



LANGKAH-LANGKAH PENCEGAHAN JANGKITAN COVID-19 DI INSTITUSI JAGAAN WARGA EMAS



BAGI PEKERJA INSTITUSI

Anda boleh membantu melindungi diri anda, rakan sekerja dan penghuni institusi dari jangkitan COVID-19 dengan:



- Cuci tangan:
 - Sebelum dan selepas mengendalikan perkakasan/ persekitaran/ peralatan dan penghuni
- Maklumkan kepada majikan jika ada penghuni yang tidak sihat.
- Pastikan anda memakai alat pelindung seperti sarung tangan, penutup hidung dan mulut (*mask*), penutup kepala dan sarung pakaian apabila mengendalikan penghuni yang sakit.
- Jika anda tidak sihat, maklumkan kepada majikan anda. Elakkan dari datang ke institusi. Segera dapatkan rawatan di klinik / hospital.

PESANAN AM



- Kerap cuci tangan anda. Gunakan air dan sabun; atau dengan bahan pencuci tangan (*Hand Sanitizer*).



- Tutup mulut dan hidung dengan siku atau tisu semasa batuk atau bersin. Buang tisu yang telah digunakan ke dalam tong sampah. Cuci tangan selepas batuk atau bersin.



- Elakkan menyentuh mata, hidung dan mulut. Cuci tangan sebelum dan selepas menyentuh mata, hidung dan mulut.



- Jauhkan diri anda dari tempat orang berkumpul.
- Jarakkan diri anda sekurang-kurangnya 1 meter dari orang lain.

Ditertibkan oleh: Bahagian Pembangunan Kesihatan Keluarga



Bahagian Pembangunan Kesihatan Keluarga



bppk_kkm



Bahagian Pembangunan Kesihatan Keluarga

Manual Bahagian Pembangunan Kesihatan Keluarga Utama

Lei Huang



Manual Bahagian Pembangunan Kesihatan Keluarga Utama:

This book delves into Manual Bahagian Pembangunan Kesihatan Keluarga Utama. Manual Bahagian Pembangunan Kesihatan Keluarga Utama is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Manual Bahagian Pembangunan Kesihatan Keluarga Utama, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Manual Bahagian Pembangunan Kesihatan Keluarga Utama
 - Chapter 2: Essential Elements of Manual Bahagian Pembangunan Kesihatan Keluarga Utama
 - Chapter 3: Manual Bahagian Pembangunan Kesihatan Keluarga Utama in Everyday Life
 - Chapter 4: Manual Bahagian Pembangunan Kesihatan Keluarga Utama in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Manual Bahagian Pembangunan Kesihatan Keluarga Utama. This chapter will explore what Manual Bahagian Pembangunan Kesihatan Keluarga Utama is, why Manual Bahagian Pembangunan Kesihatan Keluarga Utama is vital, and how to effectively learn about Manual Bahagian Pembangunan Kesihatan Keluarga Utama.
3. In chapter 2, the author will delve into the foundational concepts of Manual Bahagian Pembangunan Kesihatan Keluarga Utama. This chapter will elucidate the essential principles that need to be understood to grasp Manual Bahagian Pembangunan Kesihatan Keluarga Utama in its entirety.
4. In chapter 3, this book will examine the practical applications of Manual Bahagian Pembangunan Kesihatan Keluarga Utama in daily life. This chapter will showcase real-world examples of how Manual Bahagian Pembangunan Kesihatan Keluarga Utama can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Manual Bahagian Pembangunan Kesihatan Keluarga Utama in specific contexts. The fourth chapter will explore how Manual Bahagian Pembangunan Kesihatan Keluarga Utama is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Manual Bahagian Pembangunan Kesihatan Keluarga Utama. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Manual Bahagian Pembangunan Kesihatan Keluarga Utama.

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Manual Bahagian Pembangunan Kesihatan Keluarga Utama Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However,

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