

XBB - The latest variant of Omicron

The new variant XBB has been detected in several countries such as Australia, Bangladesh, Denmark, India, Japan and the United States since August. Now it's already triggering a new wave of infections and hospitalizations in some south Asian countries, including India and Singapore.

What is XBB?

The XBB strain, also known as BA.2.10 is an Omicron subvariant – meaning that it's a combination of two other BA.2 Omicron subvariants (specifically, BA.2.10.1 + BA.2.75).

Like other Omicrons we've seen before, XBB is just one of multiple more-immune evasive Omicron subvariants on the rise around the world, but among the new variants, XBB has the most significant immune evasion properties.

Is it a cause for concern?

Given that we've now seen nearly three full years of COVID variants — and nearly a year of different Omicrons before XBB emerged from them — how worried, really, should we be about this new version of the virus?

Like other variants before, "a hallmark of new variants like XBB is an accumulation of changes in the spike surface protein. It is like the virus getting a new coat, and our immune system needs to learn again how to recognise it. This makes it stealthier but typically not more virulent.

Although a pre-print study stated that it is the most immune-evasive variant yet, WHO (World Health Organisation) has not declared it a variant of concern.

XBB cases in Malaysia

The country has detected a few cases of the Covid-19 Omicron subvariant XBB. For now, it has not resulted in an increase in terms of hospitalisation rates and deaths, which is the most important yardstick.

Meanwhile, health ministry expects the number of cases to

go up a little but reassured the public that it was no cause for concern at the moment.

XBB cases in Singapore

It has been detected in many parts of the world but in Singapore is rising very fast - within three weeks from nothing, it is now over half of all the daily cases.

The variant will cause more infections because it can outrun and dodge better than the existing strain. However, it is not a cause for concern because severe illness numbers are "not much more" and within expectations.

Protective measures

There was always the possibility of new subvariants emerging during the current transition to the endemic phase of the Covid-19 pandemic, adding that the public should assess risk situations for themselves and act accordingly.

1. Wear masks when in crowded places, or when visiting or interacting with vulnerable persons. In particular, experts have advised that the elderly and immunocompromised should continue to wear masks in crowded indoor settings to reduce their risk of catching any respiratory infections.
2. To exercise personal and social responsibility by maintaining good hygiene, testing and minimising social interactions when unwell.
3. Get vaccinations or boosted as that increases our immunity, especially with the bivalent vaccine, and it offers higher protection against the newer Omicron subvariants.

HOW DOES HDI HELP?

HDI Propoelix™ and HDI Naturals™ Clover Honey to help keep the immune system from being easily exposed to harmful viruses or bacteria.

HDI Propoelix™ is sourced from natural ingredients of 200 mg propolis extract and contains eight bioactive compounds, including immunomodulatory, antiviral, antibacterial, anti-inflammatory, antioxidant, anti-cancerous, anti-diabetic, and antifungal properties. Meanwhile, HDI Naturals™ Clover Honey is derived from clover flowers grown exclusively in New Zealand with the right weather and climate to produce the best honey. It is high-quality pure and natural honey suitable for consumption by the whole family because it can be a source of energy and a safe sugar substitute for people with diabetes.



Sources/References:

- <https://www.businessinsider.com/what-is-xbb-new-infectious-covid-variant-of-omicron-2022-10>
- <https://www.channelnewsasia.com/singapore/covid-19-xbb-variant-omicron-bivalent-vaccines-protect-cna-explains-3004006>
- <https://www.freemalaysiatoday.com/category/nation/2022/10/21/xbb-variant-cases-detected-in-malaysia-says-kj/>
- <https://www.thestar.com.my/news/nation/2022/10/14/experts-be-on-guard-against-new-covid-19-subvariant>

XBB – Omicron的最新变种

从8月开始，多个国家如澳大利亚、孟加拉、丹麦、印度、日本和美国都发现了新的变种病毒--XBB。现在它已经在一些南亚国家如印度和新加坡掀起了新一波的感染和住院治疗。

什么是 XBB?

XBB 菌株，也称为 BA.2.10 是 Omicron 子变体 - 这意味着它是其他两个 BA.2 Omicron子变体(特别是 BA.2.10.1 + BA.2.75)的组合。

与我们之前见过的其他 Omicron 一样，XBB 只是全球范围内正在兴起的多种免疫逃避 Omicron 子变体之一，但在新变体中，XBB 具有最显着的免疫逃避特性。

这是否值得关注？

鉴于我们已经经历了将近三年的 COVID 变体--以及在XBB出现之前近一年不同的Omicrons--我们真的应该对这新版本的病毒有多担心？

与之前的其他变体一样，“像 XBB 这样的新变体的一个标志是刺突表面蛋白变化的积累。就像病毒获得了新的外壳，我们的免疫系统需要再次学习如何识别它。这使得它更隐蔽但通常不会更致命。

尽管一项预印本研究表明它是迄今为止最具免疫规避能力的变体，但WHO（世界卫生组织）尚未宣布它是一个值得关注的变体。

马来西亚的XBB案例

该国已发现了几单新冠病毒Omicron子变体XBB 病例。目前，它并没有导致住院率和死亡率上升，这是最重要的衡量标准。

与此同时，卫生部预计病例数额会略有上升，但向公众保证，目前无需担心。

新加坡的XBB案例

它已在世界许多地方被发现，但在新加坡的上升速度非常快--从无到有的三周内，它现在已超过每日所有病例的一半。

该病毒变体将导致更多人被感染，因为它可以比现有菌株更好地逃跑和躲避。然而，这并不令人担忧，因为严重疾病的数量“不多”并且在预期之内。

保护措施

在目前新冠病毒渐渐变成地方性大流行阶段的过渡期间，总是有可能出现新的子变体，所以公众应自行评估风险情况并采取相对对策。

1. 人多的地方，探访或接触弱势群体时，佩戴口罩。特别是，专家建议老年人和免疫力低下的人在拥挤的室内环境中应继续戴口罩，以降任何呼吸道受感染的风险。
2. 通过保持良好的卫生、测试和在身体不适时尽量减少社交互动来履行个人和社会责任。
3. 接种疫苗或加强免疫，因为这会增加我们的免疫力，尤其是二价疫苗，并且它对新的 Omicron 变体提供更高的保护。

HDI如何帮助您？

HDI Propoelix™ 和苜蓿蜂蜜有助于防止免疫系统轻易暴露于有害病毒或细菌。

HDI Propoelix™由含有 200 毫克蜂胶提取物的天然成分制成，含有八种生物活性化合物，包括免疫调节、抗病毒、抗菌、抗炎、抗氧化、抗癌、抗糖尿病和抗真菌特性。同时，HDI Naturals™ 苜蓿蜂蜜源自纽西兰特有的苜蓿花。由于气候适宜，所以可生产出最好的蜂蜜。它是适合全家人食用的优质天然纯蜂蜜，因为它可以作为能量来源和糖尿病患者的安全糖替代品。



来源/参考:：

- <https://www.businessinsider.com/what-is-xbb-new-infectious-covid-variant-of-omicron-2022-10>
- <https://www.channelnewsasia.com/singapore/covid-19-xbb-variant-omicron-bivalent-vaccines-protect-cna-explains-3004006>
- <https://www.freemalaysiatoday.com/category/nation/2022/10/21/xbb-variant-cases-detected-in-malaysia-says-kj/>
- <https://www.thestar.com.my/news/nation/2022/10/14/experts-be-on-guard-against-new-covid-19-subvariant>

TESTIMONY | 见证

Bee products helped boost my son's immunity

Since five months old, my son often coughed, had runny nose and breathing difficulty. He even had 3 seizures in 7 hours. He was later diagnosed with allergy to dust or air pollution, suffered from sore throat and Upper Respiratory Tract Infection.

We immediately took him to a pediatrician because of his bad condition, no appetite, had colds for a week, and shortness of breath up to 40 times in 1 minute. One week after the medication finished, the symptoms returned. I was recommended to give him Clover Honey, Propoelix™, Royale Jelly Liquid and Honeybee Pollens daily to help strengthen his immune system. After consuming for a few months up to 1.3 years old, his condition improved so much that he no longer suffered from much mucus in throat and breathing difficulty disappeared. He became a lot more active and much healthier.

蜂产品帮助我儿子提升免疫力

从5个月大开始，我儿子就经常咳嗽、感冒和呼吸困难。他可能会在7小时内癫痫发作3次。后来他被诊断对灰尘或空气污染过敏，并伴随着喉咙痛和呼吸道感染。

我们立即带他去看儿科医生，因为他的情况越来越糟糕，他变得没有胃口，感冒了一个星期，1分钟内呼吸急促多达40次。然而，一周后当药物开始失效，这些症状又回来了。我被建议每天给他服食苜蓿蜂蜜、Propoelix™、液状蜂皇乳和儿童蜂蜜花粉以帮助增强他的免疫系统。服食数月至1.3岁后，他再也没有粘液和呼吸困难。他变得更加活跃和健康。



Otniel Tupa Thaddeus
5 years old

TESTIMONY | 见证

TORCH virus negative after consumption of HDI bee products

In March 2019, I had a miscarriage after testing positive for TORCH virus during my fourth month pregnancy. My husband and I were recommended to take HDI products to improve our immunity. After taking HDI products, I felt that my immune system became stronger and I rarely fell sick, had better digestion and my monthly periods were smooth. I retested in January 2022 for the TORCH virus and was found to be negative. The doctors were surprised as I did not take any prescribed medication and only consumed HDI bee products - Clover Honey, Propoelix™, Pollenergy 520 and Bee Propolis. I was advised to continue taking HDI products and hope to conceive soon.

服食HDI蜂产品后TORCH病毒呈阴性

2019年3月，我在怀孕四个月期间因检测出TORCH病毒呈阳性后便流产了。我和我丈夫被建议服用HDI产品来提升我们的免疫力。服用HDI产品后，我觉得我的免疫系统变得更强，这导致我很少生病，消化更好，我的月经周期也变得规律了。我于2022年1月再次检测TORCH病毒，结果呈阴性。医生们都很惊讶，因为我没有服用任何处方药物，只服用了HDI蜂产品 - 首蓿蜂蜜，Propoelix™, 520活力花粉和蜂胶。我被建议继续服用这些产品，希望我能尽快怀上孩子。

Dina Rotua Simanjuntak
36 years old

