

## OUT-IN PROTOCOVID: UNDERSTANDING AND IMPLEMENTATION OF COVID-19 HEALTH PROTOCOL IN COMMUNITY

Sabtanti Harimurti<sup>1\*</sup>, Pinasti Utamai<sup>1</sup>, Nurul Maziyyah<sup>2</sup> dan Puguh Novi Arsito<sup>3</sup>

<sup>1</sup>School of Pharmacy, Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Yogyakarta, Jl. Brawijaya, Tamantirto, Kasihan, Bantul, Indonesia, 55183

<sup>2</sup>Pharmacist Studi Program, Faculty of Medicine and Health Sciences, Universitas

Muhammadiyah Yogyakarta, Jl. Brawijaya, Tamantirto, Kasihan, Bantul, Indonesia, 55183

<sup>3</sup>R&D in Pharmaceutical Science, Faculty of Pharmaceutical Science, Khon Kaen University, 123 Moo 16 Mittraphap Rd, Nai Mueang, Mueang Khon Kaen District, Khon Kaen 40002

\*email: [sabtanti@umy.ac.id](mailto:sabtanti@umy.ac.id)

### Abstract

The Covid-19 pandemic has been on its anniversary and it is not yet seen when it will end. Vaccination and health promotion have been carried out by the government. However, it seems that it has not been able to reduce or even stop the pandemic. An alternative way that is considered effective to prevent the transmission of the Covid-19 virus is to comply with health protocols. One of the health protocols that are considered very helpful in preventing the transmission of Covid-19 is the readiness of preparing personal equipment (Starter Kits), especially when outside of the house. In this paper, will be reported an analysis of community readiness regarding their readiness to prepare a Starter kit for foreign students at Khon Kaen Universiti (KKU) and also ordinary people in the Karangtalun, Wukirsari, Imogiri, Yogyakarta area. The evaluation was carried out by asking several questions about whether when leaving the house they spare a mask, hand sanitizer, own eating utensils, drinking bottles, and also their worship tools. Questions are given online or offline using a G-form or question sheet when socializing the Covid-19 pandemic. The results of the evaluation on the readiness of bringing the starter kits from all participants, totaling 44 people, 53.57% of people answered "yes", 25 % of people answered "sometimes", and 21.43% of people answered "no". Based on these results, it can be concluded that most people are aware of the importance of preparing a starter kit while outside the house to prevent the transmission of the Covid 19 virus.

**Keywords:** Covid-19, Protocovid, Starter kit

### A. Introduction

Globally, 4.1 million new cases were reported in the past week, a decline of 15% from last week, and the number of new deaths reported was just under 96 000, comparable to the previous week. This brings the cumulative numbers to over 98.2 million reported cases and over 2.1 million deaths globally since the start of the pandemic (WHO, 2021). Covid 19 is a new type of disease that has never been previously identified in humans. The virus that causes Covid-19 is called Sars-CoV-2. Covid-19 is a new disease, where research related to this disease is still

limited. Coronavirus is a type of virus that causes illnesses ranging from mild to severe symptoms. There are at least two types of coronavirus that are known to cause severe symptoms such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) (Struyf et al., 2021).

## **B. Problems**

Based on the analysis of the situation and the dangers of Covid-19, it is necessary to do socialization about the dangers of Covid-19, how to prevent transmission including health protocols that must be done, and how to treat people exposed to Covid-19 (Pariyatin et al., 2020). The foreign student community at Khon Kaen University who comes from various countries and various background fields of science (KKU, 2021) and the general public of Karangtalun village, feels that the Covid pandemic is very dangerous and needs to understand more about Covid-19. Therefore, they need to be given socialization, especially about health protocols that must be taken, as well as steps that need to be taken if they get symptoms of Covid-19. Thus the foreign student community at Khon Kaen University be wiser in responding to this pandemic. In the limitations of the Covid pandemic conditions, socialization can be carried out using conference platforms, such as ZOOM online media (Elgaputra et al., 2020; Rachmawati et al., 2020). To assist in disseminating outreach, an English-language video can be produced to give an example of how to use the best masks, how to do the handwashing, etc (Ng & Or, 2020). In this paper, we will report the results of an evaluation of the readiness of foreign students at KKKU and general public of Karangtalun village about starter kits which are very helpful in preventing the transmission of Covid-19.

## **C. Method**

The community service had done by two methods, i.e., online and offline system. The online system is implemented to minimize the transmission of the corona virus and effectiveness the implementation of the community service activities, since the participants are from various countries. Zoom meeting and Youtube platform were chosen to conduct the socialization of the denger of the corona virus and how to minimized the transmission by always carrying the starter kit PROTOCOVID every time going out from the house. Meanwhile, the offline system was done by face to face socialization in Karangtalun village wukirsari, since their ability on the operating video conference was very low. The education video OUT-IN PROTOCOVID was

made to help the participant and public more understand about the starter kit and how to used, such as how to wear a correct mask and how to do the correct handwasing. Evaluation of the readiness of the audiences about the preparing of starter kit by themself was done by giving some question using G-form and paper sheet for audiences in Karangtalun village. The quantitative and qualitative analysis was done to describe how many people were ready with their starter kit during the Covid-19 pandemic.

#### **D. Results and Discussion**

Coronavirus is a type of virus that causes illnesses ranging from mild to severe symptoms. There are at least two types of coronavirus that are known to cause severe symptoms such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS)(Struyf et al., 2021). Based on the analysis of the situation and the dangers of Covid-19, it is necessary to carry out socialization and education about the dangers of Covid 19, ways to prevent transmission including health procedures that must be carried out, and how to handle people exposed to Covid 19 (Henny Syapitri et al., 2020; Mohammad Mulyadi, 2020; Nia Kurniati et al., 2021).

The community service with the title OUT-IN PROTOCOVID has been carried out on April 10 -11, 2021 with online and offline models. The main activity is to provide socialization and education to the wider community about how to behave in a healthy way, especially in living daily life during the Covid 19 pandemic. One of the healthy behaviors during this pandemic is how people always prepare a starter kit while outside or inside the house (Ulfa, Ulfa, and Mikdar, 2020). In this community service, it will be seen how ready the community is with a starter kit that should be prepared especially when outside the house (Cahyaningsih & Muwahhid, 2021; Krisdamayanti & Pujiwati, 2020). The main target of this service is the foreign student community at Khon Kaen University, but in practice, the service participants are opened to the public. Online activities were carried out using the Zoom and Youtube platforms which were attended by 34 participants and offline activities in Wukirsari village were attended by 10 people as the community representatives considering the Covid 19 pandemic. The process of socialization and education can be seen in Figure 1 for online activities and Figure 2 for offline activities.

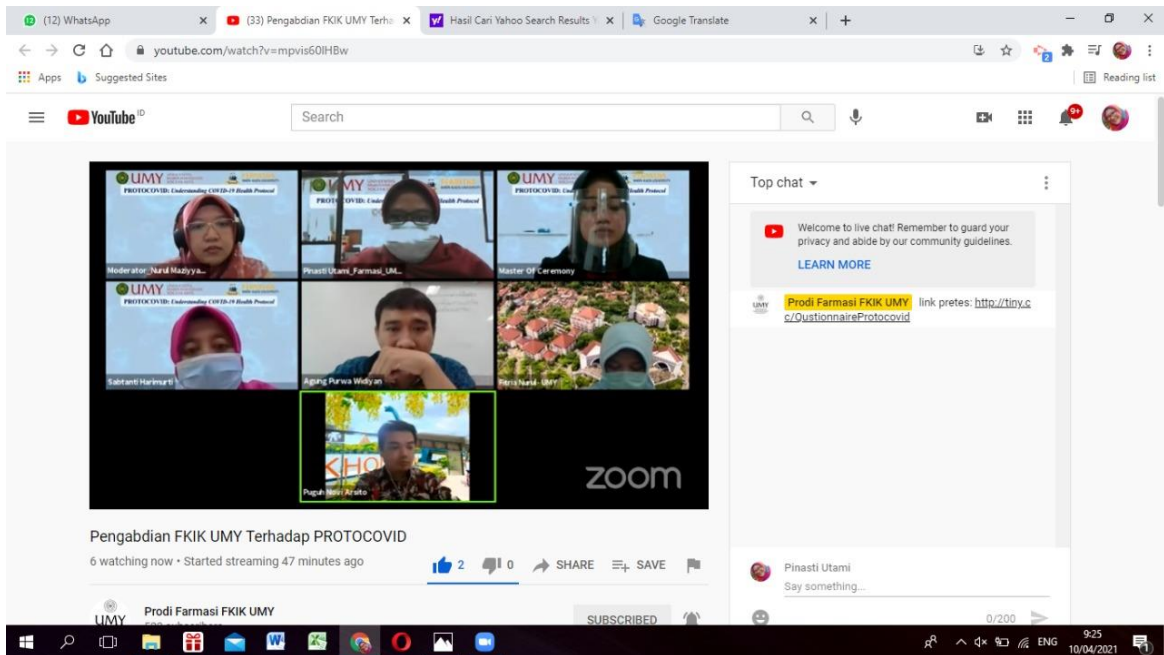


Figure 1. Online Socialization and Education About the Second Wave of the Covid 19 Pandemic, Vaccinations, and Starter Kits That Must be Prepared During the Pandemic.



Figure 2. Photo Implementation of Offline Socialization and Education About the Second Wave of the Covid 19 Pandemic, Vaccinations, and Starter Kits That Must be Prepared During the Pandemic

D1. The profiles of the participants of socialization and education are as follows.

1. Gender

The gender of the participants of socialization and education both online and offline can be seen in Figure 3 below. There are more female participants than males, it was 52.27% for females and 47.73% for males.

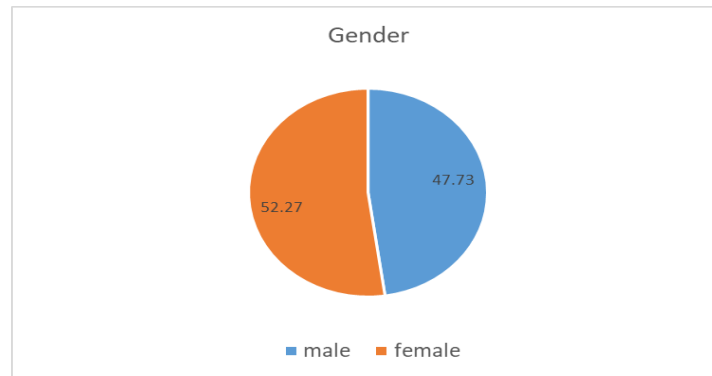


Figure 3. Percentage of the Gender of Participants in Socialization and Education About the Second Wave of the Covid 19 Pandemic, Vaccinations, and Starter Kits That Must be Prepared During the Pandemic.

2. Education

The profile of the participants based on their education can be seen in Figure 4 below. Most of the participants are postgraduate education (38.64%), followed by undergraduate (18.18%), high school (13.64%), elementary school (11.36%), doctoral (9.09%), uneducated (6.82%), and finally diploma education (2.27%).

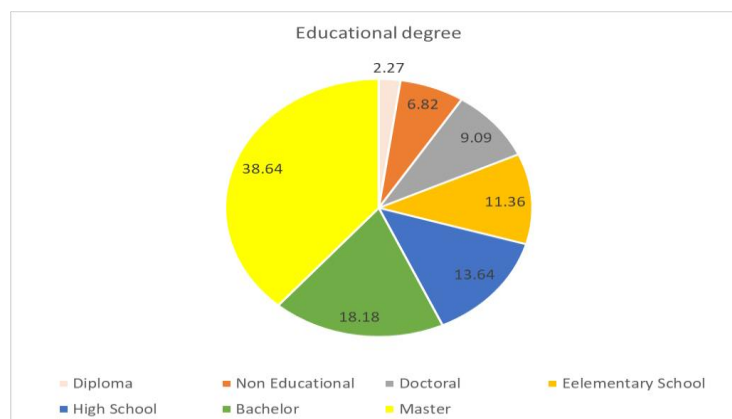


Figure 4. Percentage of Types of Education For Participants in Socialization and Education About the Second Wave of the Covid 19 Pandemic, Vaccinations, and Starter Kits That Must be Prepared During the Pandemic.

### 3. Occupation

The occupation profile of the participants in following Figure 5. Since the initial purpose of this service is students, most participants are students as much as 31.82%, followed by lecturers.

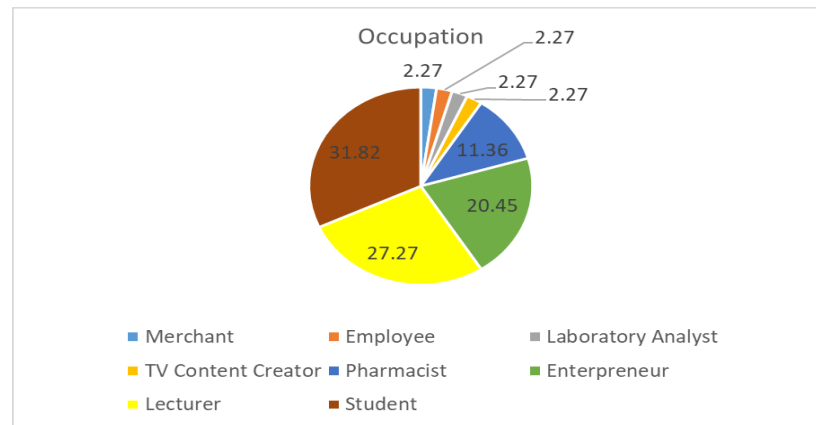


Figure 5. Percentage of Work Types of Participants In Socialization and Education About the Second Wave of the Covid 19 Pandemic, Vaccinations, and Starter Kits That Must be Prepared During the Pandemic.

### 4. Ages.

The profile of participants based on age is at most 26-35 years old as much as 34.09%, which is the appropriate age to study after graduating from undergraduate. Followed by age 17-25 years as much as 25%. The complete profile of participants by age can be seen in Figure 6.

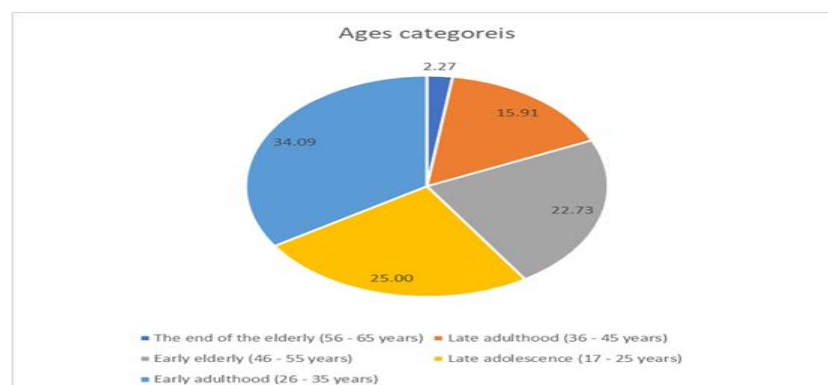


Figure 6. Percentage of Age Grouping of Participants in Socialization and Education Regarding the Second Wave of the Covid 19 Pandemic, Vaccinations, and Starter Kits That Must be Prepared During the Pandemic, Based on the Indonesian Ministry of Health in 2009.



## 5. Kewarganegaraan

This program is under an international community service scheme, therefore some foreign participants attended the program. The international participant comes from Thailand. The number of foreign participants was 4.55% of the total 44 participants. Participants' profiles by nationality can be seen in Figure 7.

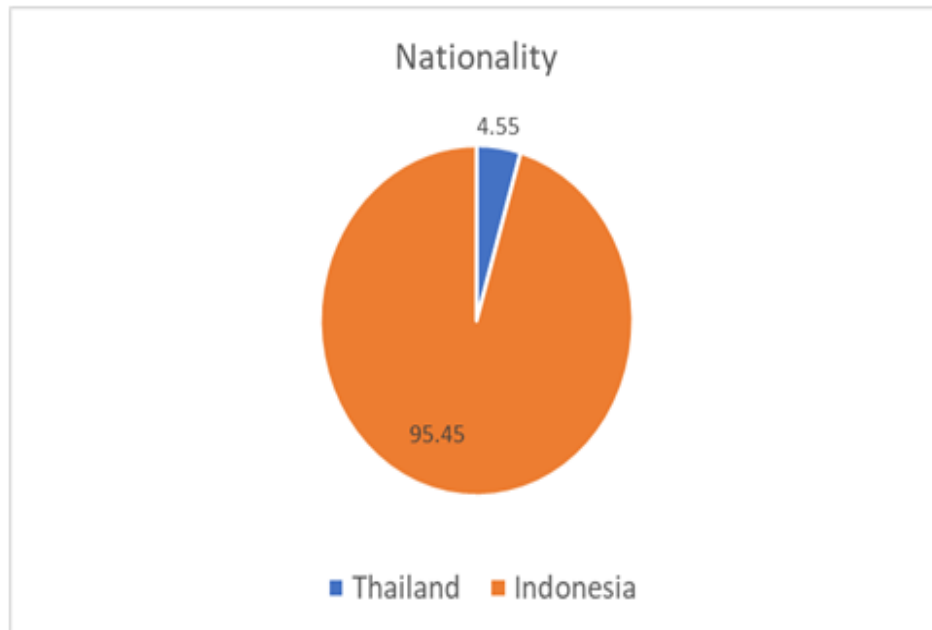


Figure 7. Percentage of Types Of Education for Participants in Socialization and Education About the Second Wave of the Covid 19 Pandemic, Vaccinations, and Starter Kits That Must be Prepared During the Pandemic.

D2. The readiness of participants regarding to the importance of preparing and carrying a Starter kit in preventing the spread of Covid-19.

The readiness assessment on the importance of preparing and carrying a starter kit when outside of the house was carried out by filling out a form for participants who are attending the socialization and education. Google form was used for the online program and paper form was used for the offline program. There are seven questions about whether to prepare and carry a Starter kit when leaving the house. The seven questions are as written in table 1 with the answers “yes”, “sometimes”, and “no”.

Table 1. Questions About Readiness to Bring a Starter Kit When Leaving the House During the Covid 19 Pandemic

No	Questions	“Yes”	“sometimes”	“No”
1	Did you bring a spare mask?			
2	Did you bring hand sanitizer?			
3	Did you bring your eating utensils?			
4	Do you bring your water bottle?			
5	Did you bring cleaning wipes?			
6	Do you disinfect the table/door handle/bus handle before using/touching it?			
7	Do you bring your tools of worship??			

By using these questions, data on the readiness of participants on preparing and carrying the starter kits were obtained. Here are the results of the evaluation based on data from the google form and the question form sheet.

1. Readiness on preparing and carrying starter kits for participants based on gender

Based on gender as shown in Figure 8, it can be seen that females are more prepared for preparing and carrying starter kits when they are outside the house. The answer "yes" was found to be 60.04% from the total of 7 questions. This may be because women are more prepared for things, especially about hygiene and health (Walker & Webster, 2007).

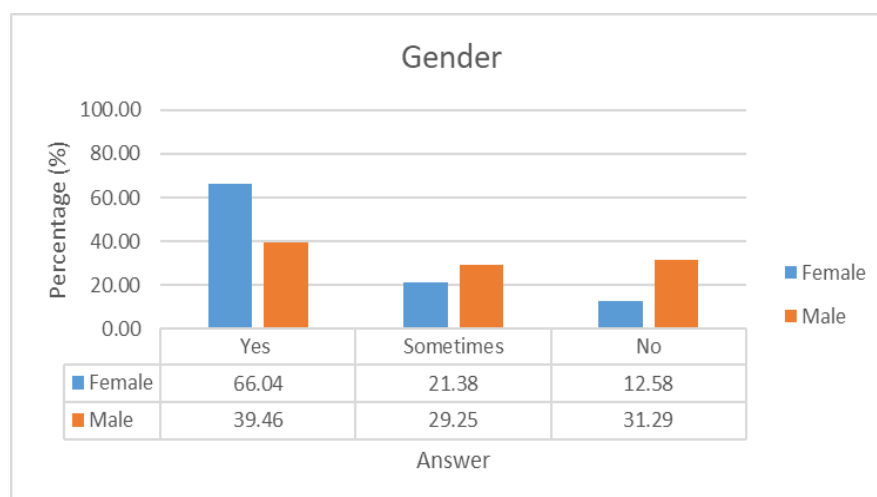


Figure 8. Percentage of Answers by Gender



2. Readiness on preparing and carrying starter kits for participants based on the education level.

Based on the level of education the majority of participants with doctoral degrees answered "yes". This is possible since the higher the education they more can understand the conditions that occur around them to be more alert if it will be dangerous (Brzezinski et al., 2020). The complete profile of answers by education level can be seen in Figure 9.

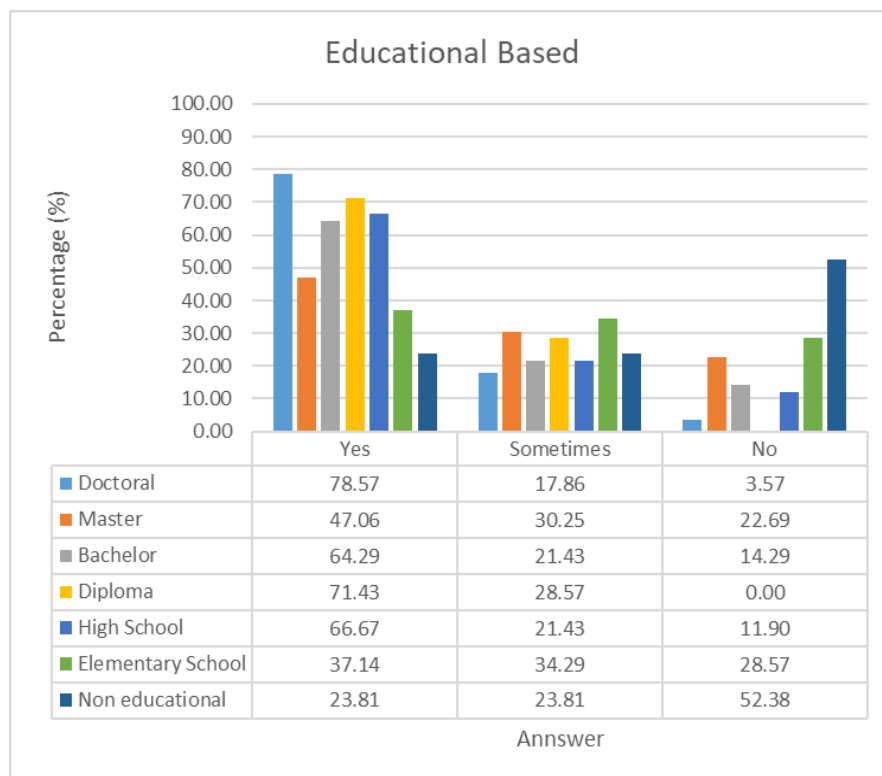


Figure 9. Profile Answers Based on Education Level.

3. Readiness on preparing and carrying starter kits for participants based on occupation

Based on the occupation of the participants, the most "yes" answers were from employees. Maybe because an employee every day at work carries out many procedures that have been regulated by superiors so that compliance with protocols is greater than others. The complete readiness profile can be seen in Figure 10.

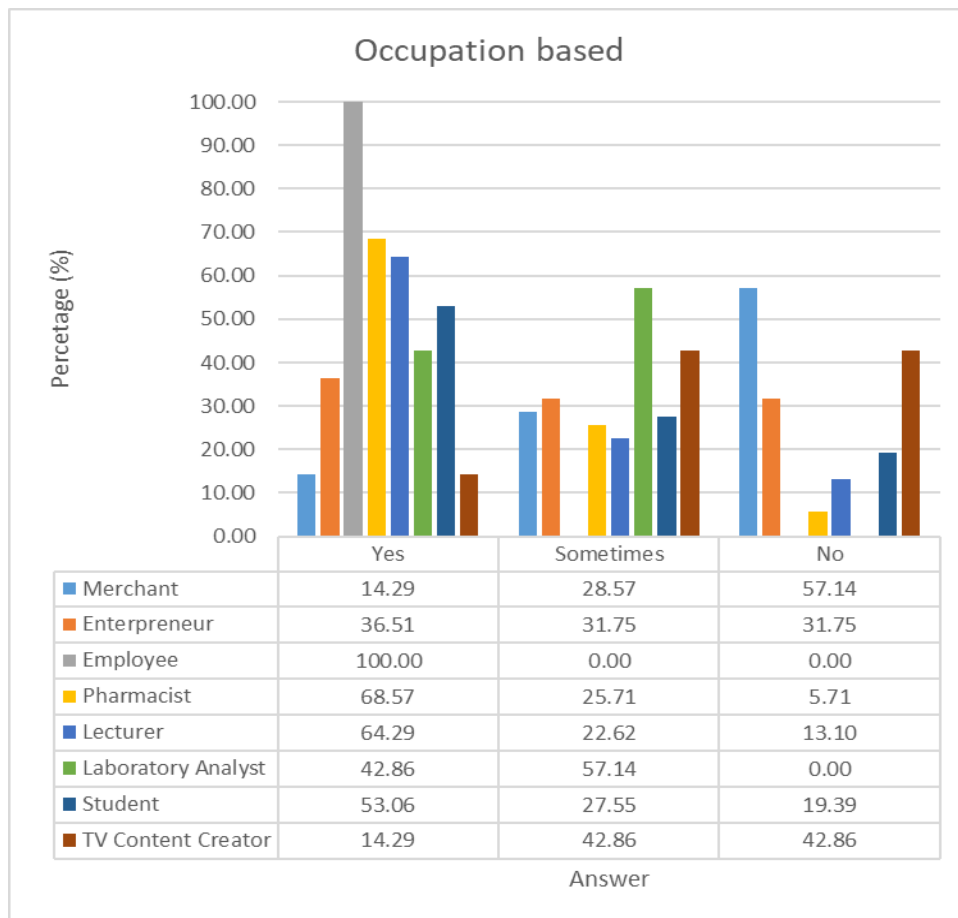


Figure 10. Profile Answers by Occupation

4. Readiness on preparing and carrying starter kits for participants based on age category according to the Indonesian Ministry of Health in 2009.

Based on the age criteria, participants in the 17-25 year age category answered “yes” at most, which means they are more prepared to carrying a starter kit when they leave the house. This may be because they are the most active person who likes to go outside. This data is synergies to the data reported by Larson et al (1996) which is reported that adults in grades 5-12 who are commonly in the school-age decrease the family time from 35% to 14% (Larson et al., 1996). The adult will have more time outside of the home far from their family. The profile of the readiness to prepare the starter kit based on the ages can be seen in Figure 11.

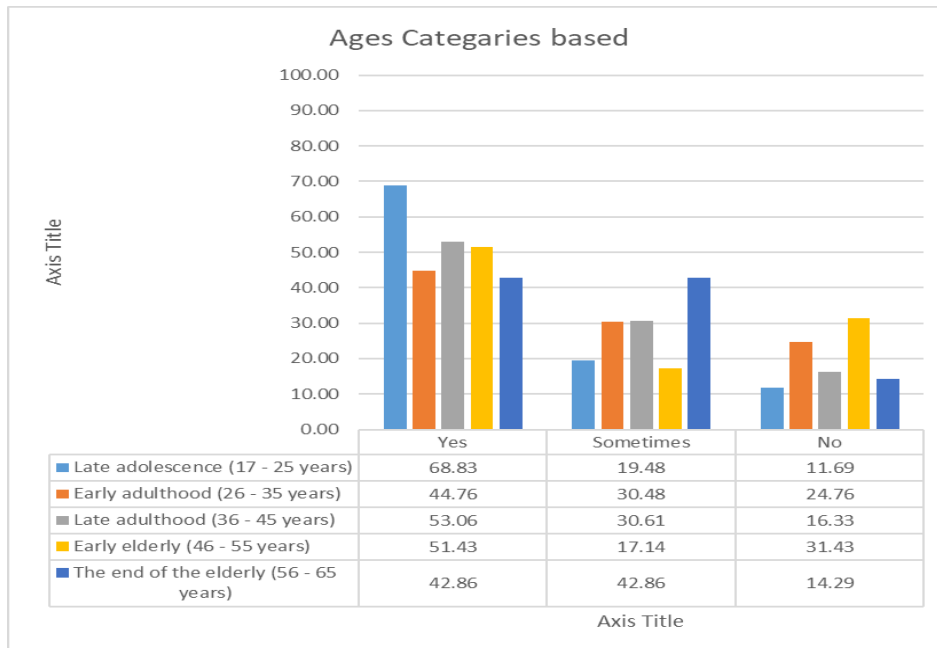


Figure 11. Profile of Answers by Age.

5. Readiness on preparing and carrying starter kits for participants based on Nationality.

Based on nationality, participants from Indonesia and Thailand gave a “yes” answer of around 50%. This proves that both Indonesian and Thai people have understood the importance of carrying a starter kit when leaving the house. The full profile can be seen in Figure 12.

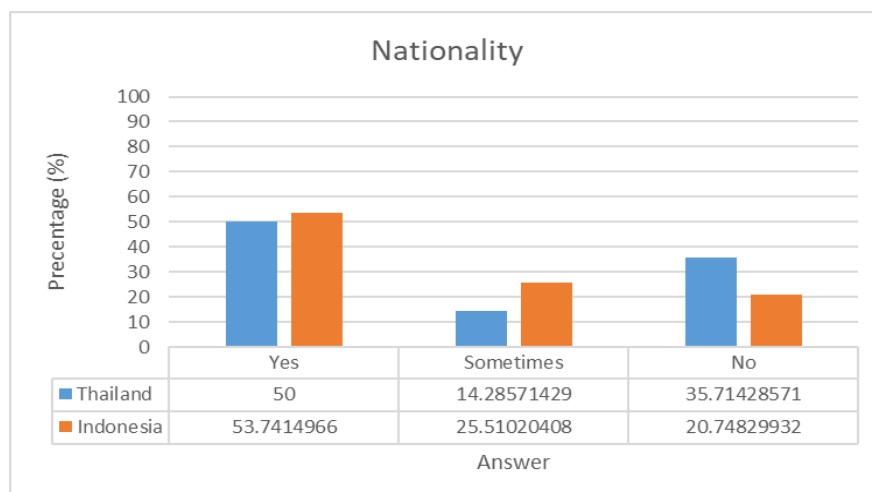


Figure 12. Profile of Answers by Nationality.

6. Readiness on preparing and carrying starter kits for participants in general

The results of the evaluation of readiness to provide a starter kit from all 44 participants are 53.57% answered "yes", 25% answered "sometimes", and 21.43% answered "no". Based on these results, it can be said that most people are aware of the importance of preparing a starter kit while outside the home to prevent the transmission of the Covid-19. With additional socialization and education about this pandemic, it is hoped that participants will be more aware and ready to face the pandemic safely. Figure 13 is the detail of the general answer by the participants.

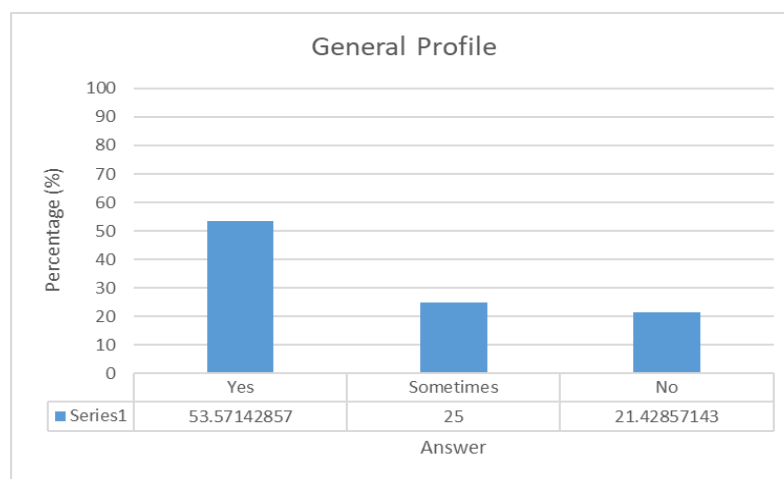


Figure 13. General Answer Profile for All Participants.

**E. Conclusion**

Based on the analysis results the readiness of participant of this community service to be ready with their starter kit could be captured. The readiness of participant to bring the starter kits from all online and offline participants, totaling 44 people are as follow: 53.57% of people answered "yes", 25 % of people answered "sometimes", and 21.43% of people answered "no", respectively. This data shows that most people are aware of the importance of preparing a starter kit while outside the house to prevent the transmission of the Covid 19 virus.

**F. Acknowledgment**

Highly acknowledgment to the partners, i.e., Permitha KKU and community leader in Karangtalun village, Wukirsari, Imogiri, Bantul for facilitating the program and to Universitas

Muhammadiyah Yogyakarta for the funding granted in the International Community service Scheme.

## REFERENCES

- Brzezinski, A., Deiana, G., Kecht, V., & Dijke, D. Van. (2020). *The COVID-19 Pandemic: Government vs. Community Action Across the United States* *The COVID-19 Pandemic: Government vs. Community Action Across the United States ú*.
- Cahyaningsih, D. T., & Muwahhid, S. L. (2021). KKN UNS COVID-19: Upaya Pencegahan COVID-19 di Dukuh Wirocanan RT 3/4, Kertonatan, Kartasura, Sukoharjo. *Proceedings National Conference PKM Center, 1*(1). <https://103.23.224.239/pkmcenter/article/view/51229>.
- Elgaputra, R. R., Sakti, E. Y. A., Widyandri, D. B., Azhari, A. R., Renatta, C., Rainasya, K., Madani, K. S., Gitawangi, S. V., Faradita, F., Pradyanti, S. A., & Musta'ina, S. (2020). Implementasi Sosialisasi Covid-19 Dalam Upaya Meningkatkan Kesadaran Masyarakat Terhadap Protokol Kesehatan di Kota Jakarta. *Jurnal Layanan Masyarakat (Journal of Public Services), 4*(2), 423–433. <https://doi.org/10.20473/JLM.V4I2.2020.423-433>.
- Henny Syapitri, Laura Mariati Siregar, & Frida Liharis Saragih. (2020). Pencegahan Penularan Covid-19 Melalui Sosialisasi Dan Pembagian Masker Di Pasar Pringganan Medan. *Jurnal Kreativitas Pengabdian Kepada Masyarakat (PKM), 3*. <https://core.ac.uk/download/pdf/353678363.pdf>.
- KKU. (2021, July 11). *KHON KAEN UNIVERSITY – มหาวิทยาลัยขอนแก่น*. <https://eng.kku.ac.th/>.
- Krisdamayanti, D., & Pujiwati, H. (2020). Membentengi Diri dengan Edukasi Pada Masa Pandemi Covid-19. *Tribute: journal of community services, 1*(1), 36–44. <https://doi.org/10.33369/TRIBUTE.1.1.36-44>.
- Larson, R. W., Moneta, G., Richards, M. H., Holmbeck, G., & Duckett, E. (1996). Changes in adolescents' daily interactions with their families from ages 10 to 18: Disengagement and transformation. *Developmental Psychology, 32*(4), 744–754. <https://doi.org/10.1037/0012-1649.32.4.744>.
- Mohammad Mulyadi. (2020). *Partisipasi Masyarakat Dalam Penanganan Penyebaran Covid, Kajian Singkat Terhadap Isu Aktual dan STRA*. <https://berkas.dpr.go.id/sipinter/files/sipinter-1005-907-20200713144733.pdf>.
- Ng, Y. M., & Or, P. L. P. (2020). Coronavirus disease (COVID-19) prevention: Virtual classroom education for hand hygiene. *Nurse Education in Practice, 45*, 102782. <https://doi.org/10.1016/J.NEPR.2020.102782>.
- Nia Kurniati, R. R., Siti Hidayatul Jumaah, Mey Susanti AS, & Lalu Masyhudi. (2021). Edukasi

- Pencegahan Penyebaran Corona Virus Disease (Covid-19) Pada Masa Tatanan Baru (New Normal) di Ruang Terbuka Hijau Pagutan Kota Mataram | E-Amal: Jurnal Pengabdian Kepada Masyarakat. *E-Amal: Jurnal Pengabdian Kepada Masyarakat*, 1(1), 13–20. <https://stp-mataram.e-journal.id/Amal/article/view/386>.
- Pariyatin, Y., Lestari, H., Anjani, W. S., Mulyadi, A. A., Yuliandi, A., & Ardiansyah, D. (2020). Meningkatkan Kesadaran Masyarakat Desa Mekarjaya Garut Melalui Program Relawan Desa Lawan COVID-19. *Jurnal PkM MIFTEK*, 1(2), 166–175. <https://www.sttgarut.ac.id/jurnal/index.php/miftek/article/view/861>.
- Rachmawati, Y., Ma'arif, M., Fadhillah, N., Inayah, N., Ummah, K., Siregar, M. N. F., Amalyaningsih, R., Aftannailah, F., & Auliyah, A. (2020). Studi Eksplorasi Pembelajaran Pendidikan IPA Saat Masa Pandemi COVID-19 Di UIN Sunan Ampel Surabaya. *Indonesian Journal of Science Learning*, 1(1), 32–36. <https://doi.org/10.15642/IJSL.V1I1.633>.
- Struyf, T., Deeks, J. J., Dinnes, J., Takwoingi, Y., Davenport, C., Leeftang, M. M., Spijker, R., Hooft, L., Emperador, D., Domen, J., Horn, S. R. A., Bruel, A. Van den, & Group, C. C.-19 D. T. A. (2021). Signs and symptoms to determine if a patient presenting in primary care or hospital outpatient settings has COVID-19. *Cochrane Database of Systematic Reviews*, 2021(2). <https://doi.org/10.1002/14651858.CD013665.PUB2>.
- Ulfa, Z., Ulfa, Z. D., & Mikdar, U. Z. (2020). Dampak Pandemi Covid-19 terhadap Perilaku Belajar, Sosial dan Kesehatan bagi Mahasiswa FKIP Universitas Palangka Raya. *JOSSAE (Journal of Sport Science and Education)*, 5(2), 124–138. <https://doi.org/10.26740/jossae.v5n2.p124-138>.
- Walker, E. A., & Webster, B. J. (2007). Gender, age and self-employment: some things change, some stay the same. *Women in Management Review*, 22(2), 122–135. <https://doi.org/10.1108/096494207110732088>.
- WHO. (2021). *COVID-19 Weekly Epidemiological Update*. <https://www.who.int/publications/m/item/weekly-epidemiological-update---27-january-2021>