

# Don't Skip Covid-19 Self-Tests And Quarantine — MMA

**GET TESTED TODAY**

1 IN 4 NEW HIV  
INFECTIONS IS  
AMONG YOUTH  
AGES 13-24

Let's educate and not hate to eradicate the stigma against people with HIV.

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The Malaysian Medical Association (MMA) would like to remind the public of the importance of Covid-19 self-testing and quarantine to prevent spread of the virus and to protect vulnerable groups.

With most of the current cases of Covid-19 reported to be mild, there is a high likelihood that many aren't even self-testing when experiencing flu-like symptoms. This is a concern as without self-testing, the necessary quarantine is also likely being skipped as well.

We therefore urge the public to ensure they conduct a self-test when experiencing flu-like symptoms to rule out Covid-19, and to immediately isolate if you are confirmed to be Covid-19 positive.

Those with a weak immune system can still be at risk of hospitalisation for severe Covid-19, and depending on their condition, even death.

While Covid-19 is well under control in the country now and no longer poses a threat to the majority of the population, it can still be life threatening to the elderly and those with comorbidities.

Those at high risk are also advised to take the recommended booster shots on schedule, as well as wear a face mask when around others, in crowded situations, and in poorly ventilated public spaces.

Hand washing with water and soap or hand sanitising, a good habit we learned during the pandemic, should also continue to be practised by everyone.

*Dr Azizan Abdul Aziz is the president of the Malaysian Medical Association (MMA).*

- This is the personal opinion of the writer or publication and does not necessarily represent the views of CodeBlue.