

# Over 12,000 in Sabah sought mental support, says Director

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**KOTA KINABALU:** A total of 12,579 people have received mental intervention from Mesra Hospital's Mental Health Psychosocial Support (MHPSS) team in Bukit Padang as of May 4.

This was disclosed by State Health Director, Datuk Dr Christina Rundi (pic), in a statement, Wednesday.

The MPHSS Operations room which received a visit from Chief Minister Datuk Seri Mohd Shafie Apdal recently has been in operation since March 16.

Shafie also took time to visit the Kota Kinabalu Public Health Laboratory which has been in operation since October 2004 running laboratory tests for clinical, environment and food samples.

The laboratory has a total of 85 staff including nine Science Officers and 12 Food Technology Officers.

Since the onset of the Covid-19 outbreak, all samples for validation have been carried out by the laboratory before the service began at the Microbiology Laboratory, the Queen Elizabeth Hospital Pathology Department and Universiti Malaysia Sabah's level-three Bioaccumulation Laboratory.

As of May 4, all three laboratories had conducted a total of 43,702 laboratory tests for Covid-19 validation.

The Chief Minister also visited the Ministry of Health Training Institute's (Institut Latihan Kementerian Kesihatan Malaysia – ILKMM) Quarantine Centre here.

The ILKMM is the only Quarantine Centre here to engage the services of its faculty and management staff.

As of May 4, they have managed a total of 333 at the Quarantine Centre and of the figure, a total of 257 have been allowed to return home.

On another note, the State Health Department thanked Osimal Foundation and the Foundation's partners MSIC Life Insurance Berhad, CARING Pharmacy and KENSON

Medical Clinic for their ongoing donations of personal protective equipment and reagents.

Thanks also goes to the Persatuan Usahawan Maju Malaysia (PUMM) and Sabah Art Institute for their contribution of PPE in the form of coverall and face shields.

The handover ceremony was also attended by State Health and People's Wellbeing Minister, Datuk Frankie Poon.

Meanwhile, the State recorded a total of 316 Covid-19 cases as of May 5.

A total of 1,412 laboratory tests were conducted on May 4, where four repeat samples were found to be positive.

A total of 37 people are being treated at six specialists' hospitals and those who have recovered is 275.

On May 5, midwives across the globe celebrated International Day of Midwives on May 5 themed "Save Lives: Clean Your Hands".

May 5 is also the World Hand Hygiene Day.

With this in mind, the State Health Department wished the 5,337 government midwives serving in Sabah a Happy Midwives Day.

The Department also invites the public to acknowledge the services rendered by midwives in caring for pregnant women during the Covid-19 outbreak.

"Ever since before, every midwife has never forgotten to practice hand washing while caring for pregnant mothers, especially when handling births to prevent infection for the mother and child," said Dr Rundi.

"The Covid-19 pandemic has brought us back to the basic practice of hand washing.

Everyone is advised to wash their hands with soap and clean water for 20 seconds using the Five Moment Hand Hygiene.

"Whereas, the use of hand sanitiser is an alternative when outdoors or in the absence of hand washing facilities," she said, while reminding people not to forget the basic hygiene practice at all times.