

MMA urges public to stay calm, practise good hygiene amid rise in flu cases

By **REBECCA CHONG**

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PETALING JAYA: The Malaysian Medical Association (MMA) has urged the public to remain calm and take sensible precautions as cases of Influenza A and B continue to rise across the country.

MMA president Datuk Dr Thirunavukarasu Rajoo said the increase in flu clusters being detected by the Health Ministry was not unusual during this season, but added that vigilance was key to preventing further spread.

“Good hygiene remains our best defence — wash hands frequently, cover coughs and sneezes, and wear a mask if feeling unwell or in crowded areas,” he said in a statement on Sunday (Oct 12).

He advised those with persistent high fever, severe cough, chest discomfort, or breathing difficulties to seek medical attention immediately, especially if symptoms do not improve after a few days.

Dr Thirunavukarasu also reminded individuals in high-risk groups — such as young children, the elderly, pregnant women and those with chronic illnesses — to be particularly cautious and consider flu vaccination where available.

“With vigilance and responsible action, we can manage the situation effectively and protect the health of our communities,” he said.

Last Thursday, the Health Ministry reported a nationwide increase in influenza-like illness (ILI) cases, with 97 clusters detected in the latest epidemiological week — a sharp jump from just 14 the week before.

Most outbreaks were recorded in schools and kindergartens, particularly in Selangor, Kuala Lumpur, and Penang.

However, authorities said the situation remains under control and consistent with seasonal trends.