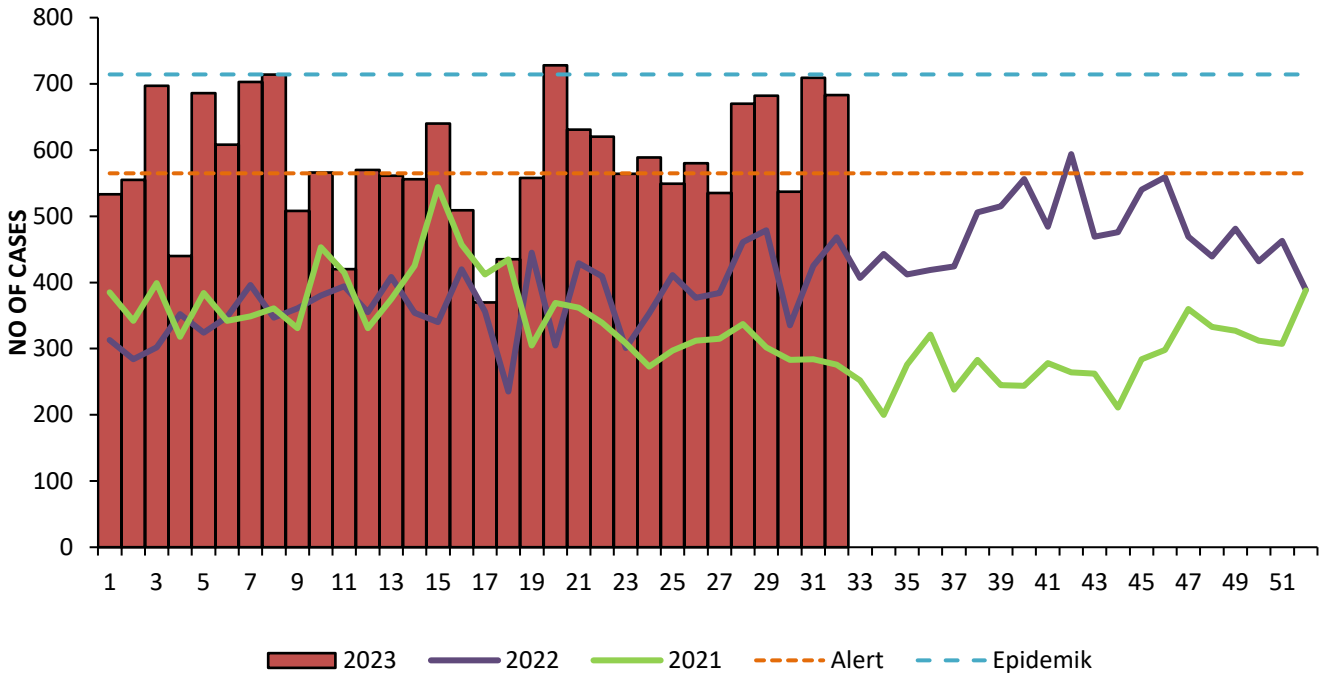
Tren Influenza A dan B di Klinik Sentinel Negeri Johor - 2023



KES COVID-19 NEGERI JOHOR MENGIKUT TARIKH LAPORAN DARI
1 JANUARI 2023 - 12 OGOS 2023 (N=3103)

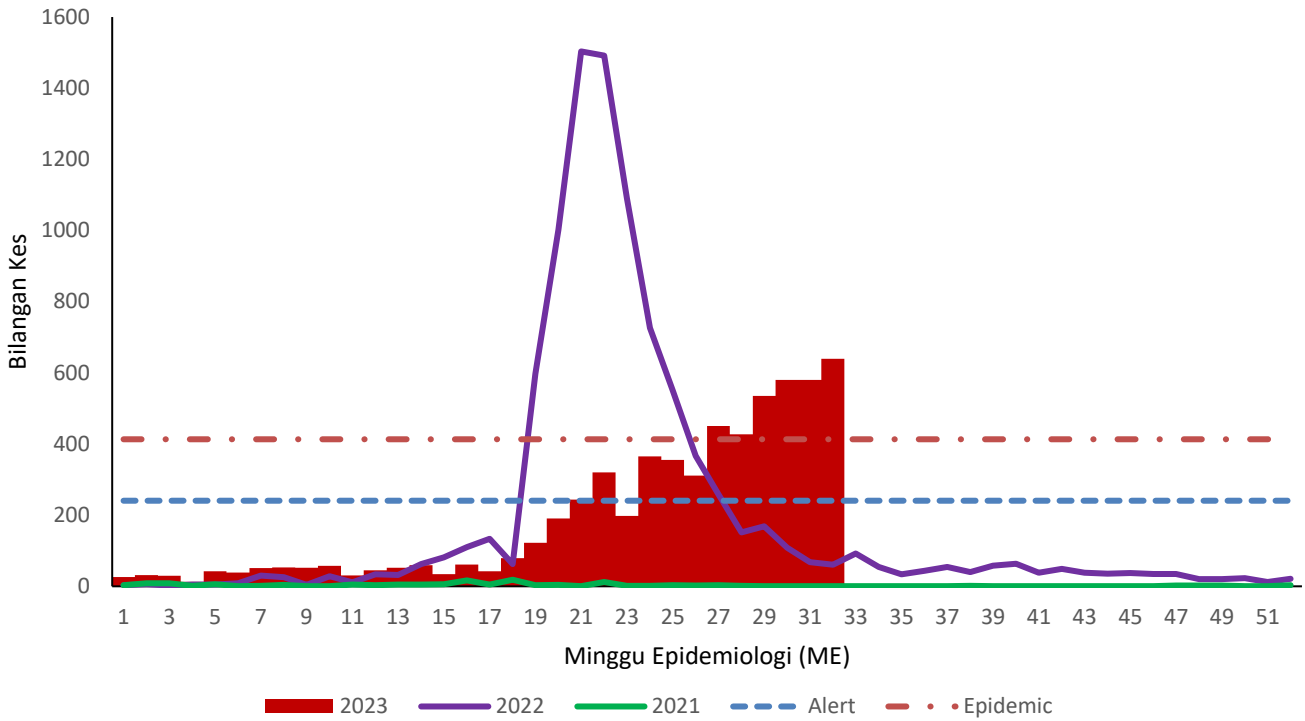


AGE JOHOR 2021-2023

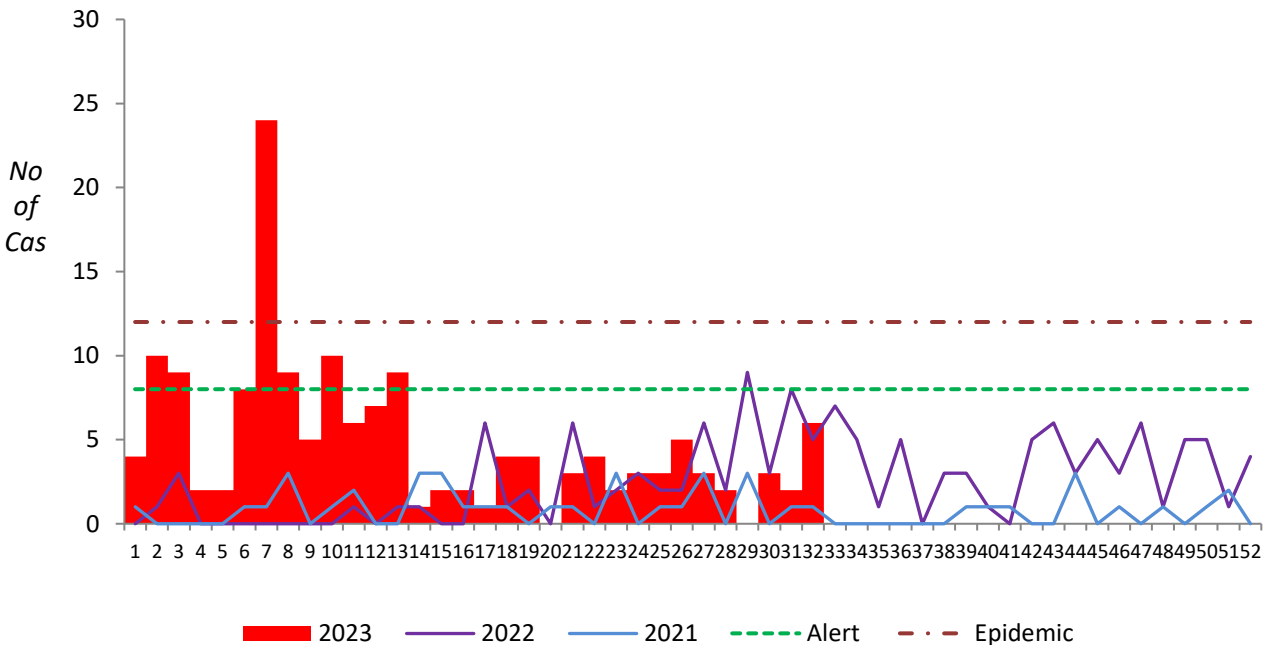


NO.	DOG BITE SURVEILLANCE	JULY 2022	JULY 2023	CUMULATIVE UNTIL JULY 2022	CUMULATIVE UNTIL JULY 2023
1.	No. of cases reported	4	12	33	62
2.	No. of cases received outpatient treatment	4	12	32	61
3.	No. of cases received rabiest vaccine outpatient	0	0	1	2
4.	No. of cases on Rabies follow-up (PEP)	0	1	0	2
5.	No. of cases completed follow-up (PEP)	0	1	0	2
6.	No. of cases admitted	0	0	1	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	4	11	30	53
11.	No. of other animals involved in bite cases	0	1	3	9

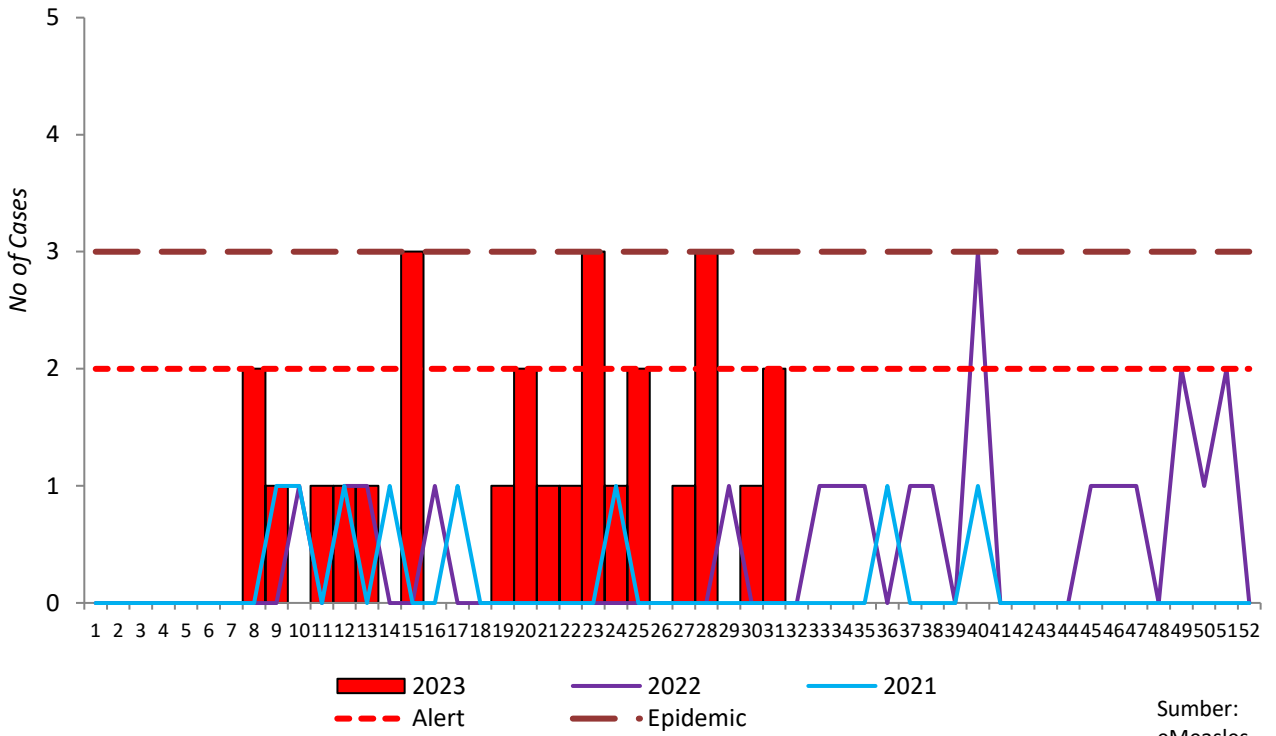
HFMD JOHOR 2021-2023



LEPTOSPIROSIS JOHOR 2021-2023



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



Sumber:
eMeasles



KEMENTERIAN KESIHATAN MALAYSIA

MUDAH MARAH?

TIPS MENGATASI BURNOUT

1

Ambil masa untuk rehat seketika

2

Bercakap dengan seseorang yang dipercayai

3

Uruskan emosi dengan positif

4

Berikan kata-kata positif kepada diri sendiri

BURNOUT



Anda mungkin mengalami 'BURNOUT'

5

Makan makanan berkhasiat

6

Lakukan teknik relaksasi seperti latihan pernafasan secara teratur

7

Minta bantuan profesional seperti kaunselor

8

Berpuas hati dengan apa yang telah dicapai dalam tugasan



KEMENTERIAN KESIHATAN MALAYSIA

FAKTOR RISIKO GASTROESOPHAGEAL REFLUX DISEASE (GERD)



Berat badan
berlebihan



Kehamilan
(Perubahan hormon
serta peningkatan
tekanan pada
bahagian abdomen)



Merokok



Makanan pencetus
GERD: kopi, makanan
yang masam dan
berlemak, bawang
merah, pudina,
makanan bergoreng,
minuman
berkarbonat makanan
pedas dan coklat



Pengambilan
ubat-ubatan
seperti ubat tahan
sakit (aspirin)



Makan pada
lewat malam



Makan dalam
jumlah yang
banyak

Pesan KKM

Kenal pasti faktor risiko
GERD dan amalkan gaya
hidup sihat untuk
menghindar GERD

UKK
KKM

MALAYSIA
MADANI

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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