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HEALTH PROTOCOL EDUCATION BY DISTRIBUTING LEAFLETS AND IMMUNE BOOST HERBAL AT KIO SPORT

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ABSTRACT

Background: Education on Health Protocols by distributing leaflets and immune-boosting herbs at Kio Sport and Purwomukti Sport. The target group for this community service is members of the Taruna badminton club and the Bintang club, totaling 50 people, consisting of 25 Bintang Badminton club members and 25 .Optimization of these two groups is expected to have a significant impact in improving skills and insight in implementing health protocols and knowing herbal ingredients to increase the body's immune system.This method of implementing community service takes place at Kio Sport on Tuesday and Thursday nights, while at Purwomukti Sport on Tuesday and Sunday nights, education is carried out by distributing leaflets and discussion interviews in the form of FGDs preceded by a pre-test and post-test via Google Form. do this by minimizing physical contact or by considering health protocols. It is hoped that the output of this community service after completion will produce scientific articles and ongoing collaboration with PB Bintang and PB Taruna.

Keywords: Imune, education, Herbal

Introduction

(Pendahuluan)

Coronavirus disease (COVID-19) is an infectious disease caused by a recently discovered coronavirus. Most people who contract COVID-19 will experience mild to moderate symptoms and will recover without special treatment.

The virus that causes COVID-19 is mainly transmitted through droplets produced when an infected person coughs, sneezes or exhales. These droplets are too heavy and cannot stay in the air, so they quickly fall and stick to the floor or other surfaces. You can become infected when you breathe air containing the virus if you are too close to someone who is infected with COVID-19. You can also become infected if you touch a contaminated surface and then touch your eyes, nose or mouth

Covid cases in Indonesia have experienced a significant increase, currently the most sufferers in the province are East Java, followed by DKI Jakarta, Central Java, South Sulawesi and West Java. The increase in Covid-19 cases has prompted the government to issue a new policy, namely the new normal.

New Normal itself is defined as the government's breakthrough new system to improve the sociocultural community during the Covid pandemic in terms of social, economic and political health. The new normal is implemented by paying attention to health protocols, namely a series of activities and rules that must be adhered to during the Covid pandemic, for example wearing masks in public places, reducing gatherings.

, travel, physical contact and doing more activities at home.

Methods

(Metode Penelitian)

The method used in community service has several stages

The first stage is planning activities that will be carried out. The planning process includes identifying needs, identifying

existing potentials and weaknesses by conducting interviews, discussions and asking for direction from the Head of PB Bintang and PB cadets.

In the second stage, outreach was carried out to members of PB Taruna and PB Bintang explaining the objectives and activities that would be carried out

Stage Three is as follows:

1. Post test

The post test was carried out to measure participants' abilities and knowledge about health protocols

2. Material

The material is provided to introduce or increase insight into health protocols

3. Discussion

The discussion was carried out with questions and answers

4. Post test

Post tests are carried out to measure students' knowledge after training

Results and Discussion

(Hasil dan Pembahasan)

Service activities in the form of providing education through leaflets and posters, also accompanied by donations in the form of 100 masks, 2 hand washing stations, 6 wall sanitizers were carried out on August 20 2020 at Kio Sport and Purwomukti Sport. The purpose of this activity is as a form of anticipation. against the spread of Covid-19 which is a global health threat at this time. This activity was received enthusiastically by the Building Management and Local RW. During the activity, Mr. RW conveyed the condition of the community regarding Covid-19, namely that several people were affected by the corona virus because the person concerned was one of the medical personnel who worked at the hospital.

The educational media prepared apart from leaflets are posters. The media conveyed contains information about Covid-19 which is displayed in strategic places so that it can be read by the public. This information about Covid-19 specifically contains what individuals do when they are in public

facilities. Posters are one of the health promotion media in the form of printed media containing health messages/information which are usually in public places (Halajur, 2018). It is hoped that service activities, especially regarding Covid-19, can be carried out in all regions. Collaboration between educational institutions and local governments must continue to be encouraged in overcoming this problem. The contribution of educational institutions in providing education to the public is enormous through the use of innovative media that is in line with society's current needs.

Service activities at Kio Sport and Purwomukti Sport not only include education about Covid-19 but also donations of 100 masks, 6 hand sanitizers and immune-boosting herbs. It is hoped that athletes and managers can use masks when interacting, especially for those who have family members who those at high risk such as toddlers, pregnant women, the elderly and people who have illnesses can avoid this virus. Using masks is one of the efforts to minimize transmission of the Covid virus and this step has been made mandatory by the government on April 5 2020. The standard mask used is the n-mask. 95 and surgical masks, but since this virus case broke out there has been a shortage of medical masks in Indonesia. To meet the need for masks, SNI standard masks (n-95 masks and surgical masks) are used for medical personnel, while the general public is encouraged to use cloth masks (Armiani, 2020).

Conclusion **(Simpulan)**

The conclusions that can be obtained from the implementation of this community service activity are: 1. Established cooperation between educational institutions and local government, in this case the RW and Sarana Olaharga

2. Implementation of educational activities to prevent the transmission of Covid-19 at

Kio Sport and Purwomukti Sport by distributing leaflets and posters to the public.
3. Donation of 400 masks to the community, especially for those who are less able to carry out their daily activities and if they need to leave the house.

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