

***THE IMPROVEMENT OF COVID-19 HEALTH PROTOCOL IN TPQ AL AMIN
NGIJO WETAN, TASIKMADU, KARANGANYAR***

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ABSTRACT

Washing hands with soap is one way to prevent various infectious diseases; one of them is Covid-19. Human fingers can become an entrance for viruses that cause Covid-19. Therefore, washing hand is the one effective and efficient prevention to avoid Covid-19 infection. This community service was conducted at TPQ Al Amin Ngijo Wetan, Tasikmadu, Karanganyar with 60 students with the aim of knowing the description of clean and healthy living behavior in TPQ. From the observation results, it found that many of students did not fully understand about health problems and did not implementing the disciplinary behavior of washing hands with soap. This can be seen from students' hands that look dirty and they used it directly to eat the food that they buy without washing their hands, also they used their hand for touching their face without washing it after playing around TPQ. Therefore, this community service is conducted to provide students understanding in improving the washing hands with soap behavior. The method used in this community service are counseling, video screening, training, monitoring and evaluation. Researchers hoped that this research is able to have a positive impact in increasing awareness towards cleanliness and can actually implement by TPQ students.

Keywords: Covid-19, Infection diseases, Washing hands, TPQ AL Amin

INTRODUCTION

Many people realize the necessity of taking care of their health after them feeling unwell. According to definition by (World Health Organization (WHO), 2001) health is "a state of complete physical, mental and social well being and not merely the absence of disease or infirmity". In Republic of Indonesia Law Number 23 of 1992, (Indonesia., 2011) health is also indicated to contain mental and social dimensions: "Health is a prosperous state of body, soul and social that allows everyone to live socially and economically productive". Health development is an integral part of national development which has a major role in determining the success of achieving national development goals. The

implementation of health development can improve the quality of human resources, which indicated by increasing the health level population.

The promotive and preventive actions in order to improve the national and society health status can be conducted by implementing clean and healthy living behaviors. Clean and healthy living behaviors are the entire of health behaviors that establish due to personal awareness as a learning result, and then all of family members are able to help themselves in health aspect and have an active role in community activities (Indonesia., 2011) The habit of washing hands with soap is part of healthy lifestyle which is one of three pillars of healthy aspect development, such as healthy living behavior, creating a healthy environment

and providing the affordable and excellence healthy services to all society levels.

Currently, the corona virus (Covid 19) pandemic has hit various countries around the world. Until today, there is no effective vaccine or drug in relieving this disease. The World Health Organization (WHO) and the United States Centers for Disease Control and Prevention (CDC) also released an advance warning on what to do to prevent this new corona type. The efforts that can be applied to prevent the virus is by making various prevention measures, one of which is washing hands with soap. Washing hands with soap is one of the sanitation measures by cleaning hands and fingers using water and soap by humans for cleanliness and break the chain of germs. Washing hands with soap (CTPS) is also known as an effort to prevent disease. This action is done due to hands are often being a bacteria facilitator and cause pathogens transfer from one person to another, either by direct contact or indirect contact (using other surfaces such as towels, glasses).

The hands that not being washed after had a direct contact with human or animal feces, or other body liquid substance, such as nasal mucus and contaminated food and drink is able to transfer the bacteria, viruses, and parasites to another people who not aware that they are being transmitted. Then, the hands are become an intermediary of disease transmission.

Washing hands with water is commonly used by people, but it has proven to be ineffective in maintaining health compared to CTPS. In fact, using soap in washing hands causes people have to allocate more time when washing their hands, but it is more effective because the oil and dirt that sticks and become the germs and bacteria habitat will be come off when the hands are rubbed when washing hand.

All types of viruses including Covid-19 can be live outside the human

body for hours, even days. They can be spread through droplets, such as when sneezing, coughing, or when the sufferer speaks. Disinfectants, hand sanitizer, wet wipes, gels, and creams that contain alcohol are useful for killing this virus, but not as effectively as soap. During daily activities, it will be difficult for hands to avoid viruses, bacteria, or germs, because the viruses and bacteria cannot be seen clearly through the eyes. Then, washing hands is the best step to avoid contracting the disease. Any type of soap can be used to wash hands; it can be regular (bath) soap, antiseptic soap, or liquid soap. However, antiseptic or anti-bacterial soaps are often more promoted to public. This type of soap actually is not that important, because Covid19 is a virus, so antibacterial hand soap does not provide any additional advantages over other types of soap.

Children are the most important asset in achieving the country's success. Children are a future investment for a country. As the nation's next generation, the children's healthy is become a priority in development of qualified human resources candidates. Health as one of the children needs is still a major problem in Indonesia. A suitable channel for providing socialization and health practices from an early age to children is from schools, it is emphasized that "School Health" is held to improve the students awareness through healthy and cleanliness. In Law Number 36 Year 2009 Article 79 (Indonesia, 2011) regarding the health, health is the students' ability to live a healthy life in healthy environment, then students can learn, grow and develop healthy and harmoniously as high as possible for the expectation to become a quality human resources.

METHOD AND ACTIVITIES

The community activities are conducted for one month on 1st until 30th December 2020. This activity is implemented through limited offline with maintaining health protocol due to pandemic condition. This community activities are implemented in limited basis. The member duties are divided into leader and fellow members. Leader is be in charge of permission, arranging materials, pre-test and post-test, opening and closing activities, while fellow members are in charge of managing the permission, helping leader in making materials, pre-test and post-test, duplicating materials, pre-test and post-test. Then, collage students are tasked in coordinating with community service participants and preparing the door prizes and souvenirs.

The development method that implemented is a series stage that systematically arranged, including preparations in collaborating with leader of TPQ Al Amin Ngijo Wetan, Tasikmadu, Karanganyar, and determining the participants who are members of TPQ Al Amin Ngijo Wetan, Tasikmadu, Karanganyar. Also preparing materials about health protocol during Covid-19 and designing the counseling methods regarding Covid-19 health protocol which was conducted through seminar with the explanations about using posters and power point media.

The activities implementation through counseling is conducted through seminar, which followed by the explanation about health protocol. The activity is held on 1st until 7rd December 2020, incorporating the collaboration with TPQ Al Amin Ngijo Wetan, Tasikmadu, Karanganyar leader in deciding participants, children who learn at TPQ Al Amin Ngijo Wetan, Tasikmadu, Karanganyar, preparing materials for health protocol during Covid-19, designing the counseling method through

seminar, as well as an explanation of the Covid-19 health protocol through posters and power point media. The inauguration was handled by TPQ Al Amin Ngijo Wetan, Tasikmadu, Karanganyar leader as well as the opening by the head of community service with the introduction of the activities at the same time. On 8th until 15th December 2020 the pre-test to participants was held and the result was made to determine the knowledge level of Covid-19 health protocol, the delivery of socialization materials and provide the understanding regarding of Covid-19 health protocol and socialization about the importance of maintaining health protocols to children of TPQ Al Amin Ngijo Wetan, Tasikmadu, Karanganyar. On 16th until 23th December 2020 the post test was conducted to participants regarding the previous material, and made the conclusion based on post test to determine the level of public understanding through the previous material, providing feedback, questions or comments from previous materials. On 24th until 30th December 2020 the activity-closing was handled by leader of TPQ Al Amin Ngijo Wetan, Tasikmadu, Karanganyar, and from the head of community service along with souvenir giving for leader of TPQ Al Amin Ngijo Wetan, Tasikmadu, Karanganyar as well as a group photo.



Figure 1. Mitra assistance

RESULT

Until now, the confirmation cases caused by Covid-19 in Indonesia are still increasing. Based from Indonesian Ministry of Health report, as of August 30, 2020 there were 172,053 confirmed cases with a death rate of 7343 (CFR 4.3%). DKI Jakarta has the most cumulative confirmed cases with 39,037 cases. Meanwhile, East Nusa Tenggara is the fewest cumulative cases is with 177 cases (RI., 2020)

The research of Covid-19 is still developing along with the increasing number of confirmed cases of Covid-19, Based on research by (Xu, X., Chen, P., Wang, J., Feng, J., Zhou, H., Li, X., ... Hao, 2020) and (Zhu *et al.*, 2020), it was found that the causative agent of Covid-19 came from the *betacoronavirus* genus, which is the same genus who cause the Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The virus is able to go through mucous membranes, especially the nasal and laryngeal mucosa, and then invade the lungs through the respiratory tract to target organs (Di Gennaro *et al.*, 2020) At this time Covid-19 is a major concern of the world. The rapid spread of the disease along with the case addition which still increasing, including in Indonesia, as well as the various clinical manifestations of Covid-19 which have the potential in collapsing the health system (Vollono *et al.*, 2020)

Viruses invade the host's body through the bond from protein S with ACE2 which expressed by host's epithelial cells. The main symptoms of Covid-19 are fever, dry cough, *dyspnea*, fatigue, muscle aches and headaches. In addition to these symptoms, gastrointestinal tract symptoms and neurological manifestations were also reported. The *torax* CT scan in Covid-19 patients is *ground-glass* opacity. *Leukopenia*, *lymphocytopenia*, and *thrombocytopenia* in Covid-19 patients were also reported (Fitriani, 2020)

This community article aims to provide the socialization regarding to Covid-19 health protocol based on literature studies from existing research on Covid-19.

Based on data from WHO in 2020 around 74% of respondents admitted to more or less know the Government's plan in implementing the national Covid-19 vaccine. The percentage varies among the provinces. Around 61% of respondents in Aceh answered that they knew the Government's plans regarding the distribution of the Covid-19 vaccine; while in several provinces such as Sumatra, Sulawesi, and the Nusa Tenggara, there are 65–70% respondents who know about this information. The number of respondents in Java, Maluku, Kalimantan, Papua, and other provinces has higher percentage, around 70% respondents. This survey did not reveal the factors variation and further research is needed to determine these factors.

This community service is a socialization activity regarding the Covid-19 vaccine material which held by offline at TPQ Al Amin Ngijo Wetan, Tasikmadu, Karanganyar. The socialization activity is limited due to the high cases number of covid-19. Then, the activist preferred to arrange the socialization virtually. It is hoped that the socialization will be able to implemented and reduce the risk of Covid-19. Currently, the health protocol due to Covid-19 is being intensively implemented. However, many people are still ignoring this. Therefore, this socialization hoped that society will have more knowledge regarding the health protocol during Covid-19, especially for children in TPQ as well as the TPQ mentoring teachers and parents. By maintaining the health protocol, society will get the benefits and positive impacts by forming the group immunity with high restrictive of Covid-19 health protocol, at least 90 percent. By that, the transmission does not transpire because most people

have a good immunity. Healthy society will stay healthy because they are used to implementing the Covid-19 health protocols strictly and restrictively.

The main objective of Covid-19 health protocol is to reduce the transmission, morbidity and mortality due to Covid-19, achieving herd immunity and protect the society from Covid-19 in order to remain socially and economically productive. The Covid-19 health protocol is an important part of comprehensive and integrated attempt to handle the Covid-19 pandemic by emphasizes the prevention aspects with the implementing of health protocols: social distance, washing hands with soap and wearing masks (3M) (Komite Penanganan Covid-19 dan Pemulihan Ekonomi Nasional., 2021)

The result from community activities by providing socialization in increasing knowledge and awareness to fellow participants of TPQ Al Amin, Ngijo Wetan, Tasikmadu, Karanganyar regarding the Covid-19 health protocol is the society understanding regarding to Covid-19 virus and the implementation of health protocols.

Through community activities by providing socialization regarding the Covid-19 health protocol and maintaining health protocols to prevent the risk of contracting Covid-19 (Corona) virus, it is hoped that parents and society will be more concerned about their health, maintaining health protocols and will do the Covid-19 vaccination.

CONCLUSION AND SUGGESTION

From the results of community activities for children in TPQ Al Amin, Ngijo Wetan, Tasikmadu, Karanganyar, it can be concluded as follows; the children in TPQ Al Amin, Ngijo, Tasikmadu, Karanganyar understand about the Covid-19 virus and health protocols due to Covid 19. Based on the socialization as well as the results of pre-test and post-test that have been conducted during the

socialization, it was concluded that the younger siblings of TPQ Al Amin, Ngijo Wetan, Tasikmadu, Karanganyar already understand the benefits and impacts of the Covid-19 health protocol. The TPQ's ignorance of health protocols has begun to decrease, and from 30 respondents said that they are 100% ready to 100% maintain the health protocols. Thus, it can also be concluded that this socialization provides huge benefits to society through increasing public awareness of the importance in maintaining Covid-19 health protocol.

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