



NOTIFIABLE COMMUNICABLE DISEASES FOR CURRENT WEEK

NO.	DISEASE	EW 04/2023	EW 04/2024	MEDIAN	CUMULATIVE 2023 UNTIL EW04	CUMULATIVE 2024 UNTIL EW04
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	119	383	228	616(2)	1,351(1)
5.	CHIKUNGUNYA	0	0	0	0(0)	0(0)
6.	DIPHTHERIA	0	0	0	0	0
7.	DYSENTERY (all type)	0	1	0	2	3
8.	EBOLA	0	0	0	0	0
9.1	FOOD POISONING (episode)	0	1	0	4	1
9.2	FOOD POISONING (case)	0	25	31	156	25
10.	GONOCOCCAL INFECTION (all forms)	1	2	4	9	21
11.	HAND,FOOT&MOUTH DISEASE (HFMD)	12	100	29	98	373
12.	HIV INFECTION	13	10	10	82(8)	60(10)
13.	LEPROSY	0	0	0	0	0
14.	LEPTOSPIROSIS (Probable)	8	3	0	19	34
14.2	LEPTOSPIROSIS (Confirmed)	1	2	0	6	16
15.	MALARIA	0	0	0	1	2
16.	MEASLES	0	1	0	0	1
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)	3	7	3	20	22
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0
24.	TUBERCULOSIS	21	55	44	153(19)	150(0)
25.	TYPHOID & PARATYPHOID FEVER	0	0	0	0	0
26.	TYPHUS & OTHER RICKETTSIOSIS	0	0	0	0	0
27.	VIRAL ENCEPHALITIS	0	0	0	0	1
28.	VIRAL HEPATITIS	18	8	0	82	82
	a) Hepatitis A	1	1	0	1(1)	1(0)
	b) Hepatitis B	10	0	3	32(1)	25(0)
	c) Hepatitis C	7	7	7	49(1)	56(3)
	d) Other Hepatitis	0	0	0	0	0
29.	PERTUSSIS	0	3	0	1	6
30.	YELLOW FEVER	0	0	0	0	0
31.	ZIKA	0	0	NA	0	0
32.	COVID-19	67	625	2300	430(13)	5279(8)

Notes: () is a cumulative death; resource: e-Notifikasi, e-Dengue, MyTb, NAR

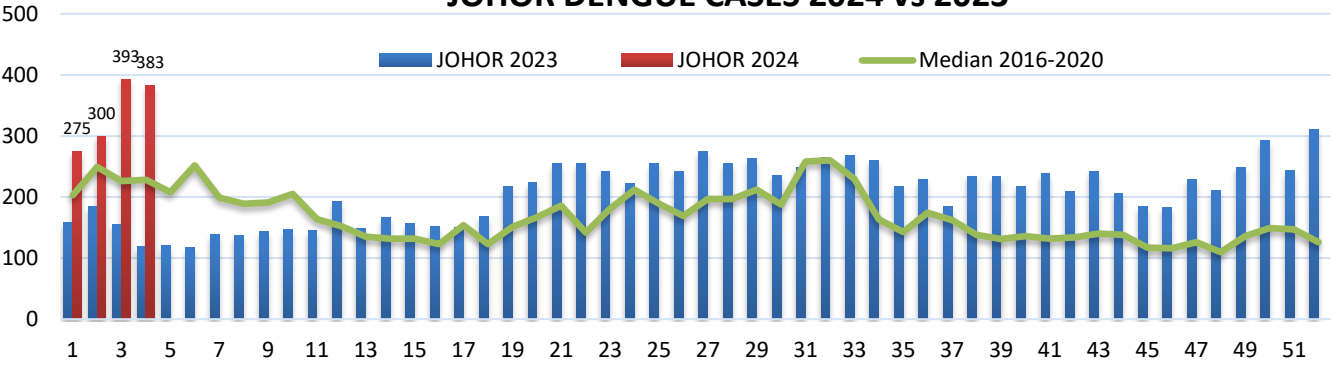
NOTIFIABLE COMMUNICABLE DISEASES FOR EW04 BY DISTRICT

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	289	55	6	3	2	5	8	4	9	2	383
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)	1	0	0	0	0	0	0	0	0	0	1
8.	EBOLA	0	0	0	0	0	0	0	0	0	0	0
9	FOOD POISONING	0	0	0	0	0	0	0	0	25	0	25
10.	GONOCOCCAL INFECTION (All forms)	0	1	1	0	0	0	0	0	0	0	2
11.	HAND, FOOT & MOUTH DISEASE (HFMD)	39	7	3	9	12	10	12	3	5	0	100
12.	HIV INFECTION (All forms)	8	0	0	0	0	0	0	0	1	1	10
13.	LEPROSY	0	0	0	0	0	0	0	0	0	0	0
14.1	LEPTOSPIROSIS (Probable)	0	0	0	0	0	0	1	1	1	0	3
14.2	LEPTOSPIROSIS (Confirmed)	0	1	0	0	0	0	0	1	0	0	2
15.	MALARIA	0	0	0	0	0	0	0	0	0	0	0
16.	MEASLES	0	0	0	1	0	0	0	0	0	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)	5	0	0	0	0	0	0	0	1	1	7
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0	0	0	0	0	0	0
24.	TUBERCULOSIS (All forms)	34	3	0	0	7	4	6	0	0	1	55
25.	TYPHOID & PARATYPHOID FEVER	0	0	0	0	0	0	0	0	0	0	0
26.	TYPHUS & OTHER RICKETTSIOSES	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	0	0	0	0	0	0	0	0	0	0	0
	a) Hepatitis A	0	0	0	0	0	1	0	0	0	0	0
	b) Hepatitis B	0	0	0	0	0	0	0	0	0	0	0
	c) Hepatitis C	2	0	2	0	0	2	0	0	1	0	7
	d) Other Hepatitis	0	0	0	0	0	0	0	0	0	0	0
29.	PERTUSSIS	0	0	0	0	1	0	0	1	1	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	193	70	82	40	85	51	18	39	39	8	625

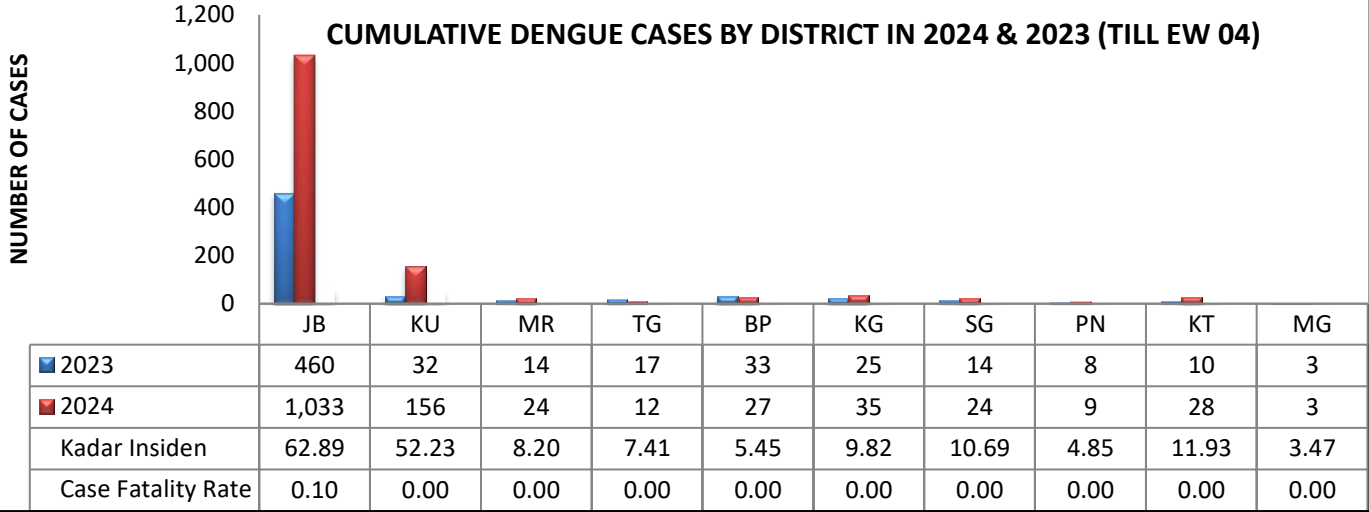
CUMULATIVE NOTIFIABLE COMMUNICABLE DISEASES UNTIL EW04

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	1033	156	24	12	27	35	24	9	28	3	1351
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)	2	0	0	0	1	0	0	0	0	0	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	25	0	25
10.	GONOCOCCAL INFECTION (All forms)	13	1	1	0	2	0	0	0	4	0	21
11.	HAND, FOOT & MOUTH DISEASE (HFMD)	188	19	9	17	41	26	40	8	23	2	373
12.	HIV INFECTION (All forms)	40	4	1	0	1	5	1	1	5	2	60
13.	LEPROSY	0	0	0	0	0	0	0	0	0	0	0
14.	LEPTOSPIROSIS (Probable)	6	4	0	2	0	6	3	9	4	0	34
14.2	LEPTOSPIROSIS (Confirmed)	4	0	0	1	0	3	1	6	1	0	16
15.	MALARIA	0	2	0	0	0	0	0	0	0	0	2
16.	MEASLES	0	0	0	1	0	0	0	0	0	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)	14	0	0	0	1	2	1	0	2	2	22
23.	TETANUS (Neonatorum / Adult)	0	0	0	0	0	0	0	0	0	0	0
24.	TUBERCULOSIS (All forms)	75	8	10	4	16	11	9	8	7	2	150
25.	TYPHOID & PARATYPHOID FEVER	0	0	0	0	0	0	0	0	0	0	0
26.	TYPHUS & OTHER RICKETTSIOSES	0	0	0	0	0	0	0	0	0	0	0
27.	VIRAL ENCEPHALITIS	1	0	0	0	0	0	0	0	0	0	1
28.	VIRAL HEPATITIS	0	0	0	0	0	0	0	0	0	0	0
	a) Hepatitis A	0	0	0	0	0	1	0	0	0	0	1
	b) Hepatitis B	11	1	2	1	0	0	5	1	4	0	25
	c) Hepatitis C	4	0	3	3	1	11	20	1	12	1	56
	d) Other Hepatitis	0	0	0	0	0	0	0	0	0	0	0
29.	PERTUSSIS	0	0	1	1	1	0	1	1	1	0	6
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	1387	623	721	360	900	467	116	248	314	143	5279

JOHOR DENGUE CASES 2024 vs 2023



CUMULATIVE DENGUE CASES BY DISTRICT IN 2024 & 2023 (TILL EW 04)



CUMULATIVE VECTOR BORNE DISEASE IN JOHOR EW 04/2023

DISEASE	JB	KU	MR	TGK	BP	KLG	SGT	PTN	KT	MSG	JOH
MALARIA	0	2	0	0	0	0	0	0	0	0	2
DENGUE	1,033	156	24	12	27	35	24	9	28	3	1,351
FILARIASIS	0	0	0	0	0	0	0	0	0	0	0
CHIKUNGUNYA	0	0	0	0	0	0	0	0	0	0	0
J.E	0	0	0	0	0	0	0	0	0	0	0
TYPHUS	0	0	0	0	0	0	0	0	0	0	0
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

EW04 : Denggi (383 kes), Malaria (0 kes), Filariasis (0 kes), Typhus (0 kes)

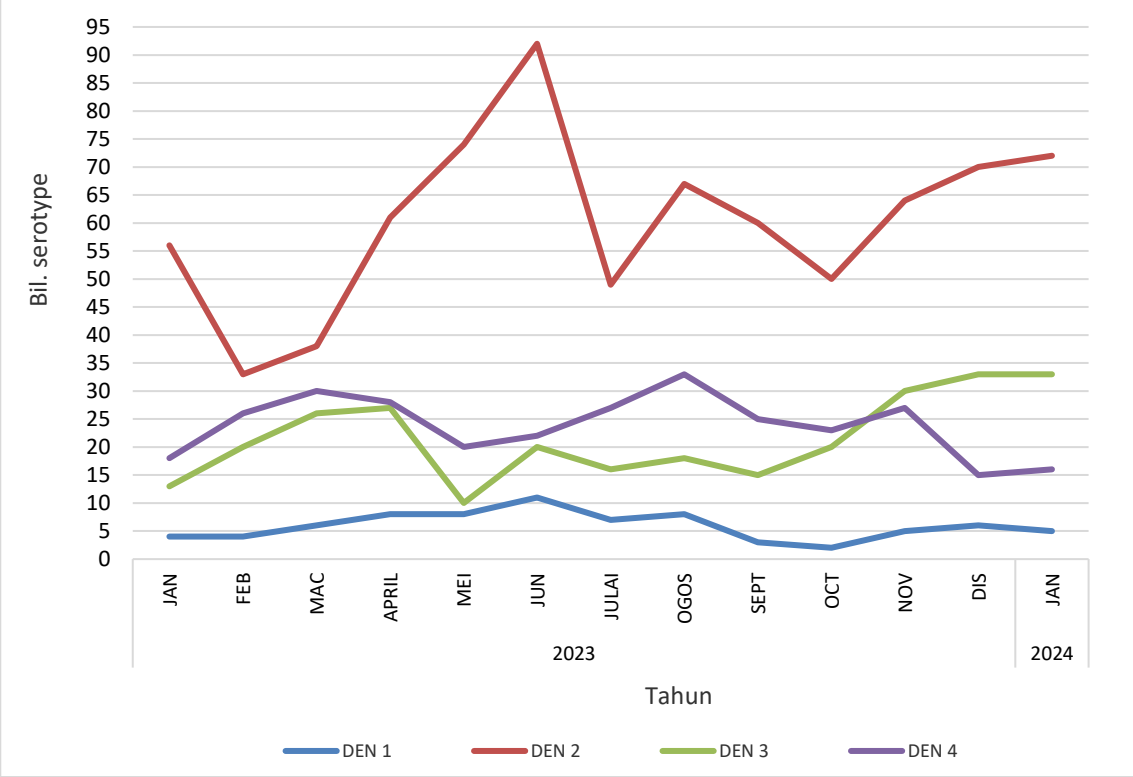
Dengue Virus Serotype Surveillance (DVSS) in Johor 2024 (Epid Week 04)

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	1	0	0	0	0	0
H. KOTA TINGGI	5	5	1	3	1	0	0	0	0
H. PAKAR SULTANAH FATIMAH	5	0	0	0	0	0	0	0	0
H. SEGAMAT	5	1	0	1	0	0	0	0	0
H. SULTAN ISMAIL	5	2	0	1	1	0	0	0	0
H. SULTANAH AMINAH	5	5	0	3	1	0	0	1	0
H. SULTANAH NORA ISMAIL	5	0	0	0	0	0	0	0	0
H. TEMENGGUNG SERI MAHARAJA TUN IBRAHIM	5	1	0	1	0	0	0	0	0
KK MAHMOODIAH	5	0	0	0	0	0	0	0	0
KK PASIR GUDANG	5	5	0	1	4	0	0	0	0
KK SULTAN ISMAIL	5	5	1	3	0	1	0	0	0
TOTAL	55	25	2	14	7	1	0	1	0
TOTAL DENGUE SEROTYPE POSITIVE	-	-	24					-	-

Dengue Virus Serotype Surveillance (DVSS) in Johor 2024 (Cumulative data until Epid Week 04)

SENTINEL AREA	TARGET SAMPLE (UNTIL EW 04)	TOTAL RECEIVED	qPCR DENGUE SEROTYPE RESULT						
			DEN 1	DEN 2	DEN 3	DEN 4	Mix DEN	ND*	PENDING
H. ENCHE BESAR HAJJAH KALSOM KLUANG	20	6	1	4	1	0	0	0	0
H. KOTA TINGGI	20	20	1	10	3	4	0	2	0
H. PAKAR SULTANAH FATIMAH	20	9	1	4	2	1	0	1	0
H. SEGAMAT	20	7	0	5	1	1	0	0	0
H. SULTAN ISMAIL	20	19	1	10	3	4	0	1	0
H. SULTANAH AMINAH	20	22	0	14	3	1	0	4	0
H. SULTANAH NORA ISMAIL	20	5	0	2	2	0	0	1	0
H. TEMENGGUNG SERI MAHARAJA TUN IBRAHIM	20	16	0	10	4	1	0	1	0
KK MAHMOODIAH	20	10	0	5	4	1	0	0	0
KK PASIR GUDANG	20	11	0	3	7	0	0	1	0
KK SULTAN ISMAIL	20	12	1	5	3	3	0	0	0
TOTAL	220	137	5	72	33	16	0	11	0
Percentage (%)	-	-	3.6%	52.6%	24.1%	11.7%	0	8.0%	-
Total Dengue Serotype Positive	-	-	126					-	-

DENGUE SEROTYPE IN JOHOR 2023 - 2024
(WK 4/2024)



CASE LIST OF HIV & AIDS (NAR) AND CHANCROID, GONORRHOEA, SYPHILIS & HEPATITIS C (E-NOTIFICATION) BY DISTRICT, JOHOR STATES FOR W01-W04 YEAR 2023 & YEAR 2024

DISTRICT OF	HIV	KHIV	HIV	KHIV	AIDS	K AIDS	AIDS	KAIDS	CHANCROID		GONORRHOEA		SYPHILIS		HEPATITIS C	
	W01- W04 2023	W01- W04 2023	W01- W04 2024	W01- W04 2024	W01- W04 2023	W01- W04 2023	W01- W04 2024	W01- W04 2024	W01- W04 2023	W01- W04 2024	W01- W04 2023	W01- W04 2024	W01- W04 2023	W01- W04 2024	W01- W04 2023	W01- W04 2024
JB	18	1	21	1	12	2	14	4	0	0	9	3	25	5	54	4
MR	0	0	0	0	0	0	1	0	0	0	0	1	2	0	3	2
BP	4	0	0	0	5	1	0	1	0	0	2	1	3	0	2	1
KLG	7	0	2	1	1	0	1	1	0	0	3	2	2	3	3	17
SGT	2	0	0	0	3	2	0	1	0	0	0	0	4	1	7	0
PTN	2	0	1	0	1	0	0	0	0	0	0	0	2	0	2	0
KT	5	0	3	0	1	1	2	0	0	0	1	1	1	0	6	10
MSG	0	0	2	0	0	0	0	0	0	0	0	0	0	1	0	0
TGK	1	0	0	0	4	1	0	0	0	0	0	0	0	0	12	0
KUL	6	0	2	1	2	0	1	0	0	0	3	1	3	0	2	0
JHR	45	1	31	3	29	7	19	7	0	0	18	9	42	10	91	34

NEW HIV RISK FACTORS BY DISTRICT, JOHOR STATES FOR EPID WEEK W01-W04 YEAR 2023 AND YEAR 2024

RISK FACTORS	HOMO/ BISEKSUAL		HETEROSEXUAL		INTRAVENOUS DRUG USE (INVIDU)		VERTICAL		UNDETERMINE		NEEDLE STICK INJURY		BLANK		TOTAL	
	W01- W04 2023	W01- W04 2024	W01- W04 2023	W01- W04 2024	W01- W04 2023	W01- W04 2024	W01- W04 2023	W01- W04 2024	W01- W04 2023	W01- W04 2024	W01- W04 2023	W01- W04 2024	W01- W04 2023	W01- W04 2024	W01- W04 2023	W01- W04 2024
JB	10	7	8	9	0	3	0	1	0	0	0	0	0	1	18	21
MR	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BP	4	0	0	0	0	0	0	0	0	0	0	0	0	0	4	0
KLG	3	1	2	0	2	1	0	0	0	0	0	0	0	0	7	2
SGT	0	0	2	0	0	0	0	0	0	0	0	0	0	0	2	0
PTN	0	1	1	0	1	0	0	0	0	0	0	0	0	0	2	1
KT	1	0	3	2	1	1	0	0	0	0	0	0	0	0	5	3
MSG	0	1	0	0	0	0	0	1	0	1	0	0	0	0	0	3
TGK	1	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0
KUL	3	0	3	0	0	1	0	0	0	0	0	0	0	0	6	1
JHR	22	10	19	11	4	6	0	2	0	1	0	0	0	1	45	31
%	48.9	32.3	42.2	35.5	8.9	19.4	0.0	6.5	0.0	3.2	0.0	0.0	0.0	3.2	100.0	100.0



HASIL RAWATAN KES TIBI WARGANEGARA
(ME 1-4 2023, N=125)



SASARAN KADAR SUKSES : $\geq 90\%$

DAERAH	MASIH DALAM RAWATAN	TERHENTI RAWATAN	MATI BELUM DIAUDIT	RR/ MDR/ XDR	KADAR SUKSES (%)
BATU PAHAT	1	0	0	0	85.7
JOHOR BAHRU	10	4	1	1	78.8
KLUANG	2	0	0	0	50.0
KOTA TINGGI	2	0	0	0	78.6
KULAI	0	0	0	0	83.3
TANGKAK	0	0	0	0	0.0
MERSING	0	0	0	0	100.0
MUAR	0	0	0	0	0.0
PONTIAN	0	0	0	0	100.0
SEGAMAT	0	0	0	0	100.0
JOHOR	15	4	1	1	78.4

KES TIBI KOHOT 2024	MINGGU SEMASA (ME 4)	KUMULATIF (ME 4)	KES TIBI KOHOT 2023
	55	150	
KES MATI KOHOT 2024	MINGGU SEMASA (ME 4)	KUMULATIF (ME 4)	KES MATI KOHOT 2023
	0	0	
	MINGGU SEMASA (ME 4)	KUMULATIF (ME 4)	
	21	153	
	MINGGU SEMASA (ME 4)	KUMULATIF (ME 4)	
	1	19	

PENCAPAIAN PEMERIKSAAN KONTAK BAGI KOHOT JAN 2024
(SASARAN 1: 10)

BP	JB	KG	KT	KU	MG	MR	PN	SG	TG	JOHOR
1:0	1:0	1:1	1:3	1:12	1:0	1:1	1:0	1:0	1:0	1:1

DATA SEHINGGA ME 4 (27/01/2024) MUAT TURUN PADA (30/01/2024)

JABATAN KESIHATAN NEGERI JOHOR



DISEASES OUTBREAK

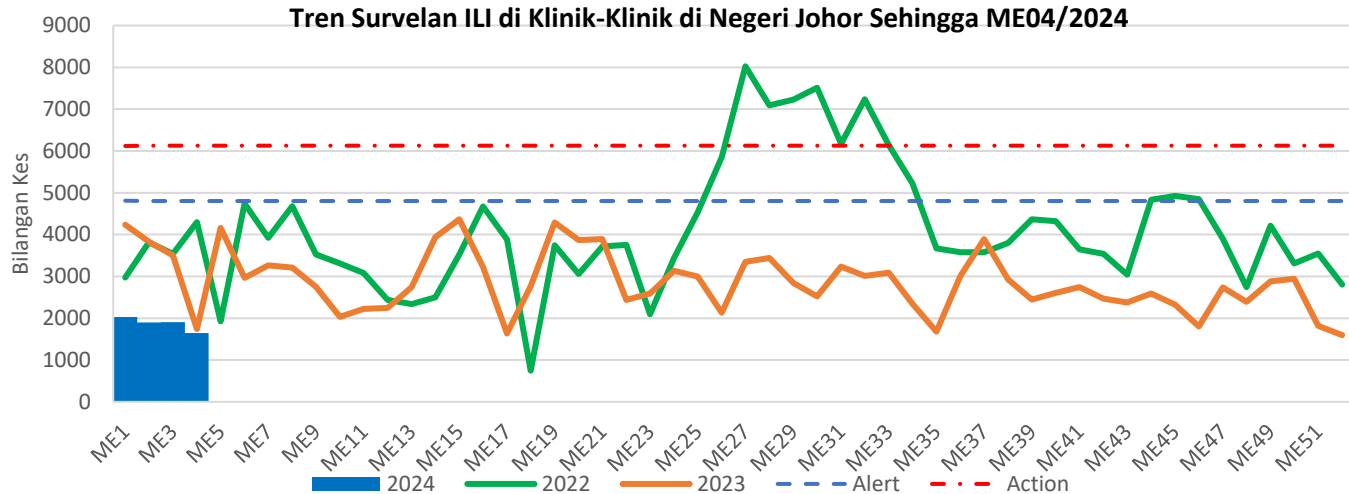
CLUSTER / OUTBREAK BY DISTRICT ON EW 04/2024

NO.	DISTRICT	LOCALITY	DISEASE/EVENT
1	KLUANG	NO 85 JALAN SIN NAM	HFMD
2	KOTA TINGGI	SRAB KOTA TINGGI	KRM
3	JOHOR BAHRU	YOUNG KINDOM KINDERGARTEN	HFMD
4	BATU PAHAT	TADIKA PASTI NUR HAYAT MUHIBBAH	HFMD
5	JOHOR BAHRU	TASKA E QASEH	HFMD
6	JOHOR BAHRU	TADIKA SRI KAMARIAH	INFLUENZA A

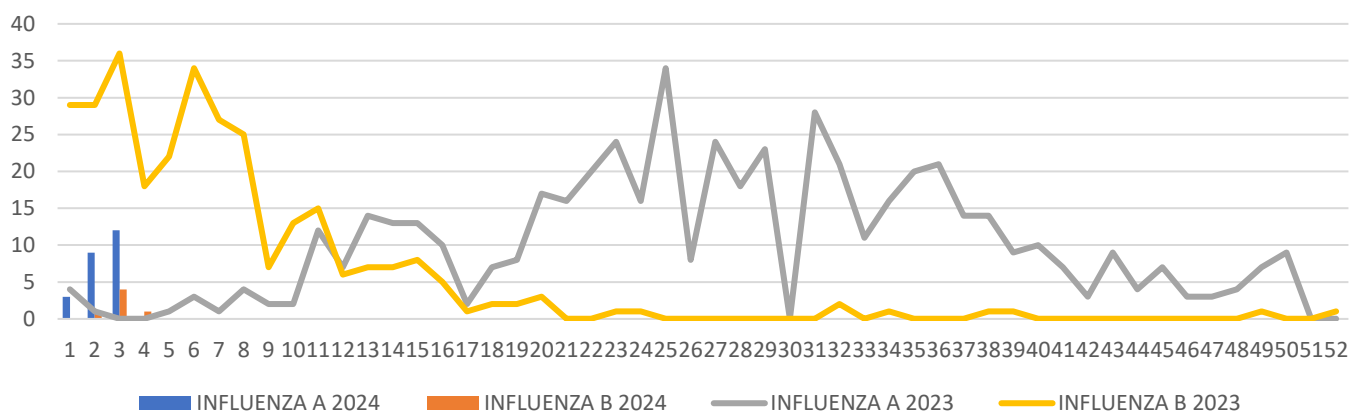
CUMULATIVE CLUSTER / OUTBREAK BY DISTRICT EW 04/2024

NO.	DISEASES	JB	KJ	MR	TG	BP	KG	SG	PN	KT	MG	JOHOR
1.	FOOD POISONING	0	0	0	0	0	0	0	0	1	0	1
2.	DIPHTHERIA	0	0	0	0	0	0	0	0	0	0	0
3.	CHICKEN POX	0	1	0	0	0	0	0	0	0	0	1
4.	HFMD	2	0	0	0	1	1	0	0	0	0	4
5.	LEPTOSPIROSIS	0	0	0	0	0	0	0	0	0	0	0
6.	SCABIES	0	0	0	0	0	0	0	0	0	0	0
7.	AGE	0	0	0	0	0	1	0	0	0	0	1
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	0	0	0	0	0	0	0	0
11.	TUBERCULOSIS	0	0	0	0	0	0	1	0	0	0	1
12.	INFLUENZA	1	0	0	0	0	0	0	0	0	0	1
13.	CONJUNCTIVITIS	0	0	0	0	0	0	0	0	0	0	0
14.	URTI	0	0	0	0	0	0	0	0	0	0	0
15.	TYPHIOD	0	0	0	0	0	0	0	0	0	0	0
16.	DENGUE	172	5	0	0	0	1	0	0	0	0	178
17.	CHIKUGUNYA	0	0	0	0	0	0	0	0	0	0	0
18.	ROTAVIRUS	0	0	0	0	0	0	0	0	0	0	0
19.	PERTUSIS	0	0	0	0	0	0	0	0	0	0	0
20.	COVID 19	0	0	0	1	0	0	0	0	0	0	1

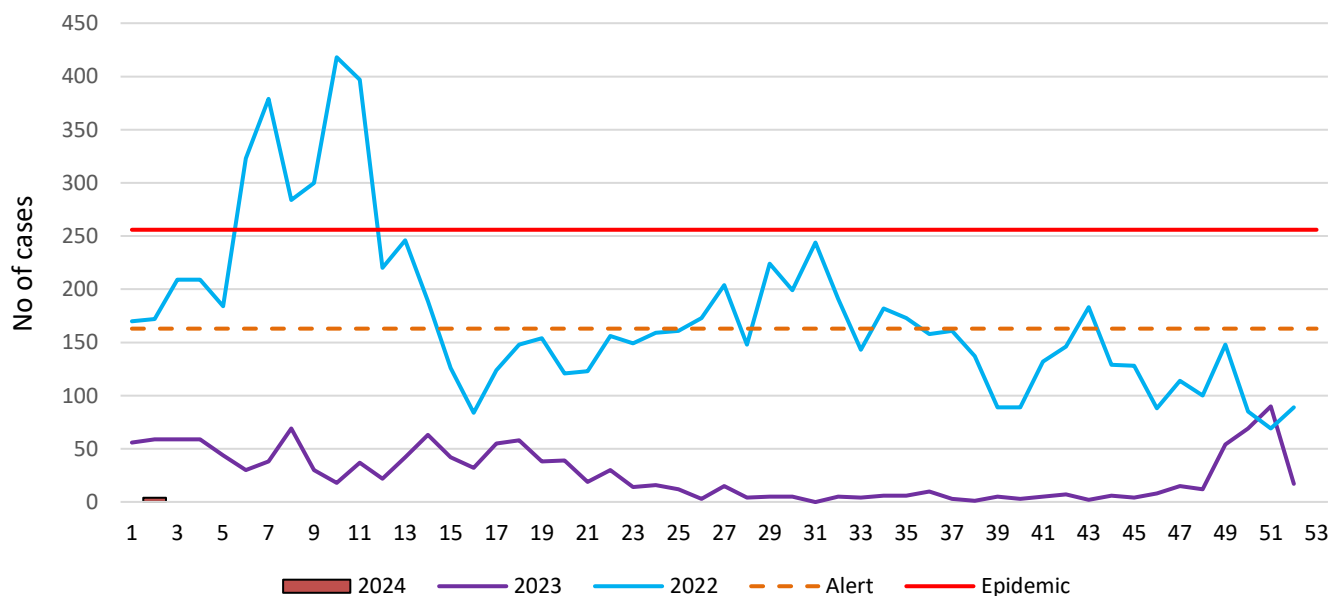
Tren Survelan ILI di Klinik-Klinik di Negeri Johor Sehingga ME04/2024

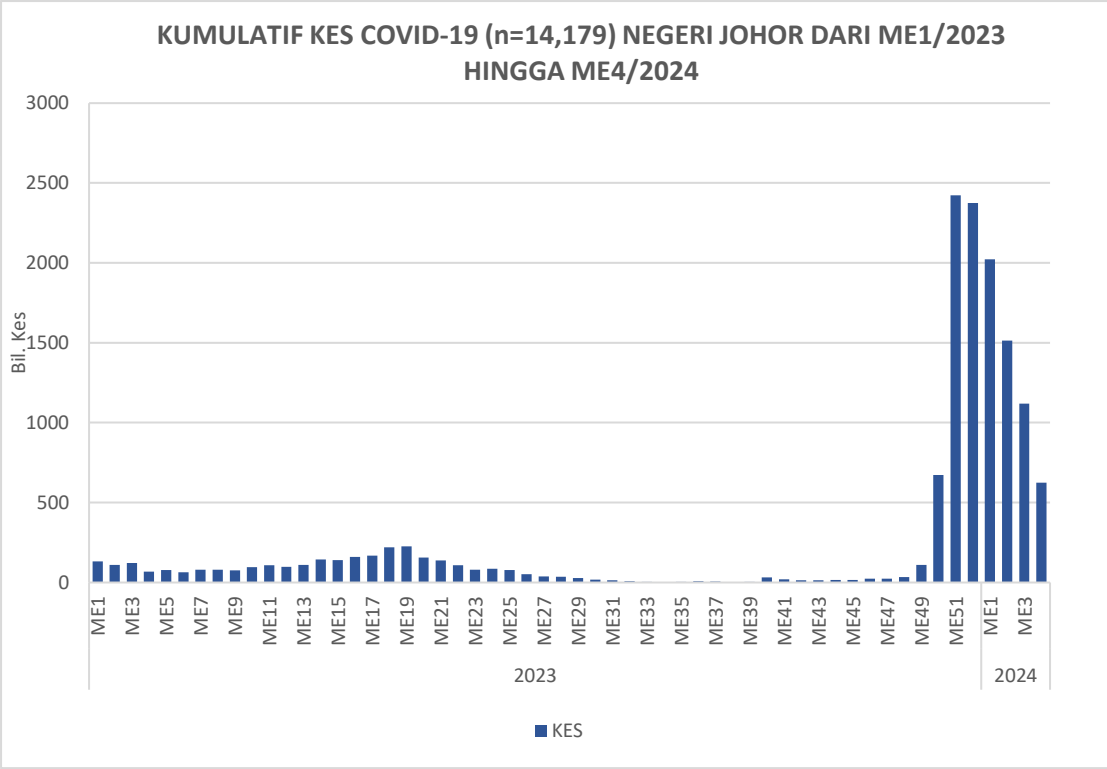


Tren Influenza A dan B di Klinik Sentinel Negeri Johor - 2024

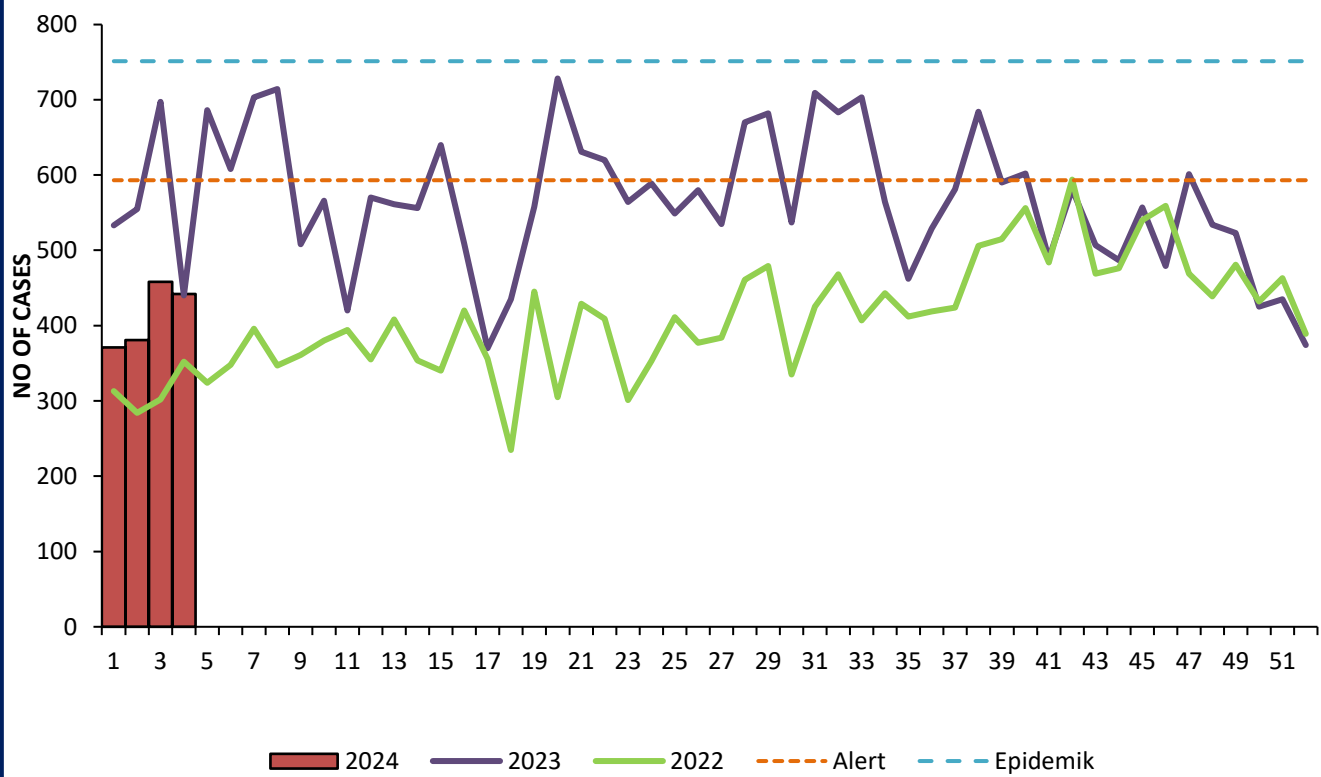


SENTINAL SURVEILLANCE OF SARI IN HOSPITAL SULTANAH AMINAH JOHOR BAHRU 2022-2024



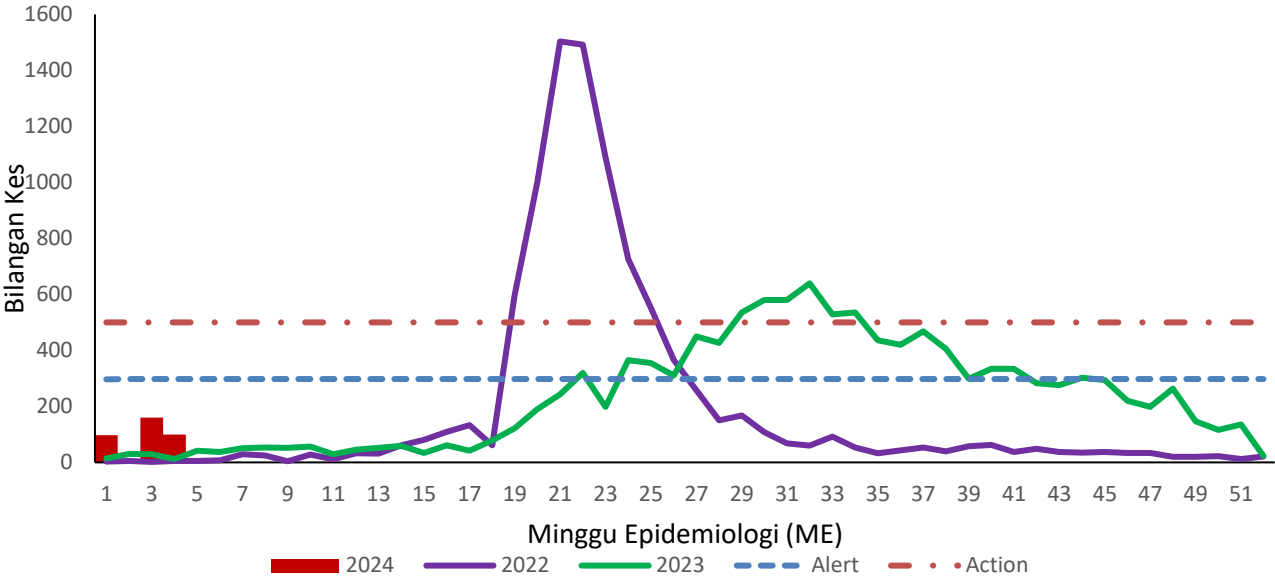


AGE JOHOR 2022-2024

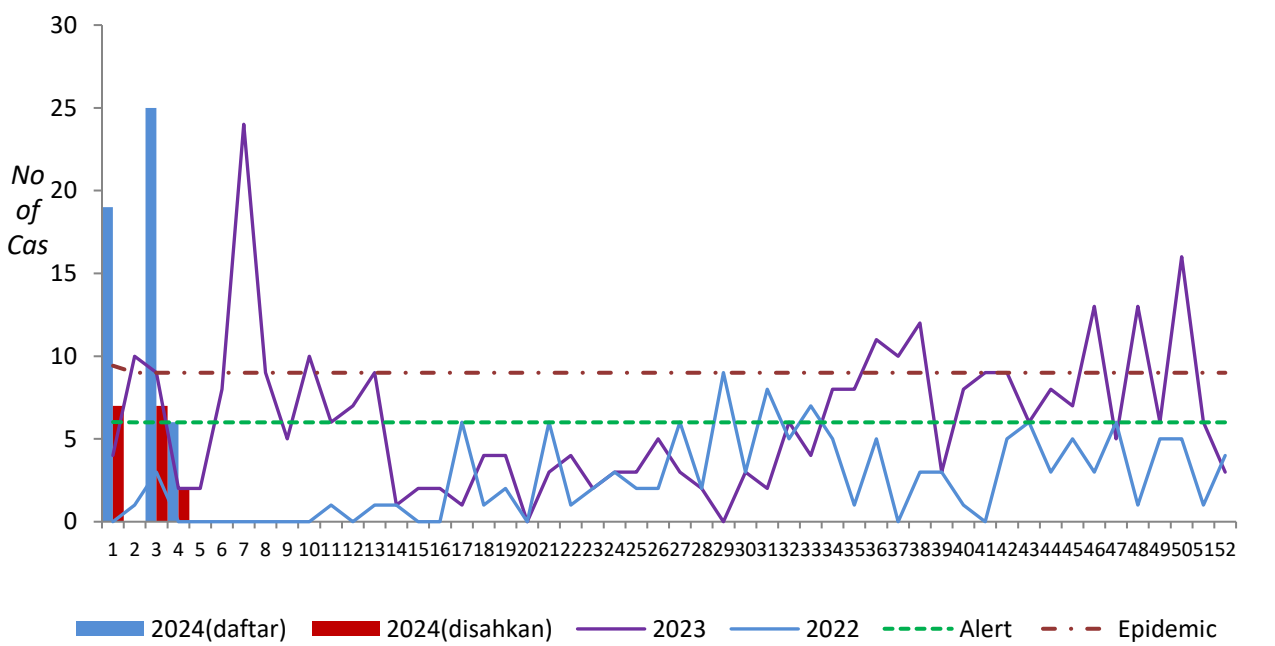


NO.	DOG BITE SURVEILLANCE	DIS 2022	DIS 2023	CUMULATIVE UNTIL DIS 2022	CUMULATIVE UNTIL DIS 2023
1.	No. of cases reported	4	9	70	121
2.	No. of cases received outpatient treatment	4	9	69	120
3.	No. of cases received rabiest vaccine outpatient	0	0	1	11
4.	No. of cases on Rabies follow-up (PEP)	0	0	0	6
5.	No. of cases completed follow-up (PEP)	0	1	0	8
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	6	60	101
11.	No. of other animals involved in bite cases	0	3	10	20

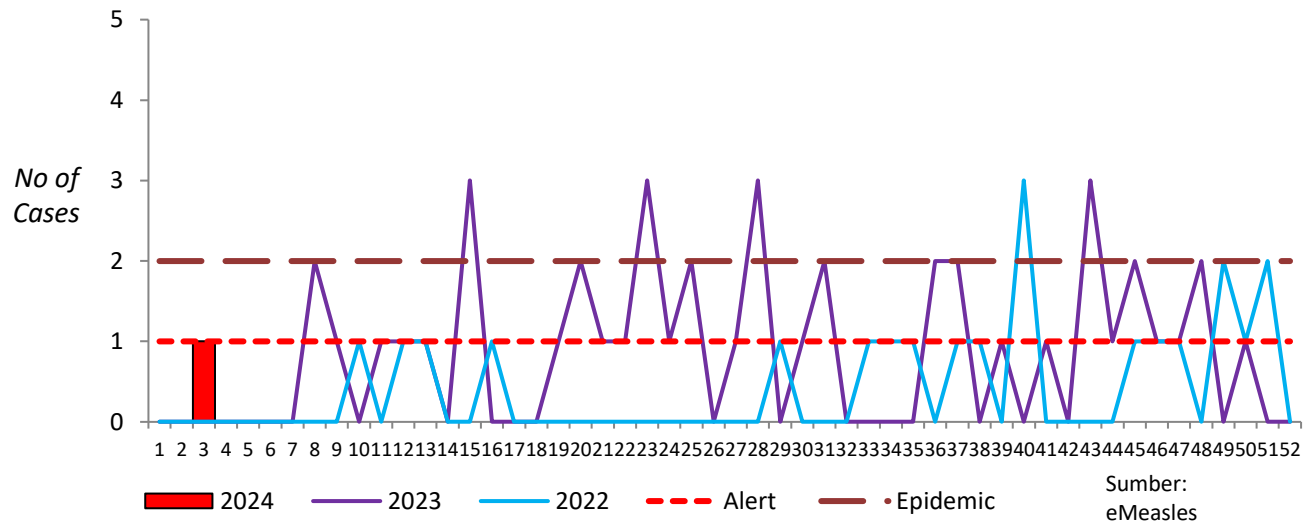
HFMD JOHOR 2021-2023



LEPTOSPIROSIS JOHOR 2022-2024



MEASLES (LAB CONFIRMED/CLINICAL/EPID LINK) JOHOR 2022 - 2024





KEMENTERIAN KESIHATAN MALAYSIA

1

SENAMAN WAKTU MALAM

BAHAYA ATAU **TIDAK?**

MITOS

Senaman waktu malam boleh meningkatkan risiko serangan jantung, mengakibatkan darah tinggi dan dikatakan sebagai pembunuh senyap yang berbahaya, bagi yang aktif bersukan.



➤
seterusnya

FAKTA

Senaman adalah pergerakan fizikal yang terancang dan sistematik serta meningkatkan dan mengekalkan satu atau lebih komponen kecergasan fizikal.

Senaman secara konsisten memberi lebih banyak faedah kepada kesihatan termasuklah mengurangkan risiko penyakit berkaitan jantung.

Agenda Nasional
Malaysia SehatMALAYSIA
MADANI



KEMENTERIAN KESIHATAN MALAYSIA

DENGAN SYARAT:

- Intensiti yang tidak terlalu tinggi dan sesuai serta mengikut keupayaan diri.
- Minum secukupnya dan tidak memaksa badan jika berasa penat, khususnya bagi mereka yang jarang atau tidak pernah bersenam.
- Sebaiknya dilakukan dalam suhu terkawal di mana suhu lebih rendah dan kadar pencemaran udara berkurangan untuk mengelakkan komplikasi seperti strok haba dan dehidrasi.
- Bergantung kepada tahap kecergasan dan umur.

**Bersenam adalah lebih baik daripada tidak melakukan senaman langsung.
Jom! sihat dengan kekal aktif tanpa memudaratkan kesihatan.**

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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