

## **Stay inside - don't go out for a jog, says Health DG**

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CORONAVIRUS | While Malaysians working from home may be tempted to go outside to jog or exercise, Health director-general Dr Noor Hisham Abdullah has urged the public to stay indoors.

According to a report in Free Malaysia Today, Noor Hisham said that the message was simple and clear - people should stay at home as much as possible throughout the two-week movement control order.

Some residents in the Kuala Lumpur suburb of Taman Tun Dr Ismail (TTDI) have greeted the closure of its public parks by jogging and walking within condo compounds as well as on neighbourhood roads which are largely devoid of traffic.

Those seeking exercise are particularly active in the early mornings and around dusk, with many exercising while using facemasks.

Police on loudhailers addressed TTDI residents who were out in public near food and beverage outlets yesterday evening and instructed them to return home.

According to the Free Malaysia Today report, a handful of residents were unaware that the Subang Jaya Municipal Council (MPSJ) had ordered the closure of all parks in its jurisdiction and had continued to frequent the parks to get some exercise during this time.

Malaysia currently has 900 Covid-19 cases and two deaths as of yesterday.

Putrajaya implemented the order to battle the sharp increase in Covid-19 infections this week.

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