

**AKHBAR** : THE STAR  
**MUKA SURAT** : 1  
**RUANGAN** : FRONT PAGE

## Taking precautions

THE STAR MIS 1 M/D 19/2/2025 (RABU)

A senior citizen receiving influenza vaccine at a government clinic in Kuala Lumpur. The nationwide influenza immunisation programme is available at government health clinics for senior citizens aged 60 and above with at least one comorbidity. > See reports on page 6



Photo: AZHAR MAHFUF/The Star

AKHBAR : THE STAR  
MUKA SURAT : 6  
RUANGAN : NATION

THE STAR W/56 NATION 19/2/2025 (RABU)

# Free influenza jab drive kicks off

## Programme for seniors fully booked at over 100 govt clinics nationwide

By RAGANANTHINI VETHASALAM  
and EMALIN ZALANI  
newsdesk@thestar.com.my

**PETALING JAYA:** The first day of the influenza vaccination drive for senior citizens was off to a good start, with slots at over 100 government health clinics across the country all taken up.

A check on MySejahtera showed that 146 health clinics were fully booked while some were running out of slots.

Almost all government clinics in the Klang Valley, Selangor, Penang, Negri Sembilan and Johor were fully booked.

Terengganu and Perlis were among the states with the lowest uptake.

A retiree, who only wanted to be known as Lee, said he registered for the flu jab as soon as the Health Ministry announced the vaccination drive.

He signed up on Feb 14 and got a slot yesterday.

"I have been following the news on the influenza outbreak abroad. Then there were also reports about the death of a celebrity (who died on Feb 2 of a flu-related



**Extra protection:** Senior citizens registering to receive the vaccine at a government health clinic in Kuala Lumpur. — AZHAR MAHFOF /The Star

illness at age 48). So, I wanted to get the jab as we have a trip to Japan soon," he said.

Lee hoped the government would continue to provide annual flu vaccinations for senior citizens and other high-risk groups.

"Otherwise, the people may have to get it done at private clinics for a fee.

"This may discourage some senior citizens from getting the jab; RM90 is not affordable for many," said the former teacher, who

received his flu shot at a health clinic in Kuala Lumpur.

Last week, the Health Ministry said that Malaysians aged 60 and above suffering from at least one chronic condition — such as diabetes, respiratory diseases, heart disease, hypertension and kidney illness — could get the vaccine for free starting yesterday.

The initiative is expected to benefit about 170,000 senior citizens.

K. Ramani, 67, said her son helped her register for the flu jab

on the MySejahtera app.

"My son advised me to get the jab although the cases are not that high in Malaysia.

"I have diabetes and heart disease. So it is better to take the necessary precautions," said the grandmother of four, who got her jab at a health clinic in Gombak.

"The process was smooth and it did not take long," she added.

Senior citizens are not only turning to government health clinics for the flu jab. Some of

them opted to do so at private clinics.

Lecturer Dr Norain Othman, 65, said she took the flu jab earlier in preparation for an umrah trip last month.

"It is a requirement that we fill in a medical book and provide proof of vaccination. So, I went to a clinic that offered the vaccine."

She received her jab at a private clinic in Shah Alam, paying RM120 for it.

As for side effects, Norain said she only experienced mild body aches for a day or two.

She said the flu vaccination gave her an added sense of security, especially when she was in a crowded environment during the umrah.

"At my age, I can be more vulnerable to diseases carried by people from all over the world because of my weaker immune system.

"I am not in the best of health, as I have diabetes and high blood pressure," she said.

Norain also said her niece, who had travelled to Japan, caught the flu when she returned and was later diagnosed with influenza.



AKHBAR : UTUSAN MALAYSIA  
MUKA SURAT : 2  
RUANGAN : DALAM NEGERI

*Kosmo MIS 18 NEGERA 19/2/2025 (RABU)*

## Vaksin influenza dapat sambutan luar biasa orang Pulau Pinang

**GEORGE TOWN** – Program imunisasi influenza kebangsaan yang diperkenalkan Kementerian Kesihatan (KKM) mendapat sambutan luar biasa dengan slot janji temu di beberapa klinik kesihatan di negeri ini penuh hingga 28 Mac.

Pengerusi Jawatankuasa Belia, Sukan dan Kesihatan negeri, Daniel Gooi Zi Sen berkata, fasa pertama program ini melibatkan 4,000 dos vaksin influenza yang diedarkan ke 24 klinik kesihatan di seluruh negeri.

“Kami menggalakkan orang ramai, khususnya warga emas berusia 60 tahun ke atas dengan sekurang-kurangnya satu penyakit kronik untuk mendapatkan suntikan vaksin melalui janji temu dalam aplikasi MySejahtera.

“Orang ramai disaran untuk membuat janji temu melalui MySejahtera bagi memastikan pengurusan stok vaksin yang lebih lancar. Ada klinik yang telah penuh slot janji temu 28 Mac,” katanya ketika meninjau warga emas yang mendapatkan vaksin di Klinik Kesihatan Jalan Macalister di sini.

Menurut Daniel, meskipun kes influenza di Malaysia masih terkawal berdasarkan laporan Pertubuhan Kesihatan Sedunia (WHO), vaksinasi tetap penting bagi melindungi golongan berisiko tinggi seperti pesakit diabetes, penyakit jantung, hi-



**DANIEL (dua dari kiri) hadir meninjau proses vaksinasi di Klinik Kesihatan Jalan Macalister, George Town, semalam.**

pertensi, obesiti (BMI melebihi 30), dan penyakit buah pinggang kronik.

Katanya, program berkenaan bukan bersifat wajib, tetapi merupakan inisiatif sukarela bagi memastikan kesihatan warga emas lebih terjaga.

Dalam pada itu, seorang bekas guru, Lim Kim San, 65, berkata, dia secara sukarela mendaft-

tar menerusi MySejahtera untuk mendapatkan vaksin influenza bagi melindungi diri dan keluarga.

“Saya ada dua cucu berusia tiga dan enam tahun serta seorang yang aktif selain sering bertemu ramai orang. Saya mendaftar pada 14 Februari lalu dan hari ini (semalam) dapat slot untuk terima vaksin,” katanya.



AKHBAR : THESUN DAILY  
MUKA SURAT : 4  
RUANGAN : NATIONAL

THESUN DAILY M/S 4 NATIONAL 19/2/2025 (RABU)



# Resolve public healthcare issues to **retain talent**: MMA

➤ 'Any loss of doctors would affect strength of entire national healthcare workforce'

BY KIRTINEE RAMESH  
newsdesk@thesundaily.com

**PETALING JAYA:** Malaysian Medical Association (MMA) president Datuk Dr Kalwinder Singh Khaira has urged for pressing public healthcare issues to be resolved so that more students will take up medicine and remain serving in the country.

He cited as examples issues related to the contract system, getting timely permanent positions, uncertain career progression, unclear training pathways and so on.

Addressing the problem of Malaysia losing medical practitioners to other countries, he said: "Any loss of doctors would affect the strength of our entire healthcare workforce."

He added that the challenge is in retaining doctors in the system and encouraging those planning to leave to stay back.

Noting that most doctors who leave move to Singapore, Australia, the UK and Ireland, he said remuneration, work-life balance and career advancement opportunities are key areas that should be improved locally.

The brain drain is particularly concerning for the public healthcare sector, which serves about 70% of the population.

A declining number of students pursuing medicine has compounded the issue, largely due to the uncertainties in the profession.

Although discussions have taken place on hiring foreign doctors to fill the gap, Kalwinder believes retaining locally trained professionals should be the priority.

"As it stands, there has been a drop of new doctors entering service and is now around 3,000 plus each year. Our challenge is retaining these doctors in the system and encouraging those planning to leave, to stay back and serve."

Despite shortages across both public and private healthcare institutions, private hospitals have been better at retaining talent due to higher salaries and improved working conditions.

Government hospitals reportedly struggle with high workloads, burnout and an uneven distribution of workers.

Federation of Private Medical Practitioners Associations Malaysia president Dr Shanmuganathan Ganeson believes



Shanmuganathan believes financial security and career growth are the main drivers for migration of medical specialists. — ADIB RAWI YAHYA/THESUN

financial security and career growth are the main drivers of medical migration.

While doctors accept long working hours, they expect fair compensation and clear career progression.

"Many internationally recognised degree holders find it easier to migrate, whereas local graduates struggle with non-recognition of their qualifications (overseas)," he said.

Shanmuganathan recommended separate salary scales for government medical practitioners, reduced documentation, appointment of experienced technocrats to lead the Health Ministry and a merit-based leadership approach.

Recent discussions on staggered working hours aimed at improving work-life balance were dismissed due to a lack of proper stakeholder engagement.

While flexibility is important, he believes financial stability remains a greater concern for most doctors.

Without addressing salary and career progression, solutions such as staggered hours may have little impact on retention.

Nurses are also leaving Malaysia. Staff nurse Denisa Haizar, 30, who now works in Singapore, shared her experience.

"I wanted to gain international exposure,

work with diverse patients and earn a better salary. Moving abroad was always on my mind, but building skills takes time."

She chose Singapore for its proximity to Malaysia.

"My transition was not easy. Working in a first-world country comes with high expectations, but I adapted. New place, new rules, new people. It's a whole new experience.

"My life got a premium boost. I can now afford things I once only dreamt of and surprisingly, the cost of living is manageable due to the strong Singapore currency."

Shanmuganathan stressed that Malaysia's healthcare system faces an uncertain future if urgent reforms are not implemented.

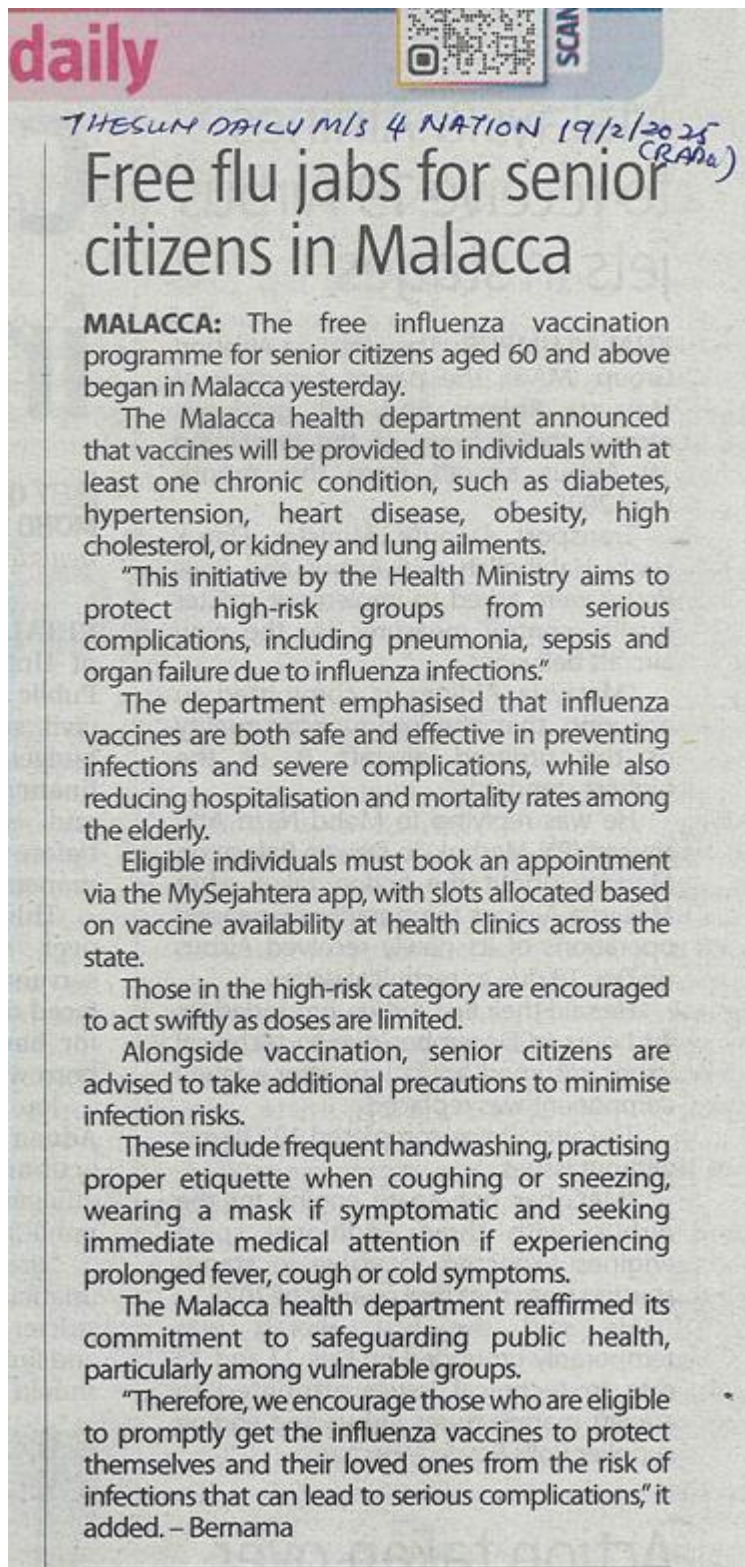
"A National Health Financing Scheme is needed to ensure transparency and accountability in funding allocation. Without addressing governance issues, inefficiencies, and workforce shortages, the country risks declining healthcare standards.

"Without urgent reforms, Malaysia risks a worsening healthcare crisis, making it even harder to retain its medical workforce.

"Malaysia's healthcare system faces an uncertain future if urgent reforms are not just discussed, but seriously implemented."



AKHBAR : THESUN DAILY  
MUKA SURAT : 4  
RUANGAN : NATIONAL



AKHBAR : HARIAN METRO

MUKA SURAT : 20

RUANGAN : LOKAL

HM MIS 20 LOKAL 19/2  
2025  
(RABU)

## Vaksin influenza percuma untuk warga emas

**Melaka:** Pelaksanaan program pemberian vaksin influenza kepada warga emas berumur 60 tahun ke atas secara percuma di Melaka bermula semalam.

Jabatan Kesihatan Negeri Melaka (JKN) Melaka dalam kenyataan berkata vaksin itu diberikan kepada individu yang mempunyai sekurang-kurangnya satu penyakit kronik seperti diabetes, hipertensi, jantung, obesiti, kolesterol tinggi, buah pinggang kronik atau paru-paru kronik.

“Langkah ini adalah inisiatif Kementerian Kesihatan Malaysia (KKM) untuk melindungi golongan berisiko tinggi daripada komplikasi serius akibat jangkitan influenza seperti radang paru-paru (pneumonia), sepsis dan kegagalan organ.

“Pemberian vaksin influenza terbukti selamat dan berkesan dalam mencegah jangkitan serta komplikasi serius di samping mengurangkan kadar kemasukan ke hospital dan kematian dalam kalangan warga emas,” menurut kenyataan itu.

JKN berkata warga emas yang menepati kriteria boleh mendapatkan vaksin influenza percuma dengan membuat janji temu melalui aplikasi MySejahtera.

Slot janji temu diberikan berdasarkan ketersediaan vaksin di semua klinik kesihatan di negeri itu.

AKHBAR : UTUSAN MALAYSIA  
MUKA SURAT : 36  
RUANGAN : DALAM NEGERI

UMM/S36 D/N 19/2/2025  
(RABU)

## Vaksin influenza dapat sambutan, slot penuh hingga Mac

**GEORGE TOWN:** Program imunisasi influenza kebangsaan yang diperkenalkan oleh Kementerian Kesihatan mendapat sambutan luar biasa dengan slot janji temu di beberapa klinik kesihatan di Pulau Pinang telah penuh sehingga 28 Mac.

Pengerusi Jawatankuasa Belia, Sukan dan Kesihatan negeri, Daniel Gooi Zi Sen berkata, ketika ini, fasa pertama program yang melibatkan 4,000 dos vaksin influenza telah diedar ke 24 klinik kesihatan di seluruh negeri.

"Kami menggalakkan orang ramai, khususnya warga emas berusia 60 tahun ke atas yang mempunyai sekurang-kurangnya satu penyakit kronik, untuk mendapatkan suntikan vaksin melalui janji temu dalam aplikasi MySejahtera.

"Orang ramai juga disaran untuk membuat janji temu melalui MySejahtera bagi memastikan pengurusan stok vaksin lebih lancar. Untuk pengetahuan, ada klinik yang telah penuh slot janji temu iaitu sehingga 28 Mac," katanya dalam sidang akhbar di sini, semalam.

Terdahulu, Daniel meluahkan masa meninjau dua warga emas yang menjadi antara individu terawal mendapatkan vaksin influenza di Klinik Kesihatan Jalan Macalister di sini.

Menurut Daniel, meskipun kes influenza di Malaysia masih terkawal berdasarkan laporan Pertubuhan Kesihatan Sedunia (WHO), vaksinasi tetap penting bagi melindungi golongan berisiko tinggi seperti pesakit diabetes, penyakit jantung, hipertensi, obesiti (BMI melebihi 30), dan penyakit buah pinggang kronik.

Katanya, program ini bukan bersifat wajib, tetapi merupakan inisiatif sukarela bagi memastikan kesihatan warga emas lebih terjaga.

"Kami ingin memastikan setiap janji temu yang telah dibuat akan dipenuhi. Justeru, kami tidak menggalakkan 'walk-in' bagi mengelakkan masalah kekurangan dos dan kesesakan di klinik kesihatan," katanya.



AKHBAR : SINAR HARIAN  
MUKA SURAT : 27  
RUANGAN : NEGERI

SINAR HARIAN MIS 27 NEGERI 19/2/25  
(RABU)

## 2,000 vaksin influenza untuk golongan berisiko di Melaka

**MELAKA** - Kerajaan Melaka menerusi Jabatan Kesihatan negeri menyediakan sebanyak 2,000 vaksin influenza kepada golongan berisiko terutama warga emas di negeri ini secara percuma bermula pada Selasa.

Exco Kesihatan, Perpaduan dan Sumber Manusia, Datuk Ngwe Hee Sem berkata, meskipun jumlah itu tidak men-



HEE SEM

cukupi namun kerajaan negeri menghargai usaha kerajaan memberikan kemudahan vaksinasi itu kepada warga Melaka yang memerlukan.

Menurutnya, vaksin terbabit akan diberikan kepada individu berusia 60 tahun dan ke atas yang mempunyai sekurang-kurangnya satu penyakit kronik seperti diabetes, hipertensi, penyakit jantung, obesiti, kolesterol tinggi, penyakit buah pinggang kronik atau penyakit paru-paru kronik.

"Langkah itu sebahagian daripada inisiatif Kementerian Kesihatan Malaysia untuk melindungi golongan berisiko tinggi daripada komplikasi serius.

"Ini termasuk akibat jangkitan influenza seperti radang paru-paru (pneumonia), sepsis dan kegagalan organ," katanya dalam kenyataan pada Selasa.

Jelasnya, pemberian vaksin influenza terbukti selamat dan berkesan dalam mencegah jangkitan serta komplikasi serius, di samping mengurangkan kadar kemasukan ke hospital dan kematian dalam kalangan warga emas.

Ujarnya, golongan yang menepati kriteria boleh mendapatkan vaksin influenza secara percuma dengan membuat temu janji melalui aplikasi MySejahtera dan slot akan diberikan berdasarkan ketersediaan vaksin di semua klinik kesihatan di negeri ini.

Beliau yang juga Ahli Dewan Undangan Negeri Machap Jaya menyarankan supaya warga emas yang tergolong dalam kumpulan berisiko tinggi mengambil peluang ini dengan kadar segera kerana jumlah dos yang tersedia adalah terhad.

"Kami menggalakkan mereka yang layak untuk segera mendapatkan vaksin influenza bagi melindungi diri sendiri serta orang tersayang," ujarnya.



**AKHBAR : SINAR HARIAN**  
**MUKA SURAT : 27**  
**RUANGAN : NEGERI**

SINAR HARIAN M527 NEGERI 19/2/2025 (RABU)

## 24 klinik di Pulau Pinang beri vaksin influenza secara percuma

**GEORGE TOWN** - Sebanyak 24 klinik kesihatan di bawah Kementerian Kesihatan (KKM) melaksanakan program pemberian vaksin influenza percuma kepada warga emas di seluruh negeri ini.

Exco Belia, Sukan dan Kesihatan, Daniel Gooi Zi Sen berkata, program imunisasi yang diperkenalkan KKM itu mendapat sambutan luar biasa di negeri ini apabila janji temu di beberapa klinik kesihatan telah penuh sehingga penghujung Mac.

Menurutnya, semua janji temu untuk vaksin influenza secara percuma yang bermula pada Selasa itu dibuat menerusi aplikasi MySejahtera.

"Sebanyak 24 klinik kesihatan yang melaksanakan program ini yang mana ia melibatkan tujuh di daerah Timur Laut, tiga di Barat Daya, enam

masing-masing di Seberang Perai Utara dan Seberang Perai Tengah dan dua di Seberang Perai Selatan.

"Sehingga kini, ada beberapa klinik sudah penuh (janji temu) sehingga 28 Mac nanti.

"Oleh itu, orang ramai yang berusia lebih 60 tahun dan mempunyai sekurang-kurangnya satu penyakit kronik dinasihatkan supaya membuat janji temu secara dalam talian untuk mendapatkan vaksin influenza di klinik berhampiran," katanya pada sidang akhbar di Klinik Kesihatan Jalan Macalister di sini pada Selasa.

Tambah beliau, sebanyak 4,000 dos vaksin influenza disediakan di Pulau Pinang untuk fasa pertama program berkenaan.

"Untuk kes influenza di Pulau Pinang, daripada pemerhatian dan

pemantauan dilaksanakan di bawah Jabatan Kesihatan Negeri Pulau Pinang, ia tidak merisaukan. Orang ramai tidak perlu risau," katanya.

Menurut Daniel, walaupun kes influenza di Malaysia masih terkawal berdasarkan laporan Pertubuhan Kesihatan Sedunia, vaksinasi tetap penting bagi melindungi golongan berisiko tinggi antaranya pesakit diabetes, penyakit jantung, hipertensi, obesiti (BMI melebihi 30) dan penyakit buah pinggang kronik.

"Program ini bukannya wajib tetapi hanya inisiatif sukarela bagi memastikan kesihatan warga emas lebih terjaga," jelasnya.

Beliau berkata, kerajaan negeri akan terus memantau program imunisasi tersebut bagi memastikan pelaksanaannya lancar.



Daniel Gooi (berdiri, kiri) memantau pemberian vaksin influenza di Klinik Kesihatan jalan Macalister pada Selasa.



AKHBAR : KOSMO  
MUKA SURAT : 18  
RUANGAN : NEGARA

KOSMO MIS18 NEGARA 19/2/2025 (RABU)

## Vaksin influenza dapat sambutan luar biasa orang Pulau Pinang

**GEORGE TOWN** – Program imunisasi influenza kebangsaan yang diperkenalkan Kementerian Kesihatan (KKM) mendapat sambutan luar biasa dengan slot janji temu di beberapa klinik kesihatan di negeri ini penuh hingga 28 Mac.

Pengerusi Jawatankuasa Belia, Sukan dan Kesihatan negeri, Daniel Gooi Zi Sen berkata, fasa pertama program ini melibatkan 4,000 dos vaksin influenza yang diedarkan ke 24 klinik kesihatan di seluruh negeri.

“Kami menggalakkan orang ramai, khususnya warga emas berusia 60 tahun ke atas dengan sekurang-kurangnya satu penyakit kronik untuk mendapatkan suntikan vaksin melalui janji temu dalam aplikasi MySejahtera.

“Orang ramai disaran untuk membuat janji temu melalui MySejahtera bagi memastikan pengurusan stok vaksin yang lebih lancar. Ada klinik yang telah penuh slot janji temu 28 Mac,” katanya ketika meninjau warga emas yang mendapatkan vaksin di Klinik Kesihatan Jalan Macalister di sini.

Menurut Daniel, meskipun kes influenza di Malaysia masih terkawal berdasarkan laporan Pertubuhan Kesihatan Sedunia (WHO), vaksinasi tetap penting bagi melindungi golongan berisiko tinggi seperti pesakit diabetes, penyakit jantung, hi-



**DANIEL (dua dari kiri) hadir meninjau proses vaksinasi di Klinik Kesihatan Jalan Macalister, George Town, semalam.**

pertensi, obesiti (BMI melebihi 30), dan penyakit buah pinggang kronik.

Katanya, program berkenaan bukan bersifat wajib, tetapi merupakan inisiatif sukarela bagi memastikan kesihatan warga emas lebih terjaga.

Dalam pada itu, seorang bekas guru, Lim Kim San, 65, berkata, dia secara sukarela mendaft-

tar menerusi MySejahtera untuk mendapatkan vaksin influenza bagi melindungi diri dan keluarga.

“Saya ada dua cucu berusia tiga dan enam tahun serta seorang yang aktif selain sering bertemu ramai orang. Saya mendaftar pada 14 Februari lalu dan hari ini (semalam) dapat slot untuk terima vaksin,” katanya.