

Semak jumlah terkini kes tibi di MySejahtera

Inisiatif perkasa rakyat supaya langkah pencegahan dapat diambil

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Kuala Lumpur: Paparan jumlah terkini kes jangkitan tuberkulosis (tibi), termasuk beberapa penyakit berjangkit lain kini boleh diakses orang ramai menerusi aplikasi MySejahtera.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad, berkata inisiatif itu dilaksanakan bagi memperkasakan rakyat dengan maklumat terkini dan telus supaya langkah pencegahan bersesuaian dapat diambil.

"Sentiasa ambil langkah berjaga-jaga terhadap tibi seperti mendapatkan pemeriksaan awal jika bergejala. Kekal berwaspada," katanya menerusi hantaran di aplikasi X, semalam.

Beliau berkata demikian ketika mengulas perkongsian pemilik akaun @meimnokhtar yang

memaparkan tangkap layar jumlah kes tibi serta penyakit lain seperti COVID-19, Penyakit Tangan, Kaki dan Mulut (HFMD) dan demam campak melalui aplikasi berkenaan.

Sebelum ini, media melaporkan sehingga 7 Februari lalu sebanyak 10 kluster tibi masih aktif di seluruh negara, membabitkan empat kluster di Selangor serta masing-masing satu kluster di Johor, Kedah, Kelantan, Pahang, Perlis dan Sabah.

Selangor catat empat kluster

Di Selangor, empat kluster direkodkan membabitkan 10 kes, manakala Johor mencatatkan satu kluster dengan 37 kes.

Kedah dan Kelantan masing-masing merekodkan satu kluster dengan dua kes, Pahang satu kluster (empat kes), Perlis satu kluster (dua kes) dan Sabah

satu kluster (lima kes).

Kes di Johor membabitkan 37 individu termasuk 29 kanak-kanak dan lapan dewasa, dengan 36 kes dikesan secara aktif menerusi saringan terhadap 903 kontak rapat.

Kementerian Kesihatan (KKM) menegaskan kluster tibi, terutama di institusi perlu diberi perhatian serius kerana berpotensi meningkatkan penularan dalam komuniti.

Sehubungan itu, individu yang mengalami gejala seperti batuk melebihi dua minggu, demam, berpeluh pada waktu malam, kurang selera makan, susut berat badan, batuk berdarah atau mempunyai sejarah kontak rapat dengan pesakit tibi dinasihatkan mendapatkan pemeriksaan awal di fasiliti kesihatan berhampiran.

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Menteri Kesihatan



Penduduk Johor diminta tenang

Johor Bahru: Penduduk Johor dinasihatkan supaya tidak panik berikutan penularan wabak tuberkulosis (tibi) yang dikenal pasti di Kota Tinggi dan Pontian sejak kebelakangan ini kerana situasi masih terkawal.

Pengerusi Jawatankuasa Kesihatan dan Alam Sekitar Johor, Ling Tian Soon, berkata Kementerian Kesihatan (KKM) sentiasa memantau perkembangan kes serta mengambil langkah sewajarnya dari semasa ke semasa bagi mengekang penularan.

Beliau berkata, antara langkah dilaksanakan, termasuk memanggil dan menjalankan saringan terhadap kontak rapat pesakit yang dijangkiti.

"Saya menasihatkan orang ramai supaya tidak panik.

"Tibi adalah penyakit berjangkit yang sudah lama wujud dan KKM ada kepakaran serta kaedah rawatan menanganinya.

"Apa yang penting ialah pesakit dan kontak rapat mematuhi arahan serta mengambil ubat seperti ditetapkan bagi memastikan rawatan berjaya," katanya.

Tian Soon berkata, kes baharu tibi direkodkan hampir setiap tahun di negeri ini, namun situasi di Kota Tinggi mendapat perhatian kerana penularan berlaku dalam kalangan individu yang mempunyai kontak rapat dengan pesakit.

"Walaupun keputusan saringan awal negatif, kementerian akan membuat pemantauan susulan sehingga dua tahun bagi memastikan kontak rapat benar-benar bebas daripada jangkitan tibi.

"KKM juga mempunyai prose-

dur operasi standard (SOP) yang lengkap bagi pengurusan kes tibi," katanya.

Beliau berkata, setakat ini susur utau menentukan sama ada kluster di Kota Tinggi berpunca daripada pekerja asing atau sebaliknya kerana siasatan masih dijalankan.

Sebelum ini, media melaporkan jangkitan tibi di Kota Tinggi membabitkan 33 individu dengan 804 kontak rapat sudah disaring, manakala di Pontian pula satu kes dilaporkan.

Dalam perkembangan berkaitan, tiga daripada tujuh pelajar yang dijangkiti di negeri ini dilaporkan sudah pulih dan kini menjalani tempoh kuarantin sebelum dibenarkan kembali ke sekolah.



Ling Tian Soon



Mohd Azman (kiri) melawat gerai pameran pada Program Jelajah ANMS dan Outreach Literasi Kesihatan Peringkat Daerah Gua Musang di Pos Hendrop, semalam. (Foto Paya Linda Yahya/BH)

279 kes kudis buta di penempatan Orang Asli Gua Musang

Gua Musang: Jabatan Kesihatan Kelantan merekodkan 279 kes scabies (kudis buta) dalam kalangan masyarakat Orang Asli di pedalaman daerah ini, sepanjang tahun lalu hingga kini.

Pengarah Kesihatan negeri, Datuk Dr Mohd Azman Yacob, berkata daripada jumlah itu, 199 kes dikesan tahun lalu di dua penempatan Orang Asli membabitkan Pos Balar dan Pos Belatim.

Tahun ini hingga kini pula, katanya, 80 jangkitan lagi dicatatkan di Pos Bihai, Pos Balar dan Pos Belatim.

"Berdasarkan rekod tahun lalu, 199 kes scabies dikesan membabitkan masing-masing 185 dan 14 jangkitan di Pos Balar serta Kampung Chacuh, Pos Belatim. Tahun ini pula, 80 kes di Pos Bihai, Pos Balar dan Pos Belatim hingga kini.

"Penyakit scabies kini turut menjadi ancaman kepada masyarakat. Scabies ialah penyakit kulit berjangkit yang disebabkan hama (kutu halus).

"Hama itu mengorek masuk ke dalam lapisan atas kulit dan menyebabkan kegatalan. Scabies mudah merebak, terutama dalam keadaan sesak," katanya.

Beliau berkata demikian pada Majlis Perasmian Program Jelajah Agenda Nasional Malaysia Sihat (ANMS) dan Outreach Literasi Kesihatan Peringkat Daerah Gua Musang di Pos Hendrop di sini, semalam.

Yang turut hadir Ahli Dewan Undangan Negeri (ADUN) Galas, Datuk Mohd Syahbuddin Hashim.

Menjelakan lanjut, Dr Mohd Azman berkata, penyakit itu bukan hanya menyerang penduduk di kawasan pedalaman, tetapi juga di bandar sekiranya tidak menjaga kebersihan.

Justeru, beliau menasihati orang ramai sentiasa menjaga kebersihan diri kerana jangkitan scabies boleh berlaku melalui sentuhan kulit, berkongsi pakaian atau tinggal serumah.

"Lazimnya, gejala akan muncul antara dua hingga enam minggu selepas jangkitan pertama. Gejala yang biasa dialami ialah gatal teramat sangat, terutama pada waktu malam, ruam merah, bintik atau lepuh, serta garisan halus seperti benang kesan korekan hama.

"Bahagian kerap terkena jangkitan itu ialah celah jari tangan, pergelangan tangan, ketiak, pinggang, pusat, punggung dan alat sulit, manakala pada bayi pula di muka, tapak tangan serta tapak kaki.

"Scabies yang tidak dirawat boleh menyebabkan berlaku jangkitan kuman sekunder apabila kawasan gatal itu digaru sehingga bernaah dan luka, meninggalkan parut kekal, selain risiko penyakit buah pinggang (glomerulonephritis) akibat jangkitan kulit kronik.

"Selain itu, scabies berkerak (crusted scabies) sangat berjangkit kepada warga emas dan individu yang mempunyai imun lemah," katanya.

Beliau berkata, penyakit itu boleh dirawat dengan menggunakan ubat sapu iaitu losyen atau krim yang perlu disapu ke seluruh badan dan bukan hanya pada tempat yang gatal.

COMMENT by Dr Nurashikin Mohammad

Understanding and protecting our health from tuberculosis

TUBERCULOSIS, commonly known as TB or tibi, continues to be reported in Malaysia each year.

While national data shows that more than 26,700 TB cases were recorded in 2023, health experts stress that the disease is well understood, treatable and preventable when detected early.

The presence of TB in the community highlights the importance of awareness, early screening and timely medical care rather than fear or panic.

Malaysia has long established TB control programmes that include vaccination, screening and access to effective treatment. With proper medical management, most patients with TB can recover fully and return to their normal daily lives.

Recognising symptoms

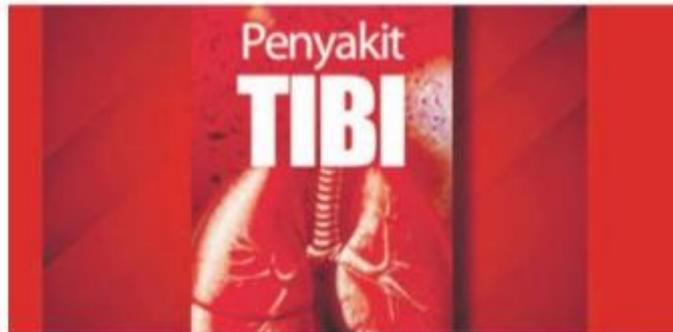
TB is caused by the bacterium *Mycobacterium tuberculosis*, which most commonly affects the lungs. One of the key symptoms that should not be ignored is a cough lasting more than two weeks.

While many people associate TB with severe or dramatic symptoms, the disease often begins gradually. Common symptoms may include prolonged cough, fever, night sweats, fatigue, loss of appetite and unexplained weight loss.

However, not all patients will experience these typical or classical symptoms. Some individuals may feel generally well or have only mild complaints, which can delay diagnosis if screening is not considered.

Doctors advise that anyone with a cough persisting beyond two weeks should seek medical evaluation, even if other symptoms are absent. Early testing allows for prompt treatment and reduces the risk of transmission to others.

Importantly, individuals with high risk factors for TB may not have obvious symptoms at all. These include people with chronic illnesses



TB should be approached with knowledge and awareness rather than fear.
– **BERNAMAPIC**

such as diabetes, those with weakened immune systems, smokers, close contact with TB patients and individuals living or working in crowded or poorly ventilated environments.

For these groups, screening should be considered even in the absence of symptoms. Early detection through chest imaging and laboratory testing will help identify TB before complications develop and protect individuals and the wider community.

How TB spreads

TB spreads through the air when a person with active lung TB coughs, speaks or sneezes, releasing bacteria into the surrounding environment.

Transmission usually requires prolonged close contact, particularly in enclosed or poorly ventilated spaces.

It is important to reassure the public that TB is not spread through casual daily interactions such as shaking hands, sharing food or utensils or touching surfaces. Brief contact does not pose a significant risk.

Responsible care

TB prevention relies on simple but effective measures. These include early medical consultation for persistent cough, completing prescribed treatment fully and practising good respiratory hygiene.

Malaysia's national immunisation programme includes the BCG vaccine,

which helps protect infants and young children from severe forms of TB. For adults, maintaining good overall health, avoiding smoking and seeking timely medical advice play important roles in prevention.

Patients diagnosed with TB are provided with structured treatment and follow-up to ensure full recovery and to prevent drug-resistant TB.

TB should be approached with knowledge and awareness rather than fear. We know how to diagnose and treat tuberculosis effectively.

What is important is recognising when to seek medical attention. A cough lasting more than two weeks should be checked and individuals at higher risk should consider screening even if they feel well.

Early diagnosis benefits not only patients but also their families and communities.

Health authorities encourage Malaysians to stay informed, remain attentive to persistent symptoms and support public health initiatives.

TB awareness is about early action, responsible care and reassurance, not alarm. With continued cooperation between the public and healthcare system, TB can be effectively managed and its impact further reduced across the country.

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Photo shows dental check-ups being carried out as part of the activities rolled out during the campaign.

'Nafas Baru' campaign pushes for adoption of healthier lifestyle during Ramadan

SIBU: The 'Kempen Nafas Baru Bermula Ramadan 2026' held here highlighted an initiative that had been carried out annually since 2003, with various health promotion and education activities aimed at encouraging the public to adopt a healthy lifestyle.

Running from Feb 10 to 12, the programme was organised by the SibU Health Office at Wisma Persekutuan Block 3 gathered some 300 visitors over the three days.

According to the Health Office, the campaign is held every Ramadan with the objective of educating the community to make the fasting month a starting point to quit smoking or vaping.

"This is because the month of Ramadan is the most suitable

time for individuals who are addicted to cigarettes or vape and are determined to give up the habit, as they fast for about 14 hours a day and are able to refrain from smoking or vaping during that period.

"Therefore, they are encouraged to continue abstaining from smoking even after breaking their fast and to maintain this effort until the following day," it said in a statement.

A wide range of activities was carried out, not only focusing on smoking cessation counselling, but also providing various other health-related service counters.

"The aim is to encourage healthy practices throughout Ramadan, during the festive season, and as part of daily life," said the Health Office.