



Raising public awareness to break the chain of the spread of COVID-19 in Cibungur Village, Parungponteng District

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Abstract

Corona virus or covid-19 is a viral infection that was discovered at the end of 2019 in the city of wuhan, China. The massive spread has made more than 900,000 Indonesians infected with COVID-19. Nevertheless, there are several ways that can be done to reduce the risk and prevent transmission, one of which is the implementation of Clean and Healthy Lifestyle (PHBS), the use of hand sanitizers and masks. Community service is carried out in Cibungur Village, Parungponteng District. Cibungur village is one of the vulnerable places in the transmission of COVID-19. This is because there are so many people from villages who work in urban areas, so the risk of spreading it is very vulnerable. Therefore, the University Pharmacy Study Program took the initiative to provide community service by providing hand sanitizers and masks as an effort to implement clean and healthy living behaviors, as well as efforts to break the COVID-19 chain.

Keywords: Education, PHBS, Covid-19, Hand Sanitizer, Mask, disinfectant.

1. Introduction

Covid-19 is an infectious disease caused by a new type of coronavirus with common symptoms of fever, weakness, cough, convulsions and diarrhea (Mirfazeli et al., 2020; Nikbakht, et al., 2020). In December 2019, a number of patients with mysterious pneumonia were reported for the first time in Wuhan, China (Wu et al., 2020). This virus has been named severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and can move rapidly from human to human through direct contact (Al-Qahtani, 2020; Sharma, et al., 2020).

Coronavirus Diseases 2019 (COVID-19) is a disease caused by a new coronavirus strain (SARS-CoV-2) that emerged in Wuhan, Hubei, China in December 2019. This disease was previously known as 2019 novel coronavirus (2019-nCoV) (Mackenzie and Smith, 2020).

The use of the term COVID-19 was inaugurated by WHO on February 11, 2020 (Yang and Wang, 2020). COVID-19 is similar to influenza (Soo et al., 2020; Ahorsu et al., 2020), and is commonly associated with upper respiratory tract infections, the signs and symptoms of which usually include fever, headache, and cough; some patients may have lower respiratory tract infections. Transmission occurs through splashes of water due to coughing or sneezing (droplets) from people with COVID-19. This virus infects humans when the droplets are inhaled or touched so that they will stick to the mucous membranes of the eyes, mouth, nose, and respiratory tract including the lungs (Singhal, 2020).

The incidence of Covid-19 cases continues to increase from day to day so that frontline health workers are increasingly stressed due to the increasing workload, worrying about their health, and their families (Liu, et al., 2020). One thing that can cause health workers to experience increased anxiety, one of which is the lack of Personal Protective Equipment (PPE) in the workplace (Fadli et al., 2020). Health workers are at risk of experiencing psychological disorders in treating Covid-19 patients due to feelings of depression, the main cause of which is self-protection which is still lacking from the needs of health workers (Khanal et al., 2020).

The availability of personal protective equipment for health workers is still lacking, so many health workers have been exposed to the virus and some have even died (Fadli et al., 2020). The psychological response experienced by health workers to infectious disease pandemics is increasing because it is caused by feelings of anxiety about one's own health and the spread of the family. Panic and fear are part of the emotional aspect, while the mental or cognitive aspects are the emergence of disturbances in attention, worry, irregularity in thinking, and feeling confused (Horwitz and Wakefield, 2012). So that from the Covid-19 incident, health workers feel pressured and worried.

One way to prevent the spread of Covid-19 is by implementing a Clean and Healthy Lifestyle (PHBS). PHBS is all behaviors that aim to provide education for individuals and groups to increase knowledge and behavior so that they are aware of and able to practice PHBS. PHBS efforts that can be applied are by getting used to washing hands before and after activities. Hand washing is carried out in running water and using soap. In addition, it can also be done with an alcohol-based hand sanitizer (hand sanitizer) which acts as an antiseptic

Through PHBS, it is hoped that the community can recognize and overcome their own problems and can apply healthy ways of living by maintaining, maintaining and improving their health (Sitanggang, 2020). According to Amuakwa-Mensah et al. (2020), the application of PHBS in the prevention of the COVID-19 virus can be in the form of good and correct hand washing, which is carried out in running water and using soap. Surfaces of objects and clothes also need to be cleaned regularly to prevent transmission through droplets that still attached, how to apply cough etiquette, how to do physical distancing (maintaining physical distance), and how to maintain personal hygiene.

If you are sick, you should apply coughing and sneezing etiquette, which is to stay away from crowds, and cover your mouth and nose using a tissue or elbow crease. After that, the tissue is disposed of in a closed trash can. The use of masks is also carried out for people who are sick and healthy, to minimize the spread of the COVID-19 virus. The application of PHBS in the community is also able to create a healthy environment and improve the quality of life (Leasa, 2020).

2. Materials and Methods

2.1. Materials

The implementation of this community service activity was carried out in Cibungur Village, Parungponteng District, Tasikmalaya Regency, West Java Province, Indonesia.



Figure 1. Cibungur village office, Parungponteng sub-district

2.2. Methods

The method used in implementing PKM activities is socialization with counseling techniques in the form of lectures or presenting material in the form of theories about the dangers of covid-19, PHBS as an effort to prevent the spread of covid-19, by making hand washing tools and posters related to the prevention of COVID-19. 19, includes:

2.2.1. Observation Stage

This activity was carried out as the beginning of the activity with the aim of obtaining a description of the Cibungur village. By holding a meeting with the Head of Cibungur Village, to conduct permits and interviews about the village.

2.2.2. Socialization Stage

The implementation method for community service activities is divided into three stages, namely pre-community service activities, implementation of community service activities, and post-service activities. The pre-abdimas activity stage is carried out in the form of direct audiences to target partners to identify or assist with problems they currently have or need. In addition, the most important thing is the availability of partners to facilitate abdimas activities. The results of the hearing were then followed up by the community service team to prepare for the implementation of community service activities, including material preparation and other matters.

2.2.3. Extension Implementation Stage

The implementation of this community service is carried out in collaboration with the head of the Cibungur village, Parungponteng sub-district, Tasikmalaya district. The counseling aims to provide an understanding to the public about the dangers of Covid-19, by providing an explanation of the importance of Clean and Healthy Living Behavior (PHBS), and wearing masks. The Community Service Programs that we carried out in Cibungur village, Parungponteng sub-district, Tasikmalaya Regency, such as: introduction to the dangers of the COVID-19 virus and its symptoms, spraying disinfectants, how to wash hands properly and correctly, the importance of wearing masks, how to apply cough etiquette, how to apply physical distancing.

3. Results and Discussion

Cibungur Village is one of the villages in Parungponteng District, the distance from the capital city of the district is 3 Km via the Tasikmalaya Regency Road which is a mountainous and hilly area. This activity that we have carried out has received permission from the Cibungur village head and we have conveyed an outline of the activities that will be carried out for a full month starting from the Clean and Healthy Life Behavior (PHBS) program, the importance of wearing masks as an effort to prevent the spread of COVID-19 in the village (See Figure 2).

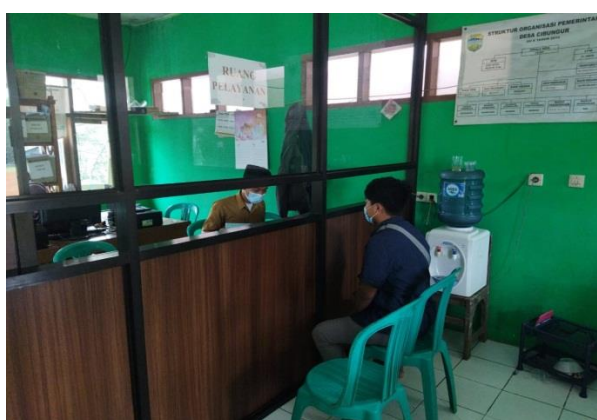


Figure 2. permission and give it to the head of the cibungur village

Disinfectant Spraying is a decontamination process that removes or kills all things related to microorganisms (both viruses and bacteria) on inanimate objects. This is what distinguishes disinfection with antiseptic. If antiseptic, kills or inhibits microorganisms on living tissue. The targets of the spraying were, among others, in mosques, schools and houses of residents in RT 004 RW 005.

The PHBS education provided is a form of activity that does not only provide knowledge, but also makes a hand washing tool and installs posters, in mosques and in schools. It is hoped that the existence of these tools and posters can increase public awareness. The most important prevention is ourselves with a form of awareness where it is very beneficial for others even though it looks small but if you see the effect is so big. It is a proof of our love for ourselves and our family at home.

There are two types of posters with different topics, namely posters containing information on how to live a healthy life during the COVID-19 pandemic by implementing the 3M health protocol (washing hands with soap, wearing masks, and keeping a distance), and posters containing information on the effectiveness of the ingredients. used in masks. The two posters are for the working community through representatives of the Cibungur village, and can be affixed to the agencies where they work.

A clean and healthy environment will greatly help the people who live in it to feel safe, comfortable, calm and happy. A healthy body can be obtained by consuming clean and healthy food and drinks and complete nutrition. A healthy body will be very difficult to be infected by various dangerous diseases and viruses such as Covid-19 and other diseases, because a healthy body has a strong defense (immunity) and is easy to heal itself. Therefore, it is very important for the community to establish a Clean and Healthy Lifestyle (PHBS) in the family environment and the surrounding community (See Figure 3).



Figure 3. making hand washing tools and pasting posters

After this community service activity, we also provided masks and hand sanitizers to kindergartens. are expected to comply with health protocols by using a mask when outside the home, and using hand sanitizer after handling objects that are held by many people, and when away from water. The purpose of providing masks and hand sanitizers is so that the orphanage children are more concerned and with full awareness can apply PHBS and health protocols in breaking the chain of spreading Covid-19.

4. Conclusion

The year 2020 is the toughest year for the whole world, where each country is struggling to experience a big problem that strikes in various sectors as a result of the presence of a virus called Corona Virus Disease 2019 or often known as Covid-19 which is currently designated as a pandemic. Not a few victims who are at stake. The regulations made by the government are expected to be able to minimize the spread of contact, but then it will be returned to each individual in responding.

The conclusion obtained from the implementation of this community service activity is that Education on Clean and Healthy Life Behavior (PHBS) in COVID-19 Prevention can increase community knowledge and kindergartens in Cibungur village, Parungponteng sub-district where this education can become independent behavior and habits in everyday life. PHBS Educational Materials in preventing COVID-19 given regarding the dangers of covid 19 and its symptoms, how to wash hands properly and properly, spraying disinfectants, and how to apply cough etiquette, how to apply physical distancing, and how to maintain personal hygiene

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