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DON'T take things for granted, says the Health Ministry. A(H1N1) influenza is still on the ground and active in our community, and those at high risk of developing life-threatening complications are advised to get vaccinated against it.

People at high-risk include the elderly, pregnant, obese, chronically ill (eg persons living with diabetes, asthma, lung disease, cardiovascular disease etc), immunocompromised (eg those living with HIV or undergoing chemotherapy), and those in long-term care facilities.

If you fall into any of these categories, you should know the vaccine could save your life and is **FREE** and available at the government clinics below on a first come, first served basis.

Despite being available since February, the Health Ministry reported on April 14 only 10,000 of the **FREE** vaccines have been administered to high-risk persons.

"A lot of people might not have taken it because they weren't aware of it or might be complacent about it. Fear over the safety of the vaccine was also there," suggests infectious diseases expert Dr Christopher Lee.

"When the pandemic first broke, there wasn't a vaccine, and everyone was asking for it. When the vaccine did come, the epidemic was on the downturn. The majority of patients generally did well and WHO (the World Health Organization) said it was a generally moderate virus. So anxiety dropped a bit.

"Down the line, its safety is a lot more established now. WHO has not picked up any serious vaccine side effects and the fact remains millions of people have taken it. Hopefully people will review all this information and not be so fearful of taking it."

300,000 doses of pandemic vaccine were earmarked for the public at high-risk of complications, so at least 290,000 remain to be given out. Why not take advantage of this **FREE** service sooner rather than later?

Alternatively, talk to your normal healthcare provider about your vaccination options.

Bear in mind not all private healthcare facilities may have the appropriate vaccine in stock (either the pandemic vaccine or, more likely, the 2010 Southern Hemisphere trivalent seasonal formulation), as procurement is at their discretion.

Health Ministry A(H1N1) Vaccination Clinics

(as listed at h1n1.moh.gov.my)

● **Johor coordinator:** Dr Badrul Hisham Abdul Samad (07-221 8866)

Clinics: KPL Mahmoodiah, JB; Poliklinik Bandar Maharani, Muar; KK Batu Pahat; KK Mengkibol, Kluang

● **Kedah coordinator:** Dr Uma Salmah Abd

Kadir (04-774 6137)

Clinics: KK Kuah; KKIK Jitra; KKIK Bakar Bata, Kota Star; KKIK Bandar Sungai Petani; KKIK Kuala Nerang; KKIK Baling; KK Serdang; KK Pendang; KKIK Sik; KK Bandar Kulim; KK Guar Chempedak

● **Kelantan coordinator:** Dr Rohaida Ismail (09-748 2573)

Clinics: KKB Kota Bharu; KKB Bachok; KKB Kuala Krai; KK Wakaf Baru; Hospital Raja Perempuan Zainab, Kota Bharu

● **Malacca coordinator:** Dr Hashimah Hasan (06-284 8270)

Clinics: JPL Jasin; KK Masjid Tanah, Alor Gajah; KK Peringgit, Melaka Tengah

● **Negeri Sembilan coordinator:** Dr Rotina Abu Bakar (06-764 1326 / 06-766 4927)

Clinics: KK Rasah; KK Senawang; KK Kuala Pilah; KK Bahau; KK Rembau; KK Tampin; KK Port Dickson; KK Jelebu

● **Pahang coordinator:** Dr Mohd Sapian Mohamed (09-516 5402 / 09-590 2351)

Clinics: KK Baserah, Kuantan; KK Temerloh; KK Karak, Bentong; KK Dong, Raub; KK Peramu Jaya, Pekan; KK Bandar Jengka, Maran; KK Triang, Bera; KK Bandar Rompin, Rompin; KK Padang Tengku, Lipis; KK Jengka

8, Jerantut; JPL Hosp Cameron Highlands

● **Penang coordinator:** Dr Saraswathi Binarai (04-262 9902)

Clinics: KK Bayan Baru, Barat Daya; KK Bukit Panchor, Seberang Prai Selatan; KK Sungai Dua, Seberang Prai Utara; KK Jalan Perak di Timur Laut; KK Seberang Jaya di SP Tengah

● **Perak coordinator:** Dr Asiah Ayob (05-243 3962)

Clinics: KK Lawin, Hulu Perak; KK Padang Rengas; KK Sitiawan; KK Hutan Melintang; KK Parit; KK Jalan Damai, Tapah; KK Bagan Serai, Kerian; KK Buntong, Kinta; KK Taiping

● **Perlis coordinator:** Dr Zulhizzam bin Hj Abdullah (04-9766317) or SN Kartini Abd Razak (04-977 8333)

Clinic: KK Kangar

● **Sabah coordinator:** Dr Evelyn Sunggip (088-236 184)

Clinics: KK Luyang, Kota Kinabalu; KK Penampang; KK Sandakan; JPL Hospital Tawau; JPL Hospital Keningau

● **Sarawak coordinator:** Dr Razitasham Safii (082-243 812)

Clinics: KK Jalan Masjid, Kuching; KK Kota Samarahan; KK Sri Aman; KK Sarikei; KK Jalan Lanang, Sibul; KK Bandar Miri; KK Bintulu; KK Kapit; KK Lawas; JPL Hospital Mukah; JPL Hospital Betong

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● **Selangor coordinator:** Dr Anita bt Sulaiman (03-5123 7366 / 03-5123 7368)
Clinics: KK Kajang; KK Pandamaran, Klang; KK Kelana Jaya; KK Seri Kembangan; KK Seksyen 7 Shah Alam; KK Taman Ehsan, Gombak; KK Kuala Selangor (Kuala Selangor); KK Sungai Besar (Sabak Bernam); KK Salak (Sepang); KK Teluk Datok (Kuala Langat)

● **Terengganu coordinator:** Dr Balkis Abdul Karim (09-622 9775 / 09-622 9809)

Clinic(s): KK Hiliran, Kuala Terengganu; KK Kuala Besut, Besut; KK Dungun; KK Kuala Kemaman; KK Marang; KK Permaisuri; KK Kuala Berang

● **WP Kuala Lumpur coordinator:** Dr Mazliza Ramly (03-2698 3757)

Clinic(s): KK Tanglin; KK Kg Pandan; KK Jinjang; KK Batu; KK Bandar Tun Razak; KK Cheras; KK Cheras Baru; KK Dato Keramat; KK Pantai; KK Petaling Bahagia; KK Setapak; KK Sungai Besi; KK Putrajaya

● **WP Labuan coordinator:** Dr Zaini Husin (087-428 827 / 087-411 702)

Clinic: KK Labuan

KK – Klinik Kesihatan (Health Clinic)

KPL – Klinik Pesakit Luar (Outpatient clinic)

KKIK – Klinik Kesihatan Ibu dan Kanak-Kanak (Maternal and Child Health Clinic)
KKB – Klinik Kesihatan Bergerak (Mobile Health Clinic)
JPL – Jabatan Pesakit Luar (Outpatient Division)
For general enquiries, call the Health Ministry A(H1N1) hotline at 03-8881 0200/0300.

