

## Mitigation of New Normal Life as A Sustainable Effort to Prevent the Transmission of Covid-19

Marylin S. Junias<sup>1,a)</sup>, Norman Delvano Weky<sup>2)</sup>, Dionesia Kidi Making<sup>2)</sup>, Claudya S. Virlynriana S<sup>2)</sup>, Ajra Fitri<sup>2)</sup>, Junia Jessy Sarupy<sup>2)</sup>, Reny Martini Kosat<sup>2)</sup>

<sup>1</sup>Public Health Sciences Study Program, Nusa Cendana University, Kupang, Indonesia

<sup>2</sup>Postgraduate Study Program in Public Health Sciences, Nusa Cendana University, Kupang, Indonesia

<sup>a)</sup>Corresponding Author: [marylin.junias@staf.undana.ac.id](mailto:marylin.junias@staf.undana.ac.id)

### Abstract

Coronavirus caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a virus that can infect the respiratory tract. The disease caused by this viral infection is called COVID-19. The Coronavirus can cause mild respiratory disorders, severe lung infections, and even death. The Case of COVID-19 epidemic first broke out in Wuhan, China in December 2019 and has been spread quickly to various parts around the world. This pandemic has affected various societal and economic changes not only in China but also in all affected countries around the world. Efforts to prevent transmission known as 5M (wearing protective face mask, maintaining distance, washing hands with soap, staying away from crowds, and reducing mobilization) are continuously being improved. This service activity is carried out with the aim of increasing public knowledge and understanding about COVID-19, vaccination, and encouraging people to want to do vaccinate against COVID-19. Using the Participatory Action Research (PAR) method. This activity included distributing protective face masks, placing COVID-19 transmission prevention banners, demonstrating the proper hand washing steps, GERMAS (Healthy Living Community Movement) for non-smoking areas by affixing stickers. This activity was carried out at the Stasi Sta. Maria Imaculata Oeltua, Taebenu District, Kupang Regency, East Nusa Tenggara on November 20, 2022, at 10 a.m until 12.30 p.m. The target of this extension was the people in Oeltua Village, Taebenu District, Kupang Regency, East Nusa Tenggara. The total number of people present was 50 people. The result of this extension is an increased understanding of the Oeltua Village community in implementing the 5M to prevent Covid-19 transmission in the era of new normal life.

**Keywords:** Covid19, Pandemic

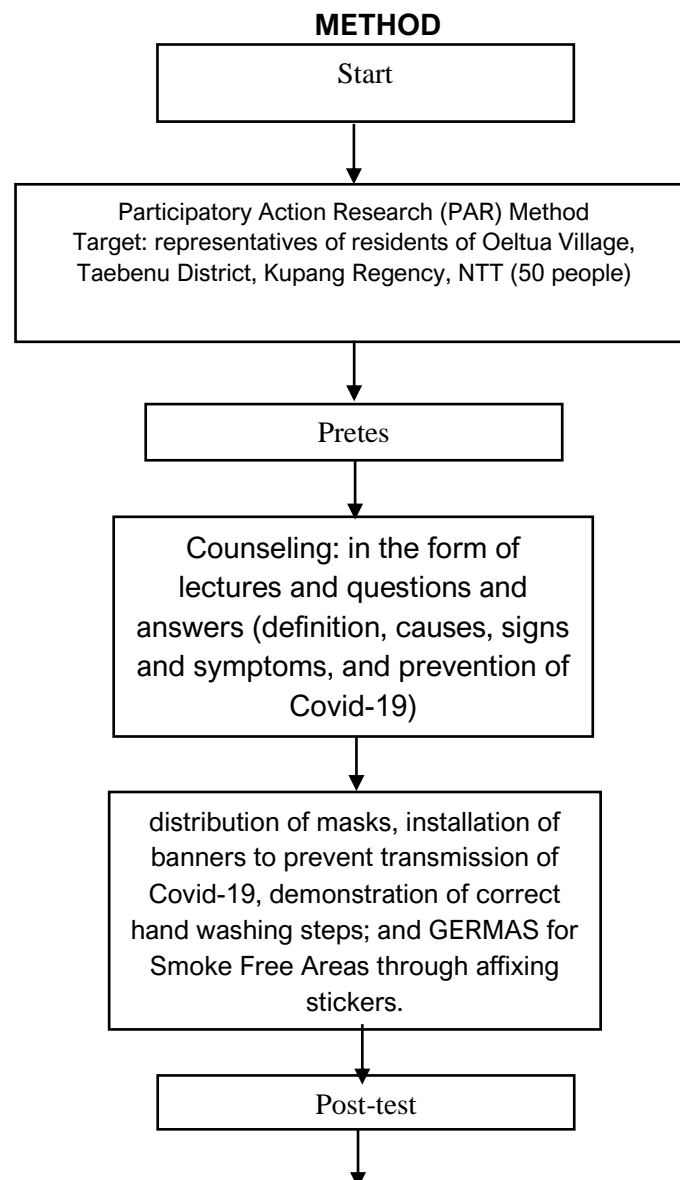
### INTRODUCTION

Coronavirus caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a virus that can infect the respiratory tract. The disease caused by this viral infection is called COVID-19. The Coronavirus can cause mild respiratory disorders, severe lung infections, and even death. This virus can attack anyone, such as the elderly (elderly age group), adults, children and infants, including women who are pregnant, and breastfeeding. The presence of the Covid-19 pandemic has brought changes to the world with various challenges that were never imagined before. In Indonesia, Covid-19 has infected more than 1.3 million people since the first cases were announced in March 2020, at least 35,000 people have died. Based on data reported by the Covid-19 Response Acceleration Task Force, dated April 21 2020, it has been confirmed that Covid-19 has infected 6760 people in Indonesia with a death rate of 590 people and 747 people had recovered. The trend of positive cases of COVID-19 occurs in the young adult age group. The trend of positive cases of COVID-19 has occurred in the young-adult age group.

For Covid-19 Infection Prevention and Control (IPC), some prevention and treatment efforts have been carried out by the government in order to break the chain of transmission of COVID-19 such as: the 5M Advice (wearing protective face mask, maintaining distance, washing hands with soap, staying away from crowds, and reducing mobilization) and some effort aimed at accelerating the COVID-19 vaccines program to all society in Indonesia. Vaccination as a

primary prevention effort is very reliable in preventing diseases that can be prevented by vaccination. Vaccination is a treatment with vaccines (antigens) to produce immunity (antibodies) of the immune system in human body. By the proper vaccination procedure, it is hoped that optimal immunity will be obtained, with safety injections and minimal Adverse Events Following Immunization (AEFI). The lack of public knowledge and understanding about COVID-19 and vaccination makes many people are still afraid and reluctant to get vaccinated. Some people are starting to be careful and adopt a healthy lifestyle, but more don't care and seem to underestimate it; even make this virus as a joke. Not only some ordinary people, many state officials underestimate the existence of this virus and do not prepare or anticipate the emergence of this outbreak in Indonesia.

The Community Service Program is an implementation of the practice of science, technology, arts and culture directly to the community institutional through scientific methodology as the dissemination of the Tri Dharma of Higher Education as well as a noble responsibility in efforts to develop community capabilities, so as to accelerate the rate of growth in achieving national development goals. The goals to be achieved through community service activities are: Increasing the speed of community development efforts towards fostering a harmonious and dynamic society that is ready to make changes towards improvement and progress in accordance with socio-cultural values and norms of developing community life in community life applicable.



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Figure 1. Implementation Method

### RESULTS AND DISCUSSION

During the health education activities, the activities ran in an orderly and smooth manner with paying attention to health protocols. The results obtained from this health education activities are as follows:

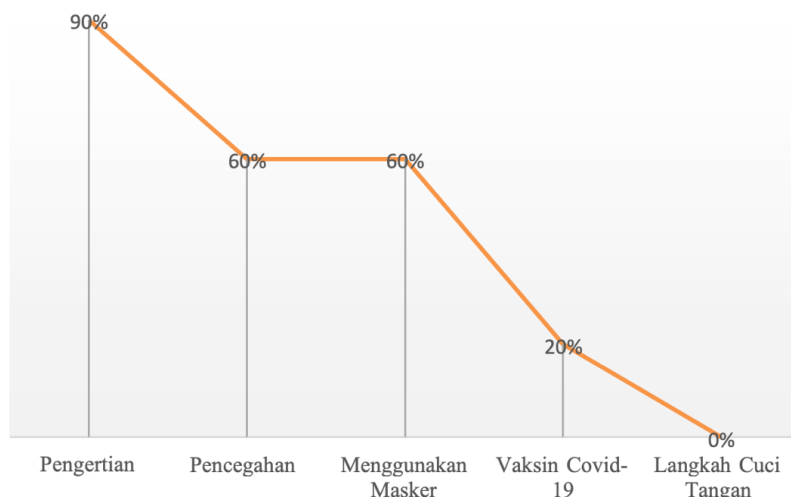


Figure 2. Pre-test Results Diagram

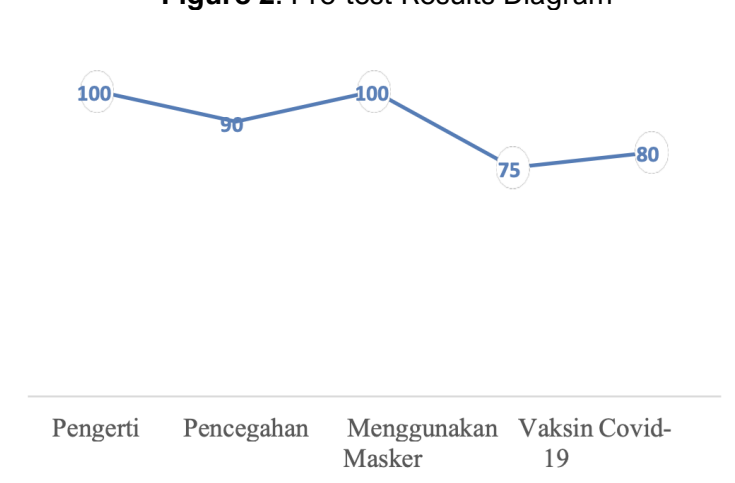


Figure 3. Post-test Results Diagram

Based on Figure 2.1, it was found that all participants (0%) stated they did not know the proper hand washing steps, a small number of participants (20%) knew the benefits of the Covid-19 vaccination, the majority of participants (60%) knew how to wear protective face mask, more than half of the participants (60%) stated they understood the prevention of transmission of Covid-19. Meanwhile, from Figure 2.2 shows that all participants (100%) stated that they understood the meaning of Covid-19 and how to wear protective face masks correctly and almost all of them understood the prevention of Covid-19 (90%), (80%) Participants understood the correct steps for washing hand, and (75%) participants understood the types of covid-19 vaccines (75%).

The results of the post-test showed that the post-test scores for the implementation of health education as shown in Figure 2.2 showed an increase in participants knowledge of

understanding, prevention, how to use protective face masks, steps to wash hands and types of Covid-19 vaccines. Therefore, health education activities which are a process to empowering the community to be able to maintain, improve, and protect their health can be carried out in a sustainable manner. One form of health promotion effort is through health education which is carried out by spreading messages, instilling confidence so that people are not only aware, know, and understand, but it is hoped that they are also willing and able to make recommendations related to the health sector. (Ira Norma, 2018). Besides that, health promotion also pays attention to the needs of the target and pays attention to the principles of learning. Through learning routinity efforts where a person's environment is deliberately managed to allow that person to participate in certain behaviors, under special conditions it is expected to be able to add insight or knowledge to them. (Gejir et al., 2017)

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There are six steps recommended how to wash hands with soap according to WHO standards: 1) apply soap with both hands, 2) rub the back of the hand and between the fingers, 3) rub the inside of the fingers, 4) rub the palms with the fingers positioned interlocking, 5) rubbing the thumb rotating in the grip, 6) rubbing the fingertips on the palm in a rotating manner. Next, immediately dry with a towel / tissue. (Covid-19 Task Force, 2021) Based on the results of interviews with participants at the end of the counseling, the answer was that the implementation of counseling activities on efforts to prevent the transmission of Covid-19 was very useful because it could increase their knowledge from those who initially did not know or did not know at all to know and understand. Overall, the community service activities ran smoothly and the participants actively participated in the whole part of activities. The dedication activity ended with the handing over of health promotion media (banners) regarding Mitigation of New Normal Life as an Effort to Prevent Continuous Covid-19 Transmission, also delivering some handsanitisers, protective face masks, and no smoking stickers to be pasted and used around the church. The church hopes that educational activities can be carried out continuously to further encourage community awareness and ability to implement new adaptation changes as an effort to prevent the transmission of Covid-19 in a sustainable manner in the home environment even around them. There is a hope that after the participants take part in this activity, they will convey what they have obtained from the results of the counseling to those

closest to them. So, the knowledge gained can raise awareness to maintain a clean and healthy lifestyle at least in the surrounding environment and must comply with health protocols while carrying out activities in the era of new normal life.

### CONCLUSION

Health education is a form of health promotion that is still needed in this new normal period of life while still paying attention to health protocols and the situation and conditions in the field. During the extension the enthusiasm of the participants was also quite good. Participants followed closely from the beginning to the end of the counseling. Finally, by giving thanks to God Almighty, we close this accountability report for community service activities. We do not forget to thank all parties involved in the success of this Community Service Activity. Hopefully, this activity will provide benefits to us and the community.

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