

# Maintain self-care during the festive season: TYT

KOTA KINABALU: People should always maintain self-care during the festive season.

Head of State Tun Juhar Mahiruddin (pic) advised all levels of society to continue to be careful and not to take any chances with the spread of Covid-19.

“We have to obey the standard operating procedures (SOPs) issued by the Government from time to time so that everyone is protected from the threat of Covid-19.

“I would also like to advise all levels of society to always prioritise their own safety and others, especially when on the road during this festive season.

“In addition, we should always practise the concept of prudent spending, not to mention family expenses for children’s school preparation ahead of the opening of the school session,” he said in his Special Message for Christmas 2022 and New Year 2023 at Istana Seri Kinabalu, Tuesday.

Juhar also recorded his appreciation to the frontline officers involved in curbing the spread of the Covid-19 pandemic.

“Thank you to all those involved in



curbing the spread of the Covid-19 in this State whether by government agencies, government-related companies, the private sector, non-governmental organisations and all parties involved.

“Persistent and continuous efforts in curbing the spread of Covid-19 allow the country to enter the transition phase to endemic, further allowing the Government to focus on recovery and development efforts,” he added.

Juhar also called on the people to continue to work harder and equip themselves with various knowledge and skills in order to always be ready to face whatever challenges that come their way.

“Sabah is a State rich in various resources, providing many opportunities and potential to be explored.

“This potential and exploration are of course easier to realise for the prosperity of the State and the wellbeing of the people if we have the relevant knowledge and skills.

“Let us join hands to step into the new year 2023 with a high commitment to this beloved State,” he said.

Juhar and his family also wished all the people in the State a happy Christmas and New Year 2023.