



FAQ on Coronavirus Disease 2019 (COVID-19)

Q1. What is a coronavirus?

Coronaviruses (CoV) are viruses that may cause respiratory tract infections with symptoms ranging from a mild flu to severe pneumonia (chest infection). Examples of coronaviruses include the Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome-related Coronavirus (MERS-CoV). The most recently discovered coronavirus in China is called Coronavirus Disease 2019 (**COVID-19**).

Q2. How does COVID-19 spread?

The exact mode of spread (or transmission) has not been fully determined. However, human-to-human transmission occurs through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people could then catch COVID-19 by first touching these objects or surfaces, and then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to keep a distance of at least 1 metre (3 feet) away from another person.

MOH is constantly monitoring the development of the COVID-19 pandemic and latest information will be updated on the MOH website in a timely manner. The public is advised to always practice self-care and maintain a high level of self-hygiene.

Q3. If I wear a surgical mask or N95 mask, will it reduce the risk of COVID-19 infection?

The use of surgical mask or 3-ply-mask is recommended to reduce the

spread of the virus and more practical for public use. It reduces the spread of small droplets from the nose or mouth of the person wearing the mask to other individuals.

The use of N95 masks is not recommended for the general public as it is more tight fitting and may cause breathing discomfort. Therefore, its use is more suitable for healthcare personnel involved in managing suspected individuals or patients.

Q4. What are the symptoms of pneumonia for COVID-19?

The main symptoms of pneumonia due to COVID-19 are fever, cough and difficulty breathing.

Q5. I have symptoms of cough and 'runny' nose. I just came back from travelling to a country with reported COVID-19 cases. Do I seek treatment at a private hospital, or at the Emergency Department of government hospitals?

You need to seek early medical care if you are unwell with respiratory tract symptoms e.g. fever, cough and 'runny' nose. Please seek treatment at the nearest healthcare facility and wear a face mask (surgical mask) when seeking treatment.

Q6. Is there treatment for COVID-19?

To date, there is no specific treatment or specific antiviral medicine to treat COVID-19. Patients are provided treatment to relieve their symptoms.

Q7. Can a COVID-19 infection cause death? What is the difference with SARS?

COVID-19 may cause severe disease and death, particularly among older adults, individuals with chronic diseases (e.g. diabetes, heart diseases, cancer) or with low immunity (e.g. cancer patients on treatment). However, the exact characteristics of COVID-19 is not yet fully understood and research is still ongoing.

SARS was more deadly but much less infectious than COVID-19. There have been no outbreaks of SARS anywhere in the world since 2003.

Q8. What are the prevention measures for COVID-19?

Travellers to countries affected by COVID-19, and upon returning back to Malaysia, are reminded to take the following measures:

- Constantly maintain a high level of personal hygiene, wash hands frequently with soap and water, or use hand sanitisers;
- Always carry face masks and hand sanitisers for use when required during the travelling period;
- Avoid crowded public places and close contact with symptomatic individuals during the travelling period;
- Avoid visiting animal farms, live animal markets, slaughterhouses (abattoirs) and avoid touching any animals during the travelling period; and
- Avoid eating or drinking any raw or undercooked animal products during the travelling period.

Q9. My work colleague / classmate / friend had travelled to countries affected by COVID-19 recently. When they return, do they have to self-isolate?

Such individuals will undergo health screening at all International Ports of Entry in Malaysia. If detected with symptoms of respiratory tract infection (e.g. fever, cough), they will be referred to a healthcare facility for further investigation.

If they are well and without symptoms, the Health Alert Card and Home Assessment Tool (**Appendix 1**) will be issued. They will be advised to remain at home and to self-monitor their health status for two weeks. If symptoms develop, they should seek early treatment at the nearest healthcare facility and to bring their Health Alert Card along.

Q10. What are the roles of travel agencies in controlling the spread

of COVID-19 infection?

Travel agencies are requested to be constantly updated with the latest COVID-19 situation and health advisories issued by MOH, and to inform their employees and customers who wish to travel to COVID-19 affected countries, specifically on:

- Advising their customers against travelling to COVID-19 affected countries until the situation improves;
- Constantly maintain a high level of personal hygiene, wash hands frequently with soap and water, or use hand sanitisers;
- If the travel is deemed essential and cannot be postponed, during the travel period to:
 - Avoid crowded public places and close contact with symptomatic individuals;
 - Avoid visiting animal farms, live animal markets, slaughterhouses (abattoirs) and avoid touching any animals;
 - Avoid eating or drinking any raw or undercooked animal products;
- Seek early treatment if unwell with symptoms of respiratory tract infection (e.g. fever, cough, difficulty breathing) within 14 days upon return to Malaysia; and
- Travellers returning from COVID-19 affected countries should be informed on the requirement for health status declaration prior to arriving in Malaysia. In addition, they must also explain the need to undergo home surveillance (under the Observation and Surveillance Order) to their customers.

Travel agencies and travel associations are also encouraged to implement temperature screening and refer travellers with fever to the nearest healthcare facility for further investigation and management. They are also advised to maintain a high level of personal and environmental hygiene, including implementing disinfection activities.

Q11. What is the role of MOH in preventing and controlling the spread of COVID-19?

MOH has been monitoring the COVID-19 situation daily through verified sources since 10 January 2020 and have undertaken the following measures:

- i. Established the COVID-19 Operations Centre
- ii. Prepare and issue daily press statements informing the public of the current COVID-19 situation
- iii. Conduct health screening at all Malaysian international ports of entry
- iv. Conduct health screening at all healthcare facilities, referral and isolation of cases in selected hospitals
- v. Implement monitoring of close contacts at their home or quarantine centres as stated in the Observation and Surveillance Order.
- vi. Increase isolation ward capacity in hospitals.
- vii. Strengthen the capabilities of laboratories in conducting COVID-19 detection tests
- viii. Implement training to healthcare workers, particularly on the proper use of personal protective equipment (PPE)
- ix. Ensure adequate PPE stockpiles and medications to treat symptoms
- x. Increase public awareness on COVID-19 through social and print media

The public can contact the National Clinical Preparedness and Response Centre (CPRC) MOH hotline at 03-88810200, 03-88810600 or 03-88810700, email cprc@moh.gov.my or WhatsApp 010-9699435 for any questions. In addition, the State Departments of Health can also be contacted (**Appendix 2**).

Q12. Who are the high-risk groups?

People especially those at high-risk are advised to limit hospital visits especially for non-essential matters. This is to prevent the spread of COVID-19 in hospitals. High-risk groups include:

- Children
- Older adults aged 65 years and above
- Patients with chronic diseases (e.g. diabetes, heart diseases, chronic respiratory diseases)
- Patients with low immunity (e.g. cancer patients on treatment)
- Pregnant women

Important: Do not visit patients in hospitals if you have a fever, cough or 'runny' nose

Q13. How is contact tracing done?

Conduct tracing is done through several methods:

Interviews – While in the hospital, the medical team lists the patient's travel history and contacts within the last 14 days.

Investigation –The health team tracks all of the patient's contacts to find and determine relationships and interactions with the patient and to obtain additional related information.

Identification – Decisions are made to determine individuals who are close contacts and at high risk for infection.

If the close contact is **symptomatic**, the individual will be referred to the hospital for isolation and further management. If the contact is **well**, he/she will be tested for COVID-19 and placed under home-surveillance for 14 days.

Q14. Can COVID-19 samples be taken at home?

MOH is currently collaborating with the private sector for COVID-19 sampling at home services. Through this collaboration, individuals without symptoms can be tested for COVID-19 without the need to go to a healthcare facility. The public can access this service by visiting the website or uploading the app to obtain the appointment for the home visit

for sampling purposes. However, this COVID-19 sampling service will be charged by the private company. Currently, this service is provided by the following companies:

- a) BookDoc
- b) Pantai Premier Pathology Sdn. Bhd.
- c) Lablink (M) Sdn Bhd (KPJ)
- d) Kualitas Medical Group Sdn. Bhd.
- e) Gleneagles Kuala Lumpur
- f) Pantai Hospital Kuala Lumpur
- g) Pantai Hospital Cheras
- h) Pantai Hospital Klang
- i) Pantai Hospital Ayer Keroh, Melaka
- j) Twin Towers Medical Center, KLCC
- k) DoctorOnCall

Please visit the respective company's website for more information. This list of private companies may be updated from time to time.

Q15. What to do during Home Surveillance?

- Always remain at home, and ensure that you are contactable at all times
- Limit the number of visitors
- Make a list of all visitors to your home
- Practice good cough ethics. Cover mouth and nose with tissue when coughing or sneezing, dispose tissue appropriately after use and wash hands immediately with water and soap or hand sanitiser
- Always wear a face mask
- Wash your hands frequently
- Avoid sharing food utensils and personal care items
- Wash food utensils with water and soap before reusing
- Open all windows for good home ventilation.

Q16. List of Referral Hospitals for the management of Person Under Investigation (PUI) and confirmed COVID-19 cases

State		Hospital	Telephone No.
Perlis	1.	Tuanku Fauziah Hospital	04-9738000
Kedah	2.	Sultanah Bahiyah Hospital	04-7406233
	3.	Sultanah Maliha Hospital	04-9663333
Pulau Pinang	4.	Pulau Pinang Hospital	04-2225333
Perak	5.	Raja Permaisuri Bainun Hospital	05-2085000
	6.	Teluk Intan Hospital	05-6298400
	7.	Slim River Hospital	05-4508000
Kelantan	8.	Raja Perempuan Zainab 2 Hospital	09-7452000
	9.	Sultan Ismail Petra Hospital	09-9611666
	10.	Kuala Krai Hospital	09-9611666
	11.	Tumpat Hospital	09-7263000
	12.	Tanah Merah Hospital	09-9545000
Terengganu	13.	Sultanah Nur Zahirah Hospital	09-6212121
	14.	Hulu Terengganu Hospital	09-6813333
Selangor	15.	Sungai Buloh Hospital	03-61454333
WP Kuala Lumpur	16.	Kuala Lumpur Hospital	03-26155555
Negeri Sembilan	17.	Tuanku Ja'afar Hospital	06-7684000
	18.	Rembau Hospital	06-6860600
Melaka	19.	Melaka Hospital	06-2892344
Johor	20.	Sultanah Aminah Hospital	07-2257000
	21.	Enche Besar Hajjah Kalsom Hospital	07-7787000
	22.	Permai Hospital	07-2311000
Sabah	23.	Queen Elizabeth 1 Hospital	088-517555
	24.	Duchess of Kent Hospital	089-248600
	25.	Tawau Hospital	089-983533
	26.	Women's and Children's Hospital, Likas	088-522600
	27.	Lahad Datu Hospital	089-895111
	28.	Keningau Hospital	087-313000
Sarawak	29.	Sarawak General Hospital, Kuching	082-276666
	30.	Miri Hospital	085-420033

State		Hospital	Telephone No.
	31.	Bintulu Hospital	086-859000
	32.	Sibu Hospital	084-343333
WP Labuan	33.	Labuan Hospital	087-596888

Q17. What are the prevention measures for COVID-19 at workplaces?

Every employer and employee must take these steps even if there is no COVID-19 infection in their workplace:

- Keep your workplace clean and germ-free. Regularly clean surfaces and devices with disinfectants
- Increase the frequency of proper hand washing (20 seconds) among employees and customers. Place hand sanitisers in strategic locations and ensure that they are constantly refilled
- Provide face masks and tissues at the workplaces for employees with 'runny' nose or cough. Provide appropriate tissue disposal bins
- Provide employees with travel advisories before unavoidable work-related travels to COVID-19 affected areas
- Notify employees and customers of any COVID-19 infection in the surrounding community, and to remain at home if unwell.

Q18. What are the prevention measures for COVID-19 at schools?

School management must conduct cleaning and disinfection at all easily contaminated surfaces such as:

- Chairs
- Desks
- Door handles
- Computer keyboards

In the event a student or school employee is diagnosed with COVID-19, the school does not need to close. It is adequate to conduct frequent cleaning and disinfection. Wear face masks if symptomatic and wash

hands with soap and water or hand sanitiser. In addition, maintain a distance of at least one (1) metre if symptomatic and from other symptomatic individuals.

Q19. What are the prevention measures for COVID-19 in shopping malls and public transport?

Owners of public premises must conduct frequent cleaning and disinfection on all easily contaminated surfaces such as escalators, handrails, trolleys, door handles, elevator buttons and ATM machines.

Owners of public vehicles must also perform regular cleaning and disinfection on all easily contaminated surfaces such as door handles, hand holders and chairs.

- Wash hands with soap and water or hand sanitiser.
- Maintain a distance of at least one (1) metre if symptomatic or from other symptomatic individuals.
- Wear a face mask if symptomatic.

Q20. Guideline for organising and attending a wedding function or reception

Responsibilities and actions by the host:

- Not recommended to shake hands with guests (replace with placing right hand on the chest on the opposite side).
- If symptomatic, to practice social distancing of at least one metre from other individuals or guests.
- Wash hands frequently with water and soap or use hand sanitiser.
- Provide facilities for washing hands with water and soap.
- If possible, provide hand sanitisers for guests.

Responsibilities and actions by the guests:

- Not recommended to shake hands with the host and other guests (replace with placing right hand on the chest on the opposite side)

- Wash your hands thoroughly with water and soap.
- If symptomatic, to practice social distancing of at least one metre from other individuals or guests.
- If symptomatic, wear a face mask when attending the function, or ideally, do not attend the function.
- Wash hands frequently with water and soap or use hand sanitiser.

Q21. Is it appropriate to organise a public event during the current COVID-19 situation?

The decision whether to continue to organise a public event is subject to the evaluation conducted by the organiser. The organiser must take into account their capabilities in implementing precautionary and preventive measures to prevent or reduce the risk COVID-19 infection amongst the participants during the event. Both the organiser and participants have important roles to play in preventing risk of COVID-19 infection.

Actions by participants:

- If unwell with respiratory tract infection symptoms, stay at home to prevent infecting others. Do not attend the event and seek medical treatment for the symptoms.
- Practice good cough ethics; cover mouth and nose with tissue when coughing and sneezing, and wash hands immediately after and dispose of tissue appropriately.
- Maintain good hand hygiene, wash hands properly and frequently with water and soap (for at least 20 seconds) or use hand sanitiser.
- Always carry a face mask and hand sanitiser for use when needed.

Action by organisers:

- Conduct temperature and symptoms screening at the event, and do not allow participants with respiratory tract infection symptoms (e.g. fever, cough, sore throat) to participate in the event. Advise symptomatic individuals to see medical treatment.
- Provide sufficient hand sanitisers at strategic locations for the use of participants for the duration of the event.

- Keep up to date on the latest development of the COVID-19 situation and all health advisories from MOH through the following websites:
 - <http://www.moh.gov.my>
 - <https://www.infosihat.gov.my/>
 - <https://kpkesehatan.com/>

Q22. Guideline for organising a public event

Over 80% of COVID-19 cases in Malaysia are amongst close contacts of confirmed COVID-19 cases. This usually occurs when attending public events involving many people. While MOH recommends postponement or cancellation of non-essential public events, if the event needs to proceed as planned, the following measures must be taken:

Responsibilities of the organisers or host:

- Place your right hand on your left chest in lieu of handshake as a gesture of greetings.
- Ensure the caterers are well with no symptoms of fever, cough, sore throat and difficulty breathing.
- Use disposable eating and drinking utensils
- Ensure hand sanitisers are available and placed at strategic locations.
- Ensure there is adequate hand washing facilities with adequate soap available.
- Ensure the event space is well ventilated.

Avoid attending public events if you:

- Recently returned from travel to COVID-19 affected countries.
- Unwell, with fever, cough, sore throat and shortness of breath.

Q23. What is the Movement Control Order for COVID-19?

The Government is deeply concerned of the threat of this dangerous virus, especially the currently development of this second wave of infection. The

current priority of the Government is to prevent further spread of this infection that will affect even more people. This requires drastic action to be taken to manage the situation as soon as possible.

Therefore, the Government has decided to implement the **Movement Control Order, enforced from 18 March 2020 to 31 March 2020** throughout the country. It has now been extended to **14 April 2020**. This Order is decreed under the Prevention and Control of Infectious Diseases Act 1988 and the Police Act 1967. This Order includes:

Firstly, complete prohibition of movements and large gatherings across the country including religious, sports, social and cultural activities. To enforce this prohibition, all places of worship and business premises should be closed, **except** for supermarkets, public markets, convenience stores and stores selling everyday necessities. Specifically, for Muslims, the postponement of all religious activities in mosques and surau including Friday prayers in line with the decision of the Special Muzakarah Committee Meeting on 15 March 2020;

Second, complete restriction on all overseas travels by Malaysians. For those returning from overseas, they are required to undergo health screening and voluntary quarantine (or self-quarantine) for 14 days;

Third, complete restriction on all tourists and foreigners entering into the country;

Fourth, closure of all kindergartens, nurseries, government and private schools including day schools, boarding schools, international schools, *tahfiz* (religious) centers and all other primary, secondary and pre-university institutions;

Fifth, the closure of all public and private higher education institutions, as well as skills training institutes nationwide; and

Sixth, the closure of all government and private premises except those involved in providing essential services i.e. water, electricity, energy, telecommunications, postal, transportation, irrigation, oil, gas, fuel,

lubricants, broadcasting, finance, banking, health, pharmacy, fire, prison, harbour, airport, security, defence, cleaning, food retail and food supply.

For any questions regarding the Movement Control Order, the public can contact the National Operations Management Centre at hotline 03-88882010 or follow the National Security Council's Telegram and Facebook for updates on the Movement Control Order.

Q24. Am I allowed to go out for sports or recreational activities in public areas e.g. parks, lakes, gyms, swimming pools etc.?

No. Regulation 3(2) of the Prevention and Control of Infectious Diseases (Measures Within The Infected Local Areas) Regulation 2020 prohibits the public from going out for religious, sports, recreational, social or cultural purposes.

Q25. If I have information about a violation of the Movement Control Order, how can I report it?

Any person with information on a violation of the Movement Control Order, can make a report at the nearest Police Station or the Ministry of Home Affairs' Operations Room at 03-88868110 or 03-88868126.

Q26. If I have just returned from overseas, do I have to undergo medical examination even though I have not been to an COVID-19 affected country or have not shown any symptoms of infection?

Regulation 4 of the Prevention and Control of Infectious Diseases (Measures Within The Infected Local Areas) Regulation 2020 requires all Malaysians or permanent residents returning from overseas to undergo a health check at the national points of entry even if coming back from a country with no COVID-19 cases or without symptoms.

Q27. Do hotel and lodging services operate as normal?

All tourist accommodation premises are allowed to operate at a minimum. However, all guests must remain in the premises throughout the duration

of the Movement Control Order. Meals can only be provided through room service. Other services and facilities such as swimming pools, gymnasiums and spas are not allowed. For further information on hotels and accommodations, please refer to the Ministry of Tourism, Arts and Culture.

Q28. Are support services such as call centers, logistics or administration of the premises or service providers are allowed to operate to support the essential services?

Yes.

Q29. All questions related to leaves in private companies?

This matter should be referred to the Ministry of Human Resources.

Q30. List of MOH Health Clinics (*Klinik Kesihatan*) providing COVID-19 screening services (sample collection)

Screening services at the following health clinics are from 8.00 am to 5.00 pm, Monday to Friday, except for Kelantan, Terengganu, Kedah and Johor – Sunday to Thursday.

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
Perlis		
Kangar	1.	KK Beseri
	2.	KK Kangar
	3.	KK Padang Besar
	4.	KK Simpang Empat
Kedah		
Langkawi	1.	KK Kuah
	2.	KK Padang Masirat
	3.	KK Ayer Hangat
Padang Terap	1.	KKIA Kuala Nerang
Sik	1.	KK Jeniang
Yan	1.	KK Guar Cempedak

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
Pendang	1.	KK Pendang
Kulim	1.	KK Taman Selasih
Kota Setar	1.	KK Bandar Alor Setar
	2.	KK Simpang Kuala
	3.	KK Simpang Empat
	4.	KK Kuala Kedah
	5.	KK Alor Janggus
	6.	KK Jalan Putra
	7.	KK Langgar
	8.	KK Pokok Sena
	9.	KK Kota Sarang Semut
	10.	KK Datuk Kumbang
Bandar Baharu	1.	KK Bandar Baharu
	2.	KK Lubuk Buntar
	3.	KK Serdang
Kubang Pasu	1.	KK Ayer Hitam
	2.	KK Banai
	3.	KK Changlun
	4.	KK Kodiang
	5.	KK Laka Temin
	6.	KK Napoh
	7.	KK Tunjang
Kuala Muda	1.	KK Bedong
	2.	KK Bukit Selambau
	4.	KK Bakar Arang
	4.	KK Kota Kuala Muda
	5.	KK Sungai Lalang
	6.	KK Merbok
	7.	KK Bandar Sungai Petani
Baling	1.	KK Malau
	2.	KK Kupang
	3.	KK Parit Panjang
	4.	KK Tawar

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
	5.	KK Kuala Ketil
	6.	KK Kampung Lalang
Pulau Pinang		
Timur Laut	1.	KK Jalan Perak
Barat Daya	1.	KK Bayan Baru
Seberang Perai Utara	1.	KK Sungai Dua
Seberang Perai Timur	1.	KK Seberang Jaya
Seberang Perai Selatan	1.	KK Bukit Panchor
Perak		
Kinta	1.	KK Jelapang
	2.	KK Greentown
Kampar	1.	KK Kampar
Hulu Perak	1.	KK Lenggong
Kuala Kangsar	1.	KK Padang Rengas
Batang Padang	1.	KK Tapah
Perak Tengah	1.	KK Seri Iskandar
Hilir Perak	1.	KK Teluk Intan
Kerian	1.	KK Bagan Serai
Larut Matang & Selama	1.	KK Simpang
Manjung	1.	KK Sitiawan
Mualim	1.	KK Tanjung Malim
Selangor		
Kuala Selangor	1.	KK Bestari Jaya
	2.	KK Kuala Selangor
	3.	KK Jeram
	4.	KK Ijok
Hulu Langat	1.	KK Bandar Tun Hussein Onn
	2.	KK Semenyih
	3.	KK Bangi
	4.	KK Batu 14
Kuala Langat	1.	KK Jenjarom
	2.	KK Teluk Datuk
	3.	KK Teluk Panglima Garang

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
	4.	KK Sijanggang
	5.	KK Kebun Baru
	6.	KK Bandar
	7.	KK Tanjung Sepat
	8.	KK Bukit Changgang
Klang	1.	KK Bandar Botanik
Petaling	1.	KK Kelana Jaya
	2.	KK Taman Medan
	3.	KK Puchong
	4.	KK Seksyen 19, Shah Alam
	5.	KK Seksyen 7, Shah Alam
	6.	KK Seri Kembangan
Gombak	1.	KK Sungai Buloh
	2.	KK Selayang Baru
	3.	KK AU2
	4.	KK Taman Ehsan
	5.	KK Rawang
	6.	KK Gombak Setia
	7.	KK Kuang
	8.	KK Batu Arang
	9.	KK Hulu Kelang
	10.	KK Batu 8
Hulu Selangor	1.	KK Serendah
	2.	KK Ulu Yam Bharu
	3.	KK Rasa
	4.	KK Kalumpang
	5.	KK Selisik
	6.	KK Soeharto
Sabak Bernam	1.	KK Simpang Lima
Sepang	1.	KK Salak
	2.	KK Sungai Pelek
	3.	KK Dengkil
	4.	KK Sepang

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
WP Kuala Lumpur & Putrajaya		
Cheras	1.	District Health Office – drive-through
Kepong	1.	KK Jinjang
Lembah Pantai	1.	PLANMalaysia (previously occupied building, next to JKWP Kuala Lumpur State Health Department) – drive-through
Titiwangsa	1.	KK Kuala Lumpur
Putrajaya	1.	KK Putrajaya Presint 9
	2.	District Health Office – drive-through
Negeri Sembilan		
Seremban	1.	KK Nilai
	2.	KK Senawang
	3.	KK Seremban 2
Port Dickson	1.	KK Lukut
	2.	KK Pasir panjang
Jempol	1.	KK Bahau
	2.	KK Palong 4,5.6
Tampin	1.	KK Gemas
	2.	KK Gemencheh
Kuala Pilah	1.	KK Juasseh
	2.	KK Terachi
Rembau	1.	KK Rembau
	2.	KK Astana Raja
Jelebu	1.	KK Pertang
	2.	KK Simpang Durian
	3.	KK Titi
Melaka		
Melaka Tengah	1.	KK Tengkeru
	2.	KK Seri Tanjung
	3.	KK Ayer Keroh
	4.	KK Kuala Sungai Baru
	5.	KK Masjid Tanah
Alor Gajah	1.	KK Rembia
	2.	KK Durian Tunggal

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
	3.	KK Alor Gajah
Jasin	1.	KK Merlimau
	2.	KK Simpang Bekoh
Johor		
Tangkak	1.	KK Payamas
	2.	KK Sungai Mati
Johor Bharu	1.	Wad B2, Permai Hospital
Pontian	1.	KK Pekan Nanas
Kulai	1.	KK Kulai Besar
	2.	KK Kulai
Batu Pahat	1.	KK Batu Pahat
	2.	KK Senggarang
	3.	KK Yong Peng
Kluang	1.	KK Jalan Mengkibol
	2.	KK Simpang Renggam
Kota Tinggi	1.	<i>Asrama Jururawat</i>
Muar	1.	KK Maharani
	2.	KK Parit Jawa
Mersing	1.	KK Jemaluang
Segamat	1.	KK Segamat
Pahang		
Kuantan	1.	KK Balok
	2.	KK Beserah
	3.	KK Bandar
	4.	KK Indera Mahkota
	5.	KK Kurnia
	6.	KK Paya Besar
	7.	KK Permatang Badak
	8.	KK Jaya Gading
	9.	KK Gambang
	10.	KK Bukit Goh
	11.	KK Sungai Lembing
Lipis	1.	KK Benta

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
	2.	KK Padang Tengku
	3.	KK Bukit Betong
	4.	KK Merapoh
	5.	KK Mela
	6.	KK Sungai Koyan
	7.	KK Betau
	8.	KK Jerkoh
	9.	KKIA Lipis
Cameron Highland	1.	KK Ringlet
	2.	KK Kg. Raja
	3.	KK Tanah Rata
Temerloh	1.	KK Temerloh
	2.	KK Tanjung Lalang
	3.	KK Bandar Mentakab
	4.	KK Kuala Krau
	5.	KK Sanggang
	6.	KK Kerdau
	7.	KK Lanchang
Pekan	1.	KK Bandar Pekan
	2.	KK Peramu Jaya
	3.	KK Chini
	4.	KK Nenas
Bera	1.	KK Padang Luas
	2.	KK Bandar 32
	3.	KK Purun
	4.	KK Triang
	5.	KK Kemayan
	6.	KK Bukit Mendi
	7.	KK Tembangau
Raub	1.	KK Dong
	2.	KK Jeruas
	3.	KK Tersang
	4.	KK Lembah Klau

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
Rompin	1.	KK Rompin
	2.	KK Tanjung Gemok
	3.	KK Tekek
	4.	KK Leban Chondong
	5.	KK Bukit Ibam
	6.	KK Bandar Tun Abdul Razak
	7.	KK Perantau Damai
	8.	KK Chanis
	9.	KK Perwira Jaya
Maran	1.	KK Maran
	2.	KK Sri Jaya
	3.	KK Pekan Tajau
	4.	KK Chenor
	5.	KK Pekan Awah
	6.	KK Jengka 2
	7.	KK Jengka 22
	8.	KK Bandar Jengka
	9.	KK Jengka 7
Bentong	1.	KK Bentong
	2.	KK Karak
	3.	KK Mempaga
	4.	KK Simpang Pelangai,
	5.	KK Chemomoi
	6.	KK Telemong
	7.	KK Lurah Bilut
Jerantut	1.	KK Jengka 8
	2.	KK Sg Tekam Utara
	3.	KK Bandar Jerantut
	4.	KK Damak
	5.	KK Kuala Tembeling
Terengganu		
Marang	1.	KK Bukit Payong
Kuala Nerus	2.	KK Batu Rakit

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
Dungun	3.	KK Ketengah Jaya
Kuala Terengganu	4.	KK Manir
Hulu Terengganu	5.	KK Kuala Berang
Setiu	6.	KK Rahmat
Besut	7.	KK Padang Luas
Kemaman	8.	KK Batu 2½
Kelantan		
Kota Bharu	1.	KK Kota Jembal
	2.	KK Perol
Pasir Mas	1.	KK Meranti
Bachok	1.	KK Mahligai
Machang	1.	KK Labok
Jeli	1.	KK Jeli
Pasir Puteh	1.	KK Pasir Puteh
Gua Musang	1.	KK Gua Musang
Sabah		
[All districts]		[All Health Clinics]
Sarawak		
Kuching	1.	<i>Kompleks Belia dan Sukan</i> (Youth and Sports Complex)
Samarahan	1.	KK Kota Samarahan
	2.	KK Sebuyau
	3.	KK Asajaya
	4.	KK Sadong Jaya
	5.	KK Munggu Lallang
Serian	1.	MOH Training Institute, Serian
Sri Aman	1.	KK Sri Aman
	2.	KK Lubok Antu
Betong	1.	KK Mid Layar
	2.	KK Debak
	3.	KK Pusa
	4.	KK Beladin
	5.	KK Roban

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
	6.	KK Kabong
Mukah	1.	Emergency & Trauma Dept. Hosp. Mukah
Sibu	1.	KK Lanang
Sarikei	1.	KK Bintangor
	2.	Emergency & Trauma Dept. Hosp. Sarikei
Bintulu	1.	KK Bintulu
	2.	KK Tatau
Kapit	1.	KK Kapit
	2.	KK Song
	3.	KK Sg Asap
	4.	KK Belaga
Miri	1.	KK Miri
Limbang	1.	KK Kuala Lawas
	2.	Emergency & Trauma Dept. Hosp. Limbang
WP Labuan		
Labuan	1.	KK Labuan

Note: updated 20 March 2020

The following health clinics provide screening services during weekends:

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
Perlis		
Kangar	1.	KK Kangar, Saturday 8 am to 11 am
	2.	KK UTC, Saturday & Sunday 8 am to 4 pm
Kedah (8.30 am to 12.00 noon)		
Langkawi	1.	KK Kuah
Kota Setar	2.	KK Bandar Alor Setar
Kuala Muda	3.	KK Bandar Sungai Petani
Kubang Pasu	4.	KK Changlun
Kulim	5.	KK Taman Selasih
Pendang	6.	KK Pendang
Baling	7.	KK Kuala Ketil
Padang Terap	8.	KKIA Kuala Nerang

State, District/Area/Division	Health Clinic (<i>Klinik Kesihatan</i> - KK)	
Sik	9.	KK Jeniang
Bandar Baharu	10.	KK Serdang
Yan	11.	KK Guar Cempedak
Kelantan (8.00 am to 5.00 pm)		
Kota Bharu	1.	KK Kota Jembal
	2.	KK Perol
Pasir Mas	3.	KK Meranti
Bachok	1.	KK Mahligai
Machang	1.	KK Labok
Jeli	1.	KK Jeli
Pasir Puteh	1.	KK Pasir Puteh
Gua Musang	1.	KK Gua Musang

Note: updated 20 March 2020

Appendix 1

Health Alert Card



MINISTRY OF HEALTH MALAYSIA

**HEALTH ALERT CARD
FOR TRAVELERS AND FLIGHT CREW RETURNING
FROM CHINA**

Keep this card for the next 14 days after returning to Malaysia. Monitor your body temperature and look out for fever ($\geq 38^{\circ}\text{C}$) and symptoms of cough with breathless. If these symptoms were to develop or worsen and you are not feeling well, please seek medical treatment at nearest healthcare facility **IMMEDIATELY**.

As such, kindly practice the following:

- i. Cover your mouth and nose using tissue whenever you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands with soap and water or use hand sanitizer regularly;
- ii. Always follow cough etiquette
- iii. Use face mask whenever being in public or close contact with people;
- iv. Always maintain good personal hygiene and cleanliness

Attention to The Attending Doctor:

The person who is presenting this **ALERT CARD** to you had recently travelled or returned from China or other affected countries with active transmission (within the past 14 days). If the person presents with fever ($\geq 38^{\circ}\text{C}$), pneumonia or severe respiratory infection with breathless, please refer him/her **IMMEDIATELY** to the nearest hospital.

Health Assessment Tool (page 1 of 2)

Daily Self Monitoring Form

1. Patient Under Investigation (PUI) / Self Assessment for person with symptoms and signs of respiratory tract infection but is not warded.
2. Close contact of person infected and positive of COVID-19

Name	:	
No. Identity Card	:	
No. Telephone	:	Mobile: Home:
Type of exposure:		Category (1) OR (2) (please circle an appropriate choice and fill the details below)
Home Address	:	:
PATIENT UNDER INVESTIGATION (PUI)		
Date Arrival in Malaysia	:	
Flight No.		
Date of symptom onset	:	
CLOSE CONTACT OF POSITIVE COVID-19 CASE		
Relationship with case	:	
Date of exposure to case *	:	

* please state the date of first contact

TABLE FOR DAILY MONITORING

INSTRUCTION: Please(√) the symptoms that you experience for each day.

Day 1	Day 2	Day 3	Day 4	Day 5	Day6	Day 7
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()

Day8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()

Health Assessment Tool (page 2 of 2)

NOTE: Days of self monitoring can be added to the instructed period IF a person has recurrent exposure to the risk of infection.

Please do all the below while you are under *home surveillance*:

- Be contactable at all time.
- Stay at home during the self-monitoring period.
- Limit visitors to your house.
- List the name of those visiting you.
- Always practice good cough etiquette.
- If you develop any symptom, always wear face mask. If you did not wear *face mask*, close your mouth and nose with tissues when coughing or sneezing. Throw the tissues into closed dustbin and **immediately WASH YOUR HANDS** with soap or hand sanitiser.
- Limit your distance with healthy person (s) to at least 1 meter.
- Wear face mask when you go out of your room and avoid contact with others.
- Open all windows in your house to ensure good ventilation.
- Do not share utensils, tableware and personal hygiene items.

MONITOR YOURSELF FOR DEVELOPMENT OR WORSENING OF SYMPTOMS

IF YOU ARE CATEGORY 1: Patient Under Investigation (PUI) / Self Assessment for person with symptoms and signs of respiratory tract infection but is not warded.

If your symptoms worsen, such as:

- Difficulty in breathing – shortness of breath, fast breathing or lips turning blue; OR
- Prolonged fever more than 3 days

IMMEDIATELY contact the District Health Office at _____.

IF YOU ARE CATEGORY 2: Close contact of person infected and positive of COVID-19

If you develop any fever or cough or sore throat, **IMMEDIATELY contact the District Health Office at _____.**

Appendix 2**Contact Details of CPRC at State Departments of Health**

	State	Working hours		Telephone	Email
1.	Perlis	Monday - Friday	8.00 am - 5.00 pm	04-9760712	cprcjkkn.pls@moh.gov.my
		Saturday, Sunday & PH	On-call officer		
2.	Kedah	Sunday - Thursday	8.00 am - 6.00 pm	04-7741174	cprc_jknkedah@moh.gov.my
		Friday, Saturday & PH	8.00 am - 12.00 pm		
3.	Pulau Pinang	Monday - Friday	8.00 am - 5.00 pm	04-2629902	epid_penang@moh.gov.my
		Saturday, Sunday & PH	10.00 am - 2.00 pm		
4.	Perak	Monday - Friday	8.00 am - 5.00 pm	05-2433962	cprcprk@moh.gov.my
		Saturday, Sunday & PH	10.00 am - 5.00 pm		
5.	Selangor	Monday - Friday	8.00 am - 5.00 pm	03-51237366	cprc_sel@moh.gov.my
		Saturday, Sunday & PH	9.00 am - 1.00 pm	03-51237367	
6.	WP Kuala Lumpur & Putrajaya	Monday - Friday	8.00 am - 5.00 pm	03-26983757	cprckl@moh.gov.my
		Saturday, Sunday & PH	9.00 am - 3.00 pm	03-22687301	
7.	Negeri Sembilan	Monday - Friday	8.00 am - 5.00 pm	06-7641326	cprcjkknns@moh.gov.my
		Saturday, Sunday & PH	8.00 am - 5.00 pm		
8.	Melaka	Monday - Friday	8.00 am - 5.00 pm	06-2345999	cprcmelaka@moh.gov.my
		Saturday, Sunday & PH	8.00 am - 5.00 pm	06-2883019	

	State	Working hours		Telephone	Email
9.	Johor	Sunday - Thursday	8.00 am - 5.00 pm	07-2382217	cprcknj@moh.gov.my
		Friday, Saturday & PH	8.00 am - 5.00 pm		
10.	Pahang	Monday - Friday	8.00 am - 5.00 pm	09-5707910	cprc_pahang@moh.gov.my
		Saturday, Sunday & PH	8.00 am - 12.00 pm	09-5707914 09-5707909	
11.	Terengganu	Sunday - Thursday	8.00 am - 5.00 pm	09-6229775	bgerakan.trg@moh.gov.my
		Friday, Saturday & PH	9.00 am - 3.30 pm	09-6353752	
12.	Kelantan	Sunday - Thursday	8.00 am - 5.00 pm	09-7472089	cprc_kel@moh.gov.my
		Friday, Saturday & PH	9.00 am - 12.00 pm		
13.	Sabah	Monday - Friday	8.00 am - 5.00 pm	088-219455	sbhcprc@moh.gov.my
		Saturday, Sunday & PH	8.00 am - 5.00 pm	088-512531 088-512533	
14.	Sarawak	Monday - Friday	8.00 am - 5.00 pm	082-443248	cprc_sarawak@moh.gov.my
		Saturday, Sunday & PH	8.00 am - 5.00 pm		
15.	WP Labuan	Monday - Friday	8.00 am - 5.00 pm	087-596160	cprclabuan@gmail.com
		Saturday, Sunday & PH	8.00 am - 5.00 pm		