

ZIKA ALERT

Dear respectable blood donors,
Kepada para penderma yang dihormati,

Individuals who have travelled to any countries or areas which are affected by Zika virus will need to be deferred from blood donation temporarily for at least 28 days from the date of arrival from the affected country.

Individu yang telah melawat ke mana-mana negara atau kawasan yang terlibat dengan virus Zika perlu menangguhkan pendermaan darah buat sementara waktu sekurang-kurangnya 28 hari dari tarikh ketibaan dari negara tersebut.

The list of countries are as stated below.
Senarai negara adalah seperti berikut.

AMRO (American region)	AFRO (African region)
Anguilla; Antigua and Barbuda; Argentina; Aruba; Bahamas; Barbados; Belize; Bolivia (Plurinational State of); Bonaire, Sint Eustatius and Saba; Brazil; British Virgin Islands; Cayman Islands; Colombia; Costa Rica; Cuba; Curaçao; Dominica; Dominican Republic; Ecuador; El Salvador; French Guiana; Grenada; Guadeloupe; Guatemala; Guyana; Honduras; Jamaica; Martinique; Mexico; Montserrat; Nicaragua; Panama; Paraguay; Peru; Puerto Rico; Saint Barthélemy; Saint Kitts and Nevis; Saint Lucia; Saint Martin; Saint Vincent and the Grenadines; Sint Maarten; Suriname; Trinidad and Tobago; Turks and Caicos Islands; United States of America; United States Virgin Islands; Venezuela (Bolivarian Republic of); Haiti	Angola; Cabo Verde; Guinea-Bissau, Burkina Faso; Burundi; Cameroon; Central African Republic; Côte d'Ivoire; Gabon; Nigeria; Senegal; Uganda
	WPRO (Western Pacific region)
	American Samoa; Fiji; Marshall Islands; Micronesia (Federated States of); Palau; Papua New Guinea; Samoa; Singapore; Solomon Islands; Tonga; Cambodia; Lao People's Democratic Republic; Philippines; Vietnam
	SEARO (South East Asian region)
	Maldives; Indonesia; Thailand; Bangladesh

List of countries retrieved from WHO Zika Situation Report (10th March 2017). For updated list of countries, please refer to the National Blood Centre.
Senarai nama negara diambil dari WHO Situation Report (10 Mac 2017). Untuk senarai terbaru, sila rujuk ke Pusat Darah Negara.

Donors with symptoms of Zika virus following travel to the above countries will also need to defer donation for 28 days following full recovery. Symptoms of Zika include: Fever, rashes, muscle pain, joint pain, joint swelling, headache, retro-orbital pain and conjunctivitis.

Penderma dengan gejala virus Zika selepas melawat ke negara-negara di atas juga perlu menangguhkan pendermaan selama 28 hari dari tarikh pulih sepenuhnya. Gejala Zika adalah:

Demam, ruam-ruam, sakit otot, sakit sendi, bengkak sendi, sakit kepala, sakit di belakang mata dan konjunktivitis.

Thank You / Terima Kasih

