

## SUMBANGAN SUKARELAWAN SANGAT DIHARGAI *VOLUNTEERS' CONTRIBUTIONS HIGHLY APPRECIATED*

Dengan Negara menghadapi cabaran bagi menangani pandemik Covid-19, semangat solidariti melalui kesukarelawanan di kalangan rakyat Brunei Darussalam amat dihargai. Para sukarelawan memainkan peranan penting sebagai barisan hadapan, dengan bersama-sama memberikan bantuan kepada para doktor, jururawat, paramedik dan petugas kesihatan lain dalam masa yang mencabar ini. 8 sukarelawan dari Nexus kini telah mendaftar dengan Kementerian Kesihatan dan kini sedang bertugas di beberapa lokasi di daerah Brunei Muara melaksanakan kerja-kerja seperti pengesanan kontak, memasukkan data, mengangkut petugas serta membantu petugas kesihatan di pusat vaksinasi.



Erna Norhana Jamlin dan Muhammad Azinuddin Hj Ahmad membuat pengesanan kontak  
*Erna Norhana Jamlin and Muhammad Azinuddin Hj Ahmad doing contact tracing*



Erna, Muhammad dan sukarelawan lain diberikan taklimat mengenai tugas  
*Erna and Muhammad with other volunteers being briefed on their tasks*

*With the country facing many challenges presented by Covid-19 pandemic, a show of solidarity through volunteerism among Bruneians is highly appreciated. The volunteers play an important role as frontliners, by working alongside and providing valuable assistance to doctors, nurses, paramedics and other health workers during this challenging times. 8 volunteers from Nexus have enlisted with the Ministry of Health so far and are currently working at several locations in the Brunei Muara district to carry out tasks such as contact tracing, data entry, transporting workers as well as assisting healthcare workers at the vaccination centre.*



Mohammad Fadhilah Hj Matnor bertugas memasukkan data di Kementerian Kesihatan  
*Mohammad Fadhilah Hj Matnor doing data entry at Ministry of Health*



.... dan Muhd Zaimi Abdullah Mari bersama sukarelawan lain di Meja Pertanyaan,  
 Persatuan Bulan Sabit Merah Brunei, bertempat di bangunan PGGMB  
*...and Muhd Zaimi Abdullah Mari with other volunteers at the Brunei Red Crescent Helpdesk, PGGMB Building*

Sementara itu, sukarelawan kitani di Pusat Vaksinasi Berakas meneruskan tugas mereka mengendalikan kira-kira 200 pengunjung yang datang untuk mendapatkan suntikan vaksin setiap hari. Mereka bertanggungjawab memastikan pengunjung ke pusat itu mematuhi SOP yang ditetapkan, mendaftar nama setiap pengunjung dan membawa mereka ke bilik-bilik vaksinasi.

*Meanwhile, our volunteers at the Berakas Vaccination Centre continue to be occupied with the task of handling some 200 visitors who come in for the vaccination on a daily basis. They are responsible for making sure visitors to the centre follow the SOPs in place, registering their names and ushering them to different vaccination rooms.*



Sukarelawan kitani Hj Sudiru, Nurul Fadzreena, Hjh Suliana and Marianah di Pusat Vaksinasi dengan mengenakan scrub yang ditaja oleh Nexus  
*Our volunteers, Hj Sudiru, Nurul Fadzreena, Hjh Suliana and Marianah at the Vaccination Centre sporting their Nexus-sponsored scrubs*

# COVID -19



## FACTS

### COVID-19 VIRUS DOES NOT LIVE ON THE SURFACE OF FOOD PACKAGING

Coronaviruses need a live animal or human host to multiply and survive and cannot multiply on the surface of food packages.

It is not necessary to disinfect food packaging materials, but hands should be properly washed after handling food packages and before eating.

*Source: World Health Organization*

#staysafe  
#stayathome

# COVID -19



## 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



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

Source: World Health Organization

#stayathome  
#besafe