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# Covid-19 Health Protocol Education to Health Cadres and the Community

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**ABSTRACT** In 2019, the government has taken policies as an effort to optimally handle the Covid-19 storm so that it does not spread widely. The pattern of transmission of the Covid-19 virus can be through the air and can be transmitted if health protocols are not carried out properly. The level of incidence of Covid-19 has become a major problem for all communities in various regions in Indonesia, including in the Parigi area of Parigi Moutong Regency. In the last week, it was discovered that a new variant of Covid-19, the "Omicron" type, has been endemic in various regions. The preliminary observations show that 75% of the public do not understand the ways and benefits of consistently implementing the Covid-19 health protocol, and 62% do not understand the risks faced if they are not disciplined with the Covid-19 health protocol. To anticipate the rate of spread of the Covid-19 virus, it is important to educate the public regarding health protocols. This activity has been carried out from June 12 to 18, 2021, using the Focus Group Discussion Method (FGD). The target is 5 health cadres and 75 people. This activity was carried out in Salabia Village, Tinombo District, Parigi Moutong Regency. This education regarding the implementation of the Covid-19 health protocol was enthusiastically welcomed by the public and health cadres. This activity is carried out to ensure that the public and health cadres are broad-minded so that they can independently implement the COVID-19 health protocol correctly with discipline and consistency.

**INDEX TERMS** Covid-19, Health Protocol, Education, Cadres, People.

## I. INTRODUCTION

Pandemi The Corona Virus Disease-2019 (COVID-19) pandemic is a challenge for all people in various regions of the world who are more at risk than other diseases in the past. Various studies have been carried out swiftly and quickly to find alternative treatments, diagnoses and prevention strategies [1].

Since 2019, the Government of the Republic of Indonesia has taken policies as an effort to optimally handle so that the Covid-19 storm does not spread widely. Prevention measures have begun to be implemented by means of Physical Distancing and Large-Scale Social Restrictions (PSBB) in all high-risk areas and areas [2]. After some time, the use of vaccines for the global community was carried out [1].

The pattern of transmission of the Covid-19 virus can be through the air and can be transmitted if health protocols are not carried out properly, but this cannot be clearly ascertained [3]. Reducing contact and maintaining a distance

of more than 1 meter (M) with other people is one of the preventive alternatives that can be done to prevent the spread of Covid-19 virus infection, especially for people who have been exposed and have a positive diagnosis [4].

Dhita Kurnia Sari and Alfian Fawzi (2021), in their research results related to Determinants of Compliance With The Implementation of The Covid-19 Health Protocol In The Community, concluded that knowledge is the main invoice and the most influential on community compliance in implementing the Covid-19 health protocol [5]. A similar study by Ema Waliyanti et.al (2021) stated that the factor of public awareness as well as public perceptions and attitudes related to the Covid-19 health protocol were the main things that affected the implementation of the implementation of the Covid-19 health protocol which was not optimal, in addition to monitoring officers and facilities. Health infrastructure also supports the non-implementation of health protocols [6].

The level of incidence of Covid-19 has become a major problem for all people in various regions in Indonesia, including the people in the Parigi area, Parigi Moutong Regency, in the last week a new variant of Covid-19 was discovered, namely the type "Omicron". It has been endemic in various areas around Parigi, Parigi Moutong district. Based on the results of observations that have been made by the implementation team of community service activities, it is known that 75% of the people who are participants do not understand well the ways and benefits of applying Covid-19 health protocols consistently and the other 62% do not fully understand the risks faced if they do not apply the Covid-19 health protocols consistently.

Currently, the Covid-19 outbreak has become a global pandemic, all people are required to implement health protocols to suppress the spread of Covid-19. The trend of events shows that the number of Covid-19 infection findings is increasing from time to time [7]. To inhibit the spread of Covid-19, knowledge and discipline of the community are needed to carry out the 3M movement (washing hands, wearing masks, and maintaining distance) [8].

As a form of anticipation and to suppress the spread of the Covid-19 virus, it is very important to educate the public regarding the implementation of health protocols properly and consistently, such as: Washing hands, wearing masks, maintaining distance, so that community service activities related to Education on the Implementation of the Covid-19 Health Protocol to Cadres Health and Society, it is important to do.

This activity aims to increase the knowledge of the public and health cadres regarding the implementation of health protocols and preventing the transmission of Covid-19.

## II. MATERIAL AND METHOD

### A. Material

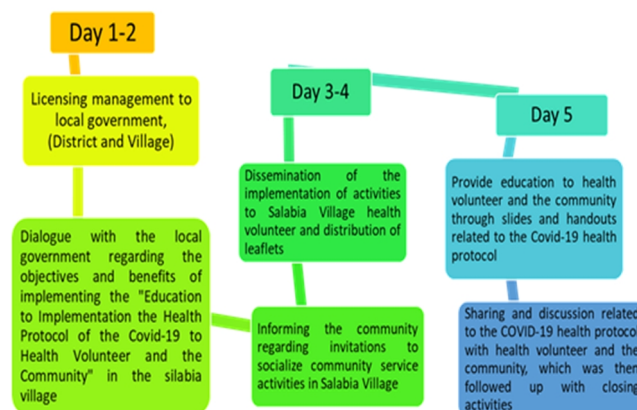
During the process of this activity, several tools and materials were used to support the implementers in providing education, namely::

- 1) Laptops
- 2) Notebook
- 3) *In Focus / LED Projektor*
- 4) Leaflet or hand out Theory
- 5) *Whiteboard*
- 6) Hall or building

### B. Method

This activity was carried out by applying the lecture and discussion method which was designed with the Focus Group Discussion (FGD) model. The targets in this activity are 5 cadres and 75 community members. The implementation location is in Salabia Village, Tinombo District, Parigi Moutong Regency, Central Sulawesi. This location was chosen because it is the outermost area and still needs education regarding the prevention of Covid-19 transmission. This activity has been carried out for 5 days from June 12 to

18, 2021. The stages of implementation can be seen in **FIGURE 1**.



**FIGURE 1. Flowchart of Activities**

## III. RESULT

This community service activity has been carried out from June 12 to 18, 2021, in this activity there are 75 community members and 5 village health cadres who can be educated regarding the implementation of the Covid-19 health protocol. Education is carried out by means of discussions and lectures, so that information can be received clearly by comprehensively, about what and how to apply the Covid-19 health protocol properly and correctly. The series of activities can be seen in the following **FIGURE 2**.



**FIGURE 2. Discussion Process With Local Government**

As the activity in Figure 1. is one of the coordination efforts with local government officials, which was attended by representatives from the District Government and Salabia Village Government. This coordination is one of the efforts to apply for permits related to the COVID-19 health protocol education process to cadres and the Salabia village community. Such as the purpose of the activity, which is to increase the understanding of the independence of health cadres and the public regarding the implementation of health protocols to prevent the transmission of COVID-19.

This coordination resulted in obtaining permits and orders from local village officials to carry out education activities for the COVID-19 health protocol to the community and health cadres. In addition, the village government is helped by this activity, so that the prevention of the transmission of COVID-19 can be done early.



**FIGURE 3.** The Socialization Process for the Implementation of Educational Activities to Cadres and Society

As shown in **FIGURE 3**. The activity of delivering invitation information to the community and Salabia Village cadres related to the implementation of educational activities Covid-19 health protocol. Thus, through this activity, it is hoped that it can help the community and health cadres to access and add insight regarding the Covid-19 Health protocol information properly and correctly. Outreach activities to the community can increase public knowledge regarding the importance of maintaining health protocols and ways to prevent transmission of the Covid-19 virus [9].

According to Cardiah, T. et. al (2021) in his research related to the Implementation of Health Protocols at Mosques during the Covid-19 described that in general, technically the public still has low awareness of implementing or carrying out health protocols when in public places, besides that, it also raises pros and cons. in some communities, forcing the policy to provide waivers related to the application of health protocols [10].

With this information, the community and cadres are enthusiastic, because they really need clear and accurate information regarding the method of implementing the Covid-19 health protocol, which is increasingly a threat to the health and economy of the community. According to Maskur (2020) in his research related to the analysis of the impact of covid-19 that after health problems, food issues became a major concern during the Covid-19 pandemic, people's purchasing power decreased due to the weakening economy from the impact of declining production [11]. The Covid-19 pandemic has caused delays in several social activities of life, not least in the business sector which lacks a certain amount of production [12].



**FIGURE 4.** The process of educating the community and Health Cadre

As shown in **FIGURE 4**. The process of presentation or delivery of material related to the implementation of the Covid-19 health protocol by wearing masks, maintaining distance, and washing hands (3M) was enthusiastically welcomed by the community and health cadres. Abubakari H et.al (2021) in the conclusion of his research, it can be seen that education related to the Covid-19 health protocol is best done if it is covered in the form of songs and music, this is easier for the public to remember and has a relaxing effect [13].

Information on the Covid-19 health protocol that was educated to the public and health cadres in this activity were:

1. The procedure for applying good and correct hand washing patterns to cadres and the community, a good hand washing pattern is to pour enough soap and then foam it on both hands so that the entire surface of the hands, as well as the bottom of the nails, then rub the palms and backs of hands alternately then cleaned with running water.
2. Furthermore, regarding health protocols using masks, the masks that can be used are: The type of N95 mask, this mask is known to have an effectiveness of up to 95% for filtering very small ones up to 0.3 microns in size, and the type of surgical mask, this mask is known to be able to filter particles up to 0.5 to 2 microns in size, this type of mask is able to hold droplets from people exposed to the corona virus-19. The use of masks can be applied if you have activities with people suspected of being exposed to Covid-19, then if you are coughing and sneezing, and when doing activities outside the home [14].
3. The application of the health protocol to keep a distance means that every individual activity or community group must pay attention to the interaction distance, which is 1 meter from the people around us, intended so that people can stay away from crowds or not cause crowds and reduce the level of community mobility, in order to avoid travel activities on affected regions or countries and local transmission of Covid-19, as well as people without symptoms and being monitored or patients under surveillance [14].

The community and health cadres of Salabia Village said they were greatly helped by this activity. Through this activity, the community and health cadres can have adequate knowledge so that they are able and independent in implementing the Covid-19 health protocol, correctly with discipline and consistency, to prevent and break the chain of transmission of Covid-19. Yendo et.al (2021) in their research regarding the Impact of Inflammatory Immune Dysfunction in Psoriasis Patients at Risk for COVID-19, revealed that the public's lack of understanding regarding Covid-19 is due to the lack of severe symptoms by patients, so the prevention approach is a very good solution. important after therapeutic measure [15]. The Covid-19 pandemic has made it mandatory for every country to be able to respond quickly to preventive measures through a short-term

approach, with the Covid-19 pandemic forming a unique speed and innovation scenario [16].

#### IV. DISCUSION

The Covid-19 health protocol education on wearing masks, maintaining distance, and washing hands (3M) has been carried out in Salabia Village, Tinombo District, Parigi Moutong Regency, Central Sulawesi, using the Focus Discussion Groups (FGD) as an effort to increase the knowledge and discipline of the community and cadres in Salabia Village so that the prevention of transmission of various Covid-19 variants can be suppressed or minimized in a sustainable manner. The results obtained from the implementation of this activity are to realize the hopes of the Salabia Village government, to increase the discipline and independence of the community and health cadres in implementing the Covid-19 health protocol as an effort to prevent, after vaccination. In addition, after participating in educational activities related to the implementation of the Covid-19 health protocol, the community and health cadres also feel more confident and do not hesitate to apply the health protocol, because they already know how to behave in wearing masks, washing hands and maintaining the correct distance.

By holding this activity by implementing a group discussion method, the community and health cadres can understand the benefits and the level of risk they face if they do not apply the health protocols in a disciplined and correct manner, this activity is followed by the community and health cadres with great enthusiasm. According to Prasetyo et.al (2021) that the Focus Group Discussion (FGD) method is a better option to apply to increase public knowledge regarding compliance with implementing the Covid-19 health protocol, and can increase public interest in learning about the implementation of the Covid-19 health protocol. In daily activities [17]. Preventive actions must be able to be carried out by the community independently, such as making masks and hand sanitizers for personal use.

According to Prihati et.al (2020) in research related to the Analysis of Community Knowledge and Behavior About Covid 19, it can be seen that in general people's behavior is not good related to Covid-19 prevention, and community behavior has a very significant relationship in preventing Covid-19 [18]. During the Covid-19 pandemic, people generally need specific knowledge to prevent the transmission of Covid-19 [19].

However, in this activity, health cadres want more specific education, related to community assistance that is positive for Covid-19 and community assistance after treatment due to Covid-19, so that there is no social discrimination between post-treatment patients and other ordinary people, considering health cadres as assistants. community who must be able to provide first aid assistance for the community.

Transmission of the Covid-19 virus can spread together with droplets released by infected people, intentionally or unintentionally, which can occur at any time when coughing, sneezing, laughing, or talking, so the use of masks is mandatory for every activity where social distancing is maintained. physically unavoidable [20]. An effective strategy to reduce the risk of Covid-19 is by grouping family members who are outside the home into social groups with a level of risk, this social scale can reduce the risk by up to 42% [21].

Disciplined behavior by each individual or group must be carried out with full awareness in implementing health protocols which are one of the main steps that can be taken so that the spread of COVID-19 can be minimized, health protocols are wearing masks, maintaining distance, and washing hands (3M)) must be prioritized, because the application of health protocols has been proven to reduce the transmission of Covid-19 [22]. According to Darmin et.al (2022) related to Education on the Application of Health Protocols to Stop the Transmission of Covid-19, It is known that the level of knowledge possessed by the community regarding the application of health protocols for proper handwashing is still very low, with community service activities being very helpful in providing knowledge regarding the correct and consistent application of health protocols [20].

Christopher Thron, et. al (2021) in his research results related to Cost effective reproduction number-based strategies for reducing deaths from COVID-19, explained that Vaccines and medicines or activities carried out in curative forms are still undervalued. However, health protocols such as social distancing measures are considered effective in suppressing its spread, experts in the health sector recommend applying both methods [23].

In this activity, it was also found that the majority of the community still lacked information either through electronic media or directly related to how to carry out the 3M health protocol properly and correctly, so they were not disciplined in implementing it. By carrying out educational activities related to the Covid-19 health protocol, the public can have independence and discipline in implementing health protocols properly and consistently so that they can suppress the transmission of various variants of the Covid-19 virus, as well as minimize health costs that must be incurred, compared to treatment costs if detected. infected with the Covid-19 virus.

In addition to having a good impact on the community, the application of the health protocol to keep a distance also has a potential bad risk, according to Sandro Galea et.al (2020) in his research related to The Mental Health Consequences of COVID-19 and Physical Distancing that specifically, physical distancing has changed daily activities as a form of preventing the spread of Covid-19 but have consequences for the mental health and social welfare of people which will be obtained in the near future or longer

[24]. During the current Covid-19 pandemic, by implementing the right health protocol protection, you can control people and patients who need action safely and can control the transmission of Covid-19, even if interacting with patients who are positive for Covid-19, especially in health care providers [25].

## V. CONCLUSION

The Covid-19 health protocol of wearing masks, maintaining distance, and washing hands (3M) which are carried out correctly and consistently can be an alternative solution that is cost and time efficient to prevent the transmission of Covid-19 and become healthy behavior in the New Normal era.

Covid-19 health protocol education must continue to be carried out to increase public awareness and knowledge in implementing health protocols during the Covid-19 pandemic as an effort to prevent transmission of various Covid-19 variants. The community feels very helped by community service activities, because they can provide insight regarding the Covid-19 health protocol, which so far has not been obtained either from the media or directly. To reduce the risk from the consistent and disciplined application of the Covid-19 health protocol, it is necessary to do healing to the community in order to reduce stress levels.

The limitations obtained in this community service program are: in terms of time, where the time you have is very short, and then in terms of costs, due to limited costs, this program of community service activities is not carried out, covering a wider area and more participants. We hope that in the future the community service program will be more specific regarding management related to the implementation of health protocols and how to handle patients after COVID-19 treatment.

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