

NEWS letter



AUSTRALIA is burning

...but why are the bushfires so bad
and is **climate change** to blame?

By Sarah Newey, The Telegraph UK, 7 JANUARY 2020 • 9:20AM

Australia is no stranger to wildfires, but this season has been unprecedented in scale and intensity - and the summer is far from over.

So far at least 17 people have died in blazes that have swept the country, more than 1,200 homes have been destroyed and 5.5 million hectares (13.5 million acres) of land has been burnt.

So what has caused the blazes which have devastated huge swathes of the country?

Why are the fires so bad?

Australia's deadly fires have been fuelled by a combination of extreme heat, prolonged drought and strong winds.

The country is in the grip of a heatwave, with record-breaking temperatures over the last three months. In mid-December the nation saw the hottest day in history - the average temperature was 41.9 degrees Celsius.

Has climate change caused the fires?

Bushfires are a regular feature in Australia's calendar - often triggered by natural causes such as lightning strikes - and cannot be blamed on climate change or rising greenhouse gas emissions alone.

But experts say that the changing climate is key to understanding the ferocity of this year's blazes - hotter, drier conditions are making the country's fire season longer and much more dangerous.

And Australia's climate is definitely changing. According to the country's Bureau of Meteorology, temperatures have already risen by more than one degrees Celsius since 1920 - with much of the increase taking place since 1950.

What is being done to stop the fires?

So far the response has been largely reactive - aimed at evacuating residents to safety and stopping the blazes from spreading.

Australia relies on hundreds of thousands of volunteer firefighters, who have been working around the clock to try and bring the fires under control for months.

The armed forces have now also been deployed to fight the fires and evacuate residents and the United States, Canada and New Zealand have also sent resources including firefighters to help stem the blazes.

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But in the long term, experts have said that there should be a review of building standards in bushfire zones to create resilient homes and larger buffer zones between the bush and properties.

There have also been calls for emphasis on traditional fire management techniques used by Indigenous communities and a paid fire service less reliant on volunteers.

Why has Australia's government been criticised for its response?

The country's government and conservative Prime Minister, Scott Morrison, have been widely denounced for their response to the crisis - particularly the insistence that fires are nothing new and climate change is irrelevant.

At the end of last year the Deputy Prime Minister, Michael McCormack, said "raving inner-city lefties" were stoking concerns about the climate and that fires had existed in the country "since time began." And Mr Morrison decided to take a family holiday to Hawaii in December despite the infernos.

Stroke

Signs & Symptoms

By Centers For Disease Control And Prevention

By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life—maybe even your own.

Signs of Stroke in Men and Women

- Sudden **numbness or weakness** in the face, arm, or leg, especially on one side of the body
- Sudden confusion, **trouble speaking**, or difficulty understanding speech
- Sudden **trouble seeing** in one or both eyes
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination
- Sudden **severe headache** with no known cause

Acting F.A.S.T. Is Key for Stroke

Recognize the Signs and Symptoms of Stroke

When someone is having a stroke, every minute counts. Just as putting out a fire quickly can stop it from spreading, treating a stroke quickly can reduce damage to the brain. If you learn how to recognize the telltale signs of a stroke, you can act quickly and save a life—maybe even your own.

Acting F.A.S.T. can help stroke patients get the treatments they desperately need. The stroke treatments that work best are available only if the stroke is recognized and diagnosed within 3 hours of the first symptoms. Stroke patients may not be eligible for these if they don't arrive at the hospital in time.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

F—Face: Ask the person to smile. Does one side of the face droop?

A—Arms: Ask the person to raise both arms. Does one arm drift downward?

S—Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T—Time: If you see any of these signs, send direct to hospital.



The wait is finally over!
We're so thrilled to
welcome **Maryam
Zafira binti
Muhamad
Hanif.**

This cutie pie was born
on 19 DEC 2019. What
a lovely face she has
xoxoxo !!!

Anyway welcome to
parenthood life, dude!!

**Congratulation
Daddy Hanif**

-NRS Electrical Engineer-



PENANG

influenza cases rise to 62

By New Straits Times, January 12, 2020 @ 8:51am

GEORGE TOWN: At least 62 people in the state have come down with influenza and influenza-like illnesses (ILIs) as of noon on Friday, the Penang Health Department said on Saturday night.

A total of 15 of the individuals have been hospitalised, but are in stable condition, said its director, Dr Asmayani Khalib.

She said that the 62 individuals are part of 10 ILI clusters identified across the state based on data obtained from selected sentinel clinics, Bernama reported.

However, Dr Asmayani stressed that the number does not reflect the total sum of people infected, as influenza is a common infection and not subject to mandatory reporting and notification.

Nevertheless, the department is continuously monitoring ILI cases in the state.

Dr Asmayani also said that temperature checks are being conducted on all individuals who arrive at international points of entry, such as the Penang International Airport.

She added that members of the public, especially those in high-risk groups, are encouraged to get the annual seasonal influenza vaccine offered at most private health facilities throughout the state.



FACT

that you must know!!!

By Dr Leong Kar Nim

(Penang Hospital consultant physician and infectious disease specialist)

- People with diabetes, liver, kidney and heart diseases, asthma and chronic lung disease, as well as pregnant women might need specific antiviral.
- Those with no such conditions do not need specific antiviral and they can take paracetamol to feel more comfortable.
- Influenza A is a virus and antibiotics will not work against it
- You can be totally fine in the morning but by the afternoon you will be down with a fever, muscle ache, lethargy and a scratchy throat.
- You will feel very tired and as the hours progress, you will get a runny nose and cough
- Cover your coughs and sneezes with a tissue or your hands. Wash your hands immediately after touching your nose or eyes.
- Wear a mask if you have to. When you are down with influenza, drink lots of fluids and keep well hydrated.
- After you have recovered from your battle with the flu virus, seriously consider vaccinating yourself and your family against it. You need one influenza vaccine every 12 months.



IMPORTANT

NOTICE

.....PLEASE READ



Happy *Chinese* New Year 2020

