



Rise in flu cases not unusual during current season, says MMA

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The Malaysian Medical Association says the public should remain calm and take preventive measures.



MMA president Dr R Thirunavukarasu said the situation can be managed effectively with vigilance and responsible action. (Envato Elements pic)

PETALING JAYA: The increase in influenza A and B clusters is not unusual during the current season, says the Malaysian Medical Association.

MMA president Dr R Thirunavukarasu said the public should remain calm and take preventive measures.

Noting that the health ministry is monitoring the situation, Thirunavukarasu said good hygiene remains the best defence, including washing hands frequently, covering coughs and sneezes, and wearing a mask if feeling unwell or in crowded areas.

“Those experiencing persistent high fever, severe cough, difficulty in breathing, chest discomfort, or symptoms that do not improve after a few days should seek medical attention promptly,” he said in a statement today.

“Early assessment allows for timely treatment and reduces the risk of complications.”

He said individuals in high-risk groups, including young children, the elderly, pregnant women, and those with chronic illnesses, are advised to be especially cautious and consider vaccination where available.

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

The health ministry said a total of 97 influenza A and B infection clusters had been reported in Epidemiological Week 40/2025, from Sept 28 to Oct 4.

This is a sharp increase compared with only 14 clusters recorded in the previous week, with the majority involving educational institutions.

The ministry said all states recorded an increase, with the five highest being Selangor (43 clusters), Kuala Lumpur and Putrajaya (15), Penang (10), Johor (nine) and Kedah (five).