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THE ROLE OF HERBAL TO INCREASE THE BODY'S IMMUNE AS A PREVENTIVE FOR COVID 19 AND DISTRIBUTING MASKS.

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ABSTRACT

Background: The role of herbal medicine in increasing body immunity as prevention of Covid 19 and distributing masks in the RW 28 area, Sendang Mulyo Village, Tembalang District, Semarang City. Objective: This community service is to increase the body's immunity and prevent the spread of Covid 19. The method used is by distributing herbs, masks and pocket books in the community. Results Based on the results of the evaluation carried out, it was concluded that this activity was very inviting to the public who took an active part in activities in the form of distributing herbs, masks and socializing the importance of maintaining body immunity in facing the Covid-19 pandemic. Conclusion: This activity can increase residents' insight into increasing immunity through consuming herbal medicines for the body and preventing Covid-19 by using masks

Keywords: Covid19, Pocket book, Herbal

Introduction **(Pendahuluan)**

The high number of confirmed positive cases of the corona virus (Covid-19) in Indonesia demands that the government play a role in reducing the possibility of increasing positive cases of the virus. Semarang is one of the cities in the red zone, although there has been a graphic decline in the number of ODP (People Under Monitoring) in Semarang in the past few days, PDP (Patients Under Monitoring) is still increasing. The high number of positive cases of the corona virus (Covid-19) can be caused by several things, namely due to a lack of public knowledge. One form of participation that can be done as a lecturer in the health sector is to support government programs and be an effort to reduce the risk of increasing positive cases of the corona virus by conducting outreach while still implementing social restrictions or social distancing.

The number of positive cases of the corona virus (Covid-19) as of April 8 2020 in Indonesia continues to increase, reaching close to 3000 patients today. The addition of new cases exceeded 200 patients in the last 3 days. Data from the recapitulation of the incidence figures for Tuesday 7 April 2020, the additional new positive cases in Indonesia reached 247 patients or the highest since the pandemic hit the country. Even though the recovery rate has increased, the number is still below the total number of deaths. Data on April 8 2020 saw a total of 240 positive Covid-19 patients who died in Indonesia. There were 19 new deaths recorded in the last 24 hours. This data shows that the Case Fatality Rate (CFR) or death ratio of corona positive patients in Indonesia has reached a level of 8.12%.

Covid cases have increased, causing a total of 11,192 Covid-19 cases in Indonesia since the first case was announced on March 2 2020. This was explained by

Achmad Yurianto in a press conference at Graha BNPB on Sunday afternoon. "The positive confirmations received increased by 349 people, to 11,192 people,"

Methods

(Metode Penelitian)

. This community service is carried out through socialization and distributing herbal masks and pocket books directly by involving RT and RT heads. The targets for this community service are three Rukun Tangga (RT), namely the women of RT 15, RT 16 and RT 17 Rukun Warga (RW) 28, Sendang Mulyo Village, Tembalang District, Semarang City

Results and Discussion

(Hasil dan Pembahasan)

The role of herbs in increasing the body's immunity as a preventative for Covid 19 and the distribution of masks in the RW 28 area, Sendang Mulyo Village, Tembalang District, Semarang City has been completed. In carrying out our activities, we provided herbal products to the community at RT 15, RT 16 and RT 17 Rukun Warga 28, Sendang Mulyo Village, Tembalang, Semarang to increase the community's immune system. The herbs we provide are turmeric, ginger and ginger. Apart from providing herbs, we also provide masks to the community. The following is the success rate that has been carried out:

1. The community receives the herbs provided. The program provides herbal ingredients (turmeric, ginger and ginger). It is hoped that the community's immunity will increase so that any disease, especially Covid-19, which attacks the body, will be resisted by good immunity. One way to prevent transmission of the disease caused by the new type of coronavirus SARS-CoV 2 is to avoid direct contact by practicing social & physical distancing and clean living behavior, as well as increasing the body's immunity or defense against the corona

virus (Sumarmi, 2020) . Therefore, it is hoped that the community's attitude will always be alert to the transmission of this disease.

Success in overcoming Covid-19 with preventive efforts in the form of behavioral changes including improving healthy lifestyles, limiting physical contact and maintaining distance to prevent transmission of Covid-19 as well as maintaining body immunity by eating nutritious and balanced foods (Gombart et al, 2020).

2. The community received the masks provided. In this service activity, we provided masks to the community, especially at RT 15, RT 16 and RT 17 Rukun Warga 28, Sendang Mulyo Village, Tembalang Semarang. Community efforts to avoid transmission as we understand that the virus can be transmitted through direct contact due to the presence of mouth, nose and eye fluids which will spread through the air into the respiratory tract or even into the digestive system (Sun et al, 2020).

Conclusion **(Simpulan)**

The Conclusion should answer the objectives of the study or hypothesis. Provide a clear scientific justification for your study, and indicate possible recommendations for midwifery practice and future practice. Conclusions are stated as paragraphs. Numbering or itemization is not permitted in this chapter.

References **(Daftar Pustaka)**

A. Conclusion

The community service activities ran smoothly and were attended by all the community service teams and most of RT 15, RT 16 and RT 17 Rukun Warga 28, Sendang Mulyo Village, Tembalang, Semarang. Residents received herbal packages with masks and pocket books as

an effort to increase body immunity and prevent the spread of Covid-19 by wearing masks and to increase their knowledge about herbs.

B. Suggestion

The pocket book about Covid 19 needs to update the latest data and monitor health protocols in the neighborhood of Rukun Warga 28, Sendang Mulyo Village, Tembalang, Semarang

Example

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