

EDITORIAL

Lessons We Learned from the COVID-19 Outbreak

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The emergence of coronavirus disease 2019 (COVID-19) did not only cause a devastating effect on every corner of society but also taught us many important lessons. One of the lessons is on the importance of the principles of public health. We have seen this repeatedly in recent years during the emergence of SARS, Ebola, MARS and Nipah (Ahmed et al., 2019). The principles of public health have been effective in controlling these infections and we are confident that COVID-19 will be under control using these simple measures. As health professionals, we must set examples by following preventive measures, i.e. wearing mask properly, safe distancing and washing hands, to prevent and control the spread of COVID-19. Unfortunately, there is an erroneous concept in these measures however, therefore, cooperation of everybody in the community is necessary to overcome them.

The COVID-19 outbreak also taught us that central testing is indeed not easy, like in many places, we in Sabah also felt that universities can complement the efforts of health authorities to address this challenge. Universiti Malaysia Sabah (UMS) has contributed considerably to testing samples during this outbreak. This small step is very important. If we continue this cooperation, we are confident that it will also assist in testing other diseases effectively. In Sabah, UMS and the Sabah State Health Department are cooperating in several health issues for a long time. This cooperation will be more effective if we can disseminate the knowledge

gained through the Borneo Journal of Medical Sciences (BJMS). This journal can be a vehicle to transmit the knowledge from Sabah to other parts of Borneo and beyond. This year BJMS is in its 10th year of publication. This may not be considered a long journey for some, but it is significant to us. This 10-year journey is possible with the support of authors, reviewers and editors who contributed generously without any personal gain. We, from the editorial board, would like to congratulate all for the success and thank you for the contributions. I am deeply honoured and excited to serve as the new Editor-in-Chief of BJMS starting

from this year, together with a new Editorial Board consists of renowned researchers from Malaysia and all four corners of the world. I also take this opportunity to thank the higher management of UMS for putting their trust in me to bring this journal forward. I sincerely hope that with our new team, we will be able to advance this journal to a higher level.

References

- Ahmed, K., Jeffree, M. S., Hughes, T. & Daszak, P. (2019). Editorial: Can the health implications of land-use change drive sustainability. *Ecohealth*, 16 (4), 585 – 586.