

## 4 LAGI RAKAN SEKERJA MENYERTAI KEMENTERIAN KESIHATAN SEBAGAI SUKARELAWAN *4 MORE ASSOCIATES JOIN MINISTRY OF HEALTH AS VOLUNTEERS*



Minggu ini empat lagi rakan sekerja Nexus menyertai Kementerian Kesihatan sebagai sukarelawan untuk membantu usaha berterusan Negara memerangi gelombang kedua pandemik Covid-19 yang kini memasuki bulan kedua sejak ianya bermula pada 7 Ogos. Para sukarelawan tersebut melapor diri untuk bertugas pada hari Isnin, 13 September di lokasi yang berbeza: 2 di Bridex untuk membantu dalam pengesanan kontak, manakala 2 lagi masing-masing diaturnya bertugas di Kementerian untuk melaksanakan pengemaskinian data dan pengendalian penghantaran makanan dan pemindahan pesakit bagi Persatuan Bulan Sabit Merah Brunei. Muhammad Azinuddin Hj Ahmad, Mohd Fadhilah Hj Matnor, Erna Norhana Jamlin dan Muhd Zaimi Abdullah Mari menyertai empat lagi rakan mereka yang mula bekerja di Pusat Vaksinasi Berakas dua minggu lalu. Mereka kini menyertai beribu-ribu sukarelawan lain yang menjalankan tugas-tugas bukan klinikal dan berisiko rendah membantu kakitangan Kementerian Kesihatan di beberapa lokasi di seluruh negara.

*Another four Nexus associates this week join the Ministry of Health as volunteers to support the country's ongoing fight against the second wave of Covid-19 pandemic as it entered the second month since it began on 7th August. The volunteers reported for duty on Monday, 13th September at different locations: 2 at Bridex to assist in contact tracing, while the other 2 are based at the Ministry to do data entry and handling food delivery and patients transfer under the Brunei Red Crescent Society respectively. Muhammad Azinuddin Hj Ahmad, Mohd Fadhilah Hj Matnor, Erna Norhana Jamlin and Muhd Zaimi Abdullah Mari joined their four other colleagues who started work at the Berakas Vaccination Centre two weeks ago. They now join thousands of other volunteers carrying out mainly non-clinical and low-risk tasks assisting the MOH personnel at multiple locations throughout the country.*





Para sukarelawan Nexus ketika membuat kerja rutin di Pusat Vaksinasi, Berakas  
*Nexus volunteers during their routine work at the Vaccination Centre, Berakas*



Sukarelawan kitani bersama doktor-doktor dan petugas barisan hadapan  
*Our volunteers with the doctors and other frontliners*

# SENTIASA BERAWAS KETIKA MENGAKSES MAKLUMAT DALAM TALIAN

## REMAIN VIGILANT WHEN ACCESSING ONLINE INFORMATION

Ketika majoriti kakitangan dan rakan sekerja kita terus bekerja dari rumah, kemungkinan terdapat mereka yang tidak bertanggungjawab mengambil peluang untuk melakukan aktiviti siber yang berniat jahat melalui rangkaian yang terdedah, dan mengakses data pengguna atau rangkaian organisasi tanpa kebenaran. Jabatan IT telah mengeluarkan peringatan agar semua sentiasa berwaspada ketika mengakses maklumat dalam talian atau menggunakan mana-mana platform secara maya. Beberapa cadangan termasuk mengukuhkan kata laluan, menggunakan antivirus dan perisian keselamatan internet dan memastikan tidak melayan e-mel yang mencurigakan daripada orang yang tidak dikenali.

*While the majority of staff and associates continue to work from home, there are potential opportunities for irresponsible people to engage in malicious cyber activities via less secured networks, and gaining access to users' data or the organization's network. The IT department has issued reminders for all to remain vigilant when accessing online information or using any virtual platforms. Some of the recommendations include strengthening the passwords, using antivirus and internet security software and be aware of suspicious emails from strangers.*



## DON'T GET HOOKED!



### 3 RULES TO AVOID PHISHING CYBERSECURITY ATTACKS

1. Stop and think before clicking any links or attachments
2. If things look "PHISHY" verify with the sender through a different medium
3. When in doubt throw it out/do nothing, you are the last line of defense

## 6 TIPS TO PREVENT POTENTIAL RANSOMWARE ATTACKS

- |  |   |
|--|---|
| <p><b>1</b></p>  <p>Keep your computer<br/><b>PATCHED AND UP TO DATE</b></p> | <p><b>4</b></p>  <p><b>DON'T</b><br/>click malicious links</p>   |
| <p><b>2</b></p>  <p>Use an<br/><b>ANTI-VIRUS SCANNER</b></p>                 | <p><b>5</b></p>  <p>Practice<br/><b>SAFE BROWSING HABITS</b></p> |
| <p><b>3</b></p>  <p>Use a<br/><b>FIREWALL</b></p>                           | <p><b>6</b></p>  <p><b>BACK UP</b><br/>your files</p>           |

## BORANG PENGISYTIHARAN DIRI BAGI MEMANTAU STATUS KESIHATAN *SELF-DECLARATION FORM TO MONITOR HEALTH STATUS*

Sebagai tambahan kepada prosedur operasi standard yang dilaksanakan sejak gelombang ke-2 pandemik Covid-19 di Negara ini, semua kakitangan dan rakan sekerja dikehendaki mengisi borang pengisytiharan diri dalam talian setiap minggu bagi memantau dengan teliti status kesihatan mereka. Arahan ini adalah untuk memeriksa sama ada mana-mana kakitangan/rakan sekerja dijangkiti virus Covid-19, mengalami pelbagai gejala, diarahkan bagi menjalani Pengasingan Diri atau Perintah Kuarantin atau mempunyai sebarang kontak rapat dengan kes positif. Maklumat ini penting agar tindakan yang perlu dapat diambil bagi mencegah penularan wabak.


*In addition to standard operating procedures put in place since the outbreak of 2nd wave of Covid-19 pandemic in the country, all staff and associates are required to fill in online self-declaration forms on a weekly basis in order to closely monitor their health status. The directive is to check if any of our staff/associates being infected with the Covid-19 virus or develop symptoms, served with Self-Isolation or Quarantine or have any close contact with positive cases. This information is important so that necessary actions can be taken to prevent the spread of the virus.*

https://my.forms.app/form/612c8d61bd6e47f3a820121

zoom

# COVID 19

## SELF-DECLARATION FORM/BORANG PENGISYTIHARAN DIRI



To ensure the health and safety of our employees, its mandatory for all staff and associates to fill in this self-declaration form EVERY WEEK for the purpose of monitoring your health and well-being. The form must be submitted not later than Friday each week.

Bagi memastikan kesihatan dan keselamatan semua kakitangan kitani, biskita adalah dimestikan mengisi borang pengisytiharan diri ini SETIAP MINGGU bagi tujuan pemantauan kesihatan dan kesejahteraan biskita. Borang hendaklah dihantar tidak lewat dari hari Jumaat setiap minggu.

1. Name? \*

T

2. Staff ID No? \*

T

3. Unit? \*

T

4. Division? \*

Gambar borang pengisytiharan diri | A snapshot of the self-declaration form



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### SHOPPING FOR GROCERIES

Life has to continue even where COVID-19 is spreading. If online shopping is not an option, here's how to stay safe.

**REDUCE YOUR RISK**

**BEFORE YOU GO OUT**

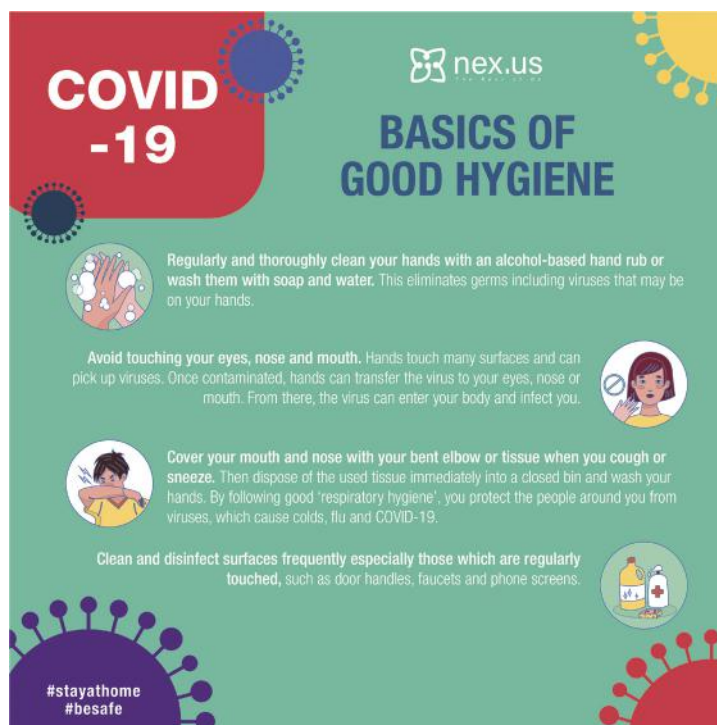
- Go outside peak hours
- Always check on local regulations
- Bring sanitizer and wear your mask.
- If you are in a high-risk group, wear a medical mask.

**WHEN INSIDE STORES**

- Keep your shopping time short and make a list
- Keep at least 1 metre distance from others

#stayathome #besafe

Source: World Health Organization



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### BASICS OF GOOD HYGIENE

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. This eliminates germs including viruses that may be on your hands.
- Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately into a closed bin and wash your hands. By following good 'respiratory hygiene', you protect the people around you from viruses, which cause colds, flu and COVID-19.
- Clean and disinfect surfaces frequently especially those which are regularly touched, such as door handles, faucets and phone screens.

#stayathome #besafe