

News Release
For Immediate Publication

COVID-19 outbreak: Malaysians urged to also improve overall indoor wellness

The ***Indoor Wellness Guideline*** by Malaysian Society of Allergy & Immunology (MSAI) and Nippon Paint offers practical steps to improve indoor air quality and overall indoor wellness

Kuala Lumpur, 04 March 2020 – Following the COVID-19 (Coronavirus disease 2019) outbreak, Malaysians are advised to stay indoors and take the necessary steps to also improve their overall indoor air wellness at home.

Dato' Dr Rajbans Singh, President of the Malaysian Wellness Society (MWS), said ***"In the face of the COVID-19 outbreak, majority of us have sought to staying indoors to avoid being exposed to crowded places where we may be at risk of contracting the virus or falling ill. While this is the practical thing to do, Malaysians should also ensure that their air quality at home is at tip top level. As such, we strongly urge the public to be holistic and proactive in taking charge of their indoor wellness and work towards creating a healthier indoor environment, while maintaining good hygiene habits in accordance to WHO* and Ministry of Health (MOH)** guidelines."***



LANGKAH-LANGKAH MELINDUNGI DIRI ANDA
dan orang lain daripada Novel Coronavirus (2019-nCoV)

- 1** Selalu mengamalkan tahap kebersihan diri yang tinggi seperti kerap mencuci tangan dengan menggunakan air dan sabun atau bahan pencuci tangan (*hand sanitizer*)
- 2** Semasa dalam tempoh lawatan ke tempat-tempat yang berlaku wabak ini (jika perjalanan tidak dapat dielakkan)
 - Sentiasa membawa bersama penutup mulut dan hidung (maski) serta bahan pencuci tangan (*hand sanitizer*)
 - Elakkan dari mengunjungi tempat tumpuan ramai dan bergaul rapat dengan mana-mana individu yang bergejala
 - Elakkan dari melawat ke ladang haiwan, pasar yang menjual haiwan hidup, tempat sembelihan haiwan atau menyentuh sebarang jenis haiwan
 - Elakkan dari memakan sebarang produk haiwan yang mentah/ tidak dimasak dengan sempurna
- 3** Segera mendapatkan rawatan perubatan sekiranya jatuh sakit (ialu mengalami gejala jangkitan saluran pernafasan seperti demam, batuk mahu pun kesukaran untuk bernafas) dalam tempoh **14 hari** selepas pulang dari lawatan tersebut. Begitu juga, maklumkan mengenai sejarah perjalanan berkenaan kepada doktor yang merawat.

Sumber: CPIC Kebangsaan

Source: Ministry of Health Malaysia

*<https://www.who.int/health-topics/coronavirus>

**<http://www.moh.gov.my/index.php/pages/view/2019-ncov-wuhan-infografik>

The COVID-19 outbreak, which has now reached more than 70 countries (Source: Ministry of Health Malaysia, <http://www.moh.gov.my/index.php/pages/view/2019-ncov-wuhan>) worldwide and affected tens of thousands of people, has been declared a Global Health Emergency by the World Health Organization (WHO) 30 January 2020. Most recently, on 29 February 2020, WHO has increased the COVID-19 risk assessment to “very high at a global level” in terms of spread and impact.

Dato' Dr Rajbans continued, ***“The public needs to understand that Environmental Wellness is an important dimension within the Wellness Wheel, which comprises of 7 dimensions related to individual’s overall health and wellness - emotional, intellectual, physical, social, environmental, financial, and spiritual. All dimensions are interconnected and plays an important role in achieving a well-rounded, holistic and balanced lifestyle. Many tend to overlook Indoor wellness due to its ‘almost invisible’ nature. I hope that through the Indoor Wellness Guideline, we can further educate Malaysian homeowners on the importance of good indoor air quality through various awareness and educational initiatives.”***

The ***Indoor Wellness Guideline*** was developed by Malaysian Society of Allergy & Immunology (MSAI) in collaboration with Nippon Paint to further educate the public on why indoor wellness is important and practical steps on ways one can minimise or eliminate indoor pollutants. **The Indoor Wellness Guideline is available for download here → www.nipponpaint.com.my/indoorwellness**

Speaking on the Indoor Wellness Guideline, Gladys Goh, Group General Manager of Nippon Paint Malaysia Group said, ***“Based on a research amongst 225 parents, more than 70% of young children below the age of 12 years old spend an average of 8 to 20 hours indoors daily. With this insight, it is our hope that every Malaysian homeowner will be more aware, educated and empowered to take charge of their indoor wellness and work towards providing a safer environment for themselves and their loved ones. We wanted to demonstrate how indoor wellness is an ‘almost invisible’ element in our lives but one that presents dangers if it’s overlooked, which is all the more relevant now with the exposure to various types of viruses and bacteria.”***

The Indoor Wellness Guideline was developed in conjunction with Nippon Paint’s ***Indoor Wellness Programme***, an educational campaign aimed at empowering Malaysian homeowners to take charge of improving their overall indoor air quality at home, towards a more holistic wellness.

As both adults and children spend many hours indoors, they are surrounded by walls which is the largest indoor surface for the transmission of viruses and bacteria – aside from other indoor air pollutants that are present in their homes. With this in mind, Nippon Paint had undertaken the ***Indoor Wellness Survey*** with the aim of assessing the habit of Malaysian homeowners when it comes to the cleanliness of various spaces at home. Through the ***Indoor Wellness Survey*** conducted last year, it was revealed that 60% of surveyed Malaysians (or 6 out of every 10 respondents) have poor indoor air quality. The Survey, which polled 511 respondents, was aimed at assessing the habits of Malaysian homeowners when it comes to the cleanliness of 4 areas of the home – the living room, bedroom, bathroom and kitchen.

Nippon Paint’s focus on wellness goes back to 2006 with the launch of the industry’s first odourless paint, followed by the Green Choice Series which is made to be eco-friendly. With a focus on research and development (R&D), Nippon Paint continuously introduced industry-firsts innovation such as Malaysia’s first anti-viral coating with the ability to inhibit the growth of viruses and bacteria that cause illnesses such as Hand, Foot and Mouth Disease (HFMD) and H1N1 (Influenza A).

The CHEAT SHEET below is an excerpt from the Indoor Wellness Guideline, which aims to provide the public with easy tips on how to improve their overall indoor wellness at home.

The full version of the Indoor Wellness Guideline is available for download here → www.nipponpaint.com.my/indoorwellness



Living Room

-  1. Vacuum and mop the area two times a week or more.
-  2. Daily vacuuming is recommended if there are pets at home.
-  3. Install air purifiers with a High-Efficiency Particulate Air (HEPA) filter to better eliminate dust.
-  4. Air out new furniture containing VOC materials (fabric and wood) for a week before use.
-  5. Choose coatings with anti-virus and anti-bacteria properties.



Bedroom

-  1. Vacuum and mop the floors twice a week.
-  2. Wipe the blades of the ceiling fan once a week.
-  3. Use natural, toxin-free carpet fresheners instead of artificially-scented sprays.
-  4. Snake plants and golden pothos are great for increasing oxygen levels in the air.
-  5. Choose coatings that are odourless with anti-formaldehyde characteristics.



Bathroom

-  1. Clean the bathroom walls and floors at least twice a week.
-  2. Install exhaust fans to reduce humidity.
-  3. Store toiletries within an enclosed cabinet to prevent the growth of bacteria.
-  4. Carry out regular plumbing checks to avoid water leakages.
-  5. Paint tiles with coatings that are mould-resistant and non-toxic.



Kitchen

-  1. Mop the kitchen floor daily with hot, soapy water.
-  2. Use the exhaust or range hood when cooking.
-  3. Install smoke or exhaust fans for better ventilation.
-  4. Clear the garbage daily to prevent the growth of bacteria.
-  5. Choose coatings with good stain washability.

About Nippon Paint Malaysia Group

The Nippon Paint Malaysia Group (“NPM Group”) is currently Malaysia’s No. 1 Total Coating Solutions provider, enjoying its market leadership position since 2008. The NPM Group is part of the Nippon Paint Group, which is currently Asia’s No. 1 coating manufacturer spanning 15 countries, built on a heritage of over 130 years dating back to 1881 in Japan.

Established in 1967 as Nippon Paint (Malaysia) Sdn. Bhd., the company has since grown in leaps and bounds, and today, has emerged as a significant regional player within the coatings industry with presence in countries such as Pakistan, the Philippines, Bangladesh, Thailand, Iran and Indonesia.

The NPM Group places strong emphasis in Research and Development (R&D) activities, which remains a core priority to its success in product innovation. As a global leader in coating technologies with a database of more than 10,000 paint formulations, the NPM Group prides itself in being a Total Coating Solutions provider with a multi-segment portfolio of offerings ranging from Architectural, Automotive, Industrial, Protective to Marine coatings.

The Group has won consumer choice awards such as the Reader’s Digest Trusted Brand Awards (2006-2019), Putra Brand Awards (2010-2019) and Parents’ Choice Awards 2018-2019, as well as received industry accolades such as the APPIES 2018 Gold award for its Child Wellness Range campaign, Best Company for Leadership in Paint Technology Asia by IAIR in 2014 and Frost & Sullivan’s Paint & Coatings Company of The Year in 2011, the Paint Company of the Year 2016 and New Product Innovation Leadership Award 2016. In its concerted effort to champion sustainability towards a greener footprint, the Group has received the Green Label Certification (by the Singapore Environment Council), EcoLabelling Certification License (by SIRIM QAS International) and several Green Excellence Awards by Frost & Sullivan.

For more information on Nippon Paint Malaysia:

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