

Efforts to Prevent the Spread of Viruses with Local Wisdom in Indonesia

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Abstract:- Preventing viruses in Indonesia by utilizing local wisdom in Indonesia. Many local wisdoms start from involving community organizations, spices on food drinks to increase immunity, sunbathing in the morning while still a toddler. The addition of variative virus infection is not linear and exponential. The quasi-experimental method is a study that resembles experimental research but based on other people's experiments based on secondary data, cannot get primary data, because stay at home and those infected are unknown, as well as covid task force officials based on the mainstream media. Aside from local wisdom preventing spread is also based on HSE management, the main thing is doing Activity Safety Analysis. In the application of HSE with persuasion to the public to make provisions not infected with the virus that is physical distancing, stay at home, enhance immunity, live healthy, use a mask.

There are 5 aspects that help in Activity Safety Analysis, namely the community prevents the spread of viruses, personal protective equipment, materials for socialization, environmental cleanliness, analyzed methods of practice community activities.

The main prevention conclusion when a country is suffering from an epidemic is to prevent anyone from entering the country, but Indonesia does not prevent entry from non-Indonesian citizens, if Indonesian citizens from abroad also have to undergo quarantine for 20 days, if there is a virus even without symptoms, it has recover.. If the virus has already entered, then local wisdom is preferred to drink, eat lots of spices, always wash hands, change clothes, take a bath when outside the house, sunbathe in the morning, community organizations from the smallest level, namely the neighborhood, are involved to persuade people to stay at home home

Keyword:- Local Wisdom, Clean and Healthy Life, Community Organization.

I. INTRODUCTION

Countries that have a virus impact after China, should make steps to overcome the virus to enter the country. In principle, foreign tourists, workers or foreign experts are not allowed to enter Indonesia country. In addition to their citizens, in this case Indonesian citizens who enter after traveling must have a PCR and quarantine test of 21 days. It should be noted that border areas are sometimes easy for foreign parties to enter, even though they are used to getting in and out, but when there is a Covid virus in Wuhan it must be closed or checked by PCR, until the PCR results are negative

Tackling epidemics, especially viruses that spread rapidly in humans, must be dealt with quickly, appropriately, systematically and utilizing applied usual engineering to communities, especially workers who achieve prime and clean HSE. The author is from a construction profession. The President of the Republic of Indonesia has established a Task Force for the Acceleration of Handling. The Task Force is under and Responsible to the President. Task Force for acceleration of handling consist of 3 group

Prevention, Handling, Rehabilitation. Prevention involving elements of society To achieve Public Safety for COVID-19 is not merely engineering but also involves the organizational structure of society in Indonesia, which has been decades, especially since Indonesia Merdeka 1945, The point is that Indonesian people who are united, cooperating need to be empowered to overcome covid virus spread 19, Besides that religious leaders who are researchers of the Koran, because the information are able to describe stay at home, do not reduce the humanity in priority and devotion to worship . Likewise other religious leaders who are non-Muslims must be able to influence devout people to prevent the spread of the virus. For people who violate can be driven by humiliating the community, so that they immediately disperse by utilizing local wisdom that is ringing the bell code for a crowd disperse, breaking, not keeping distance, not using self protective tools.

This paper is specifically focused on preventing the spread of the covid 19 virus, not handling patients infected with the virus, only what is done in order to achieve HSE so as not to be infected with the virus even if only ODP (people in monitoring) . Public Safety for COVID-19 This paper explains how well public safety can be ensured with applications. The approach with Activity Safety Analysis is a method for examining the potential for rapid virus spread that exists at every step of the community, then determining the appropriate security measures so that the rapid spread of existing viruses can be eliminated or controlled. The implementation of Activity Safety Analysis must be carried out in a planned manner, if necessary, ask for the help of expert consultants, Corona Virus, especially Covid 19 and in collaboration with public health experts who are usually involved directly in the community. The Public Safety for covid-19 approach is a process carried out by HSE (Health Safety Environment) which is carried out in the construction sector.

II. METHOD AND DATA

The HSE engineering approach, prevents the persuasive spread of the virus to the community, by involving the community through a tiered community organization structure. The Quasi Experimental Method is based on secondary data from electronic and social media and expert opinion. Spread very quickly in tropical countries should not occur because the sun all year round, drinks and food lots of spices, local wisdom strengthens the immune system.

Laila Ahmadi from China, Faculty of Medicine, Zanjan University Corona virus arrives in any country, sooner or later there is no doubt that many countries do not have diagnostic tools or devices, so Please use as much as possible * Natural Vitamin C * to strengthen your immune system. The virus currently does not available a vaccine and there is no special treatment. Unfortunately, due to genetic mutations that make the virus very spread quickly the disease seems to be caused by the incorporation of genes in snakes and bats, and has gained the ability to infect mammals, including humans.

Professor Chen Horin, * CEO of Beijing Military Hospital, says: slices lemon in a cup in warm water can save your life.. Lemon is cut into three pieces and put in a cup, then pour hot water and turn it into (alkaline water). One way to increase endurance, is to consume traditional spices. Some examples include the curcuma , ginger, lemongrass, turmeric or cinnamon. clinical nutritionist Saptawati Bardosono said on CNN Indonesia.com via text message, although Saptawati acknowledged that there was no scientific evidence that could explain the relationship between herbs and endurance. But this practice has been carried out since the days of our ancestors. And the result, spices do store a variety of benefits including health benefits

Tribunnewsbogor.com article titled Bogor Mayor Leaks / saying Potions Drink During Isolation. Apparently,

in addition to following strict isolation and taking drugs given by doctors. The Mayor of Bogor also claimed to continue to do sports, even indoors. Every morning, he also regularly bask in the sun although only relying on the sun coming in through the window in his room.

From the first ancestors of the people of Indonesia taught the ancestors Wash their hands and feet before entering the house, provide a water can in front of the house. Planted Moringa and Betel, clear vegetable Moringa, but the easier generation prefer to eat instant noodles.

Ginger made herbs, turmeric tamarind, the key to being healthy, but the younger generation prefer to take medicine from chemicals ... Now there is a virus just remember washing your hands and drinking herbal medicine. "

Our ancestors from their direct experience remembered so that experimental research. Among other things, if someone dies, children often get fever. His father / mother joined in mourn. From go people home mourn that bring disease. Finally tried to smear the onion oil, then the father / mother before touching her child must shower first. And it turns out that right, after doing so the child does not have a high fever anymore even though his father / mother back from mourned home . The incident was made an experiment so that "it finally became a tradition

According to oral information that Indonesia is high in temperature, sunshine, high humidity, viruses are more easily destroyed.

If South Korea fights the new corona virus (COVID-19) by relying on its technological capabilities. The country has a sophisticated digital platform for big data mining, together with artificial intelligence (AI) and Korea leads the technology front. If Indonesia is not yet in the high tech, neighboring Korea and other developed countries , indonesia will use local wisdom, traditionally systemized, but also rely on traditional systems. systems engineering commonly used in the construction field.

III. DISCUSSION

April, 18. 2020 The Chairperson of the Indonesian Medical Association stated that the number of deaths in Indonesia due to the coronary virus (COVID-19) reached 1,000 people per day today. However, the data submitted included the death of a patient under surveillance. So far, PCR tests that determine a patient positive for corona are indeed still limited in Indonesia. Since the beginning of March until today, new PCR tests have only been carried out on 45,378 specimens from 39,442 people. The average PCR test results obtained are still below 1,000 per day.

This article has been published on Kompas.com Based on data compiled until Wednesday (4/22/2020) at 12.00 West Indonesian Time, there were an additional 283 Covid-19 patients in the last 24 hours. The increasing number of

patients has caused a total of 7,418 cases of Covid-19 in the country, since this case was announced as of March 2, 2020. This was revealed by a government spokesman for the handling of Covid-19 Achmad Yurianto at a press conference at Graha BNPB on Wednesday afternoon. "Positive cases to date are 7,418 people and 39,943 whose results are negative. Meanwhile, the number of people in

the examination (ODP) so far there are 193,571 people known. Then, there were 17,754 patients under surveillance (PDP). Until April 22, 2020, Indonesia ranked 35th infected with the virus according to (Sampai 22 April 2020, Indonesia peringkat ke 35 terinfeksi virus menurut)Data Worldmeters. the Corona Handling Acceleration Task Force.



Fig 1:- Resource: Health Ministry : Grafic of corona virus March 2-April 2,2020 in Indonesia. The addition of variative virus infection is not linear and exponential

The Corona Handling Acceleration Task Force announcement

“The number of Corona ODP until Sunday (10/5) reached 248,690 people, or increased by 1,843 people compared to the previous 24 hours. The number of PDP reached 30,317 people, or 627 more than the previous day. The COVID-19 virus has spread in 34 provinces and 373 districts / cities throughout Indonesia”. "Corona Indonesia Update May1 10,2020 & Data Covid-19 Recent World", <https://tirto.id/ffR2>”

“29 April 2020 is as follows: Number of new cases 347 people. Total positive cases 10,118 people , Total

Patients Died: 792 people , Total Patients Cured 1,522 people , Total Patients Treated 7,804 people , Total Number of Patient under examination PDP 21,827 people, Total Number of Insider Monitoring ODP Orang dalam Pemantauan 230,411 people.

Affected areas in 34 provinces 310 districts / city Number of specimens examined PCR tests: 94,599 specimens Number of cases examined specimens: 72,351 people Read the full article in "Corona Indonesia Update April 30 2020 & Data Covid-19 Recent World", <https://tirto.id/ffR2>”

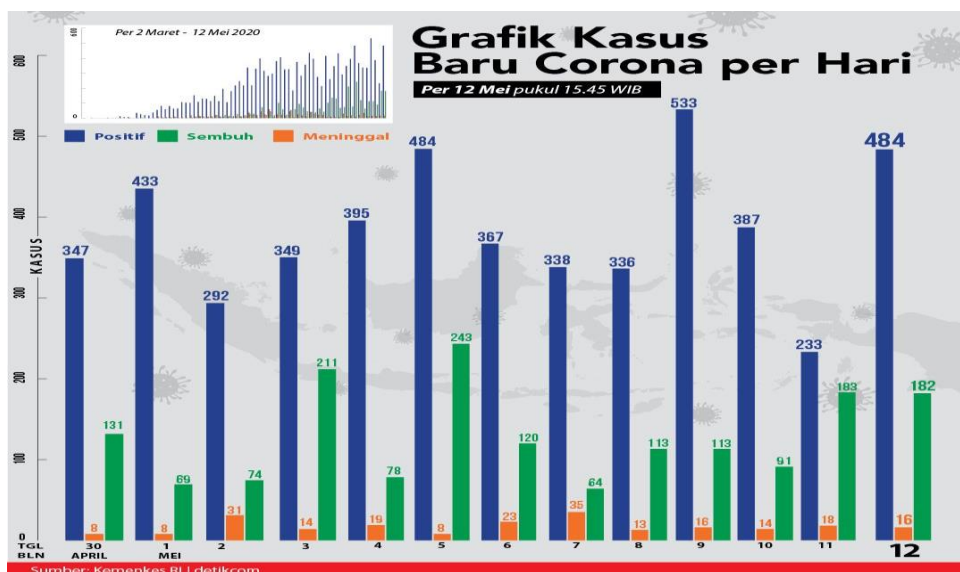


Fig 2:- Corona Indonesia Update April 30 2020 & Data Covid-19 Recent World", <https://tirto.id/ffR2>

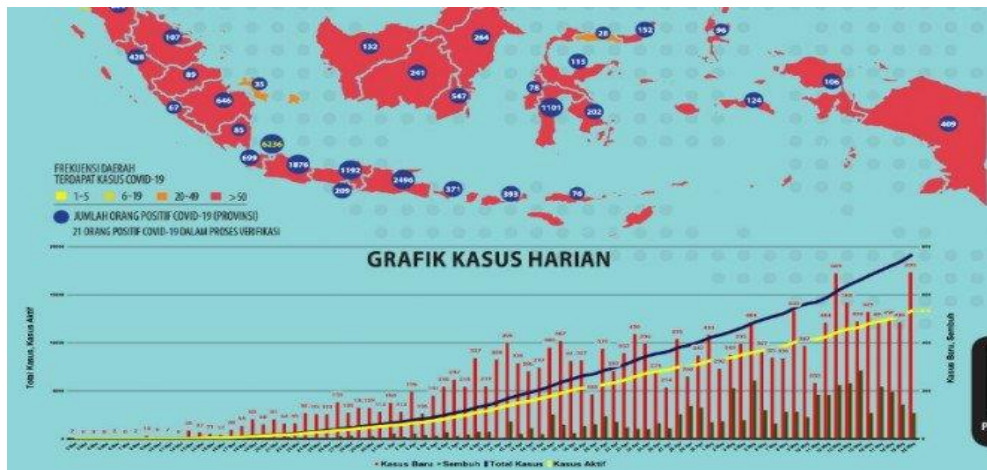


Fig 3:- Corona Indonesia Update May 20, 2020 Resource Covid19.go.id

Electronic media and social media play an important role in preventing the spread of the Covid 19 virus and preventing people from experiencing fear, worry, insecure, uncomfortable physiology that will reduce the immunity of each individual. While the virus is resisted only with high or prime body immunity. The media in guiding events or discussions or news, do not, as currently say, according to the government's warn, we must WFH, Physical Distancing, Use Masks, always clean hands with soap, clean the house with disinfectants. But it must be explained to do all that because of individual interests, with the people around us that we love and the environment. The media gives enlightenment when other people or the community environment people are under surveillance, the patient in the examination is even infected with the Covid 19 virus then the potential for more individuals is infected with the virus.

Do not let the Indonesian people immune dropped, must be high immune because Indonesia is fortunate with the sun throughout the year, high humidity so that people can be comfortable exercising. Habit or ancestral heritage to enhance immunity with spices. Food, beverages inherited from many ancestors using spices. Indonesian soil is fertile, so it is easy to grow spices. Habit of clean living has been exemplified and has been applied by ancestors by being handed down to its descendants

Benefits of implementing Activity Safety Analysis

- Can prevent the spread of the virus quickly. Can determine the right method to eliminate or control the conditions and actions that can prevent the spread of the virus
- Can determine the right type of safety equipment according to the type of activity and can determine the qualifications of officers, such as: health conditions, special skills or abilities needed, firmness and authority. The spirit of the Indonesian people who are members of various communities has contributed to various medical needs, including Hazmat. Hazmat voluntary assistance from Indonesian people may not yet meet the requirements as Hazmat provisions. Precise, safe haze based on bio hazard safety PPE (Personal Protective Equipment) material is 75 gm antibacterial PPE medical

spunboard, sewing uses ultrasonic seaming machine, prohibited stitching with needles and threads except on the circle of hands and feet using rubber when using ultrasonic will make saggy rubber , the wrist should be covered with handscone and ankle covered with a shoe cover. Should not use threads, needles perforate 0.4 mm while a virus size of 0.3 nanometers or 0.003mm gives the virus a gap. After sewing, the sanitizing bleach process is carried out with a 1: 1 composition using a sanitizing machine. Then sterilization pre-pressure with low pressure sterile chamber (3 days). After that, the UV process for 5 minutes. After completing the hazmat input into the plastic vacuum and antibacterial process first. Convection manufacturers who sew Self Protective Tools .Hazmat without thinking about safety aspects. will make hazmat donations with ordinary sewing machine stitches, think of those medical personnel who will wear them, many of them also do not understand SOP. Even if it has already been produced, the hazmat, if later it will be used, must be coated with Surgical Gown in order to become PPE phase 2., it is sought to be comfortable so that the medical team is not easily infected with the virus. number of shifts per day. This must be socialized from the beginning, so that the people who will hold it directly help by making, the material is appropriate

- Can make it easier to formulate standards for the implementation of activities that are in line with the demands of healthy public health, safety and a clean environment including instruction, education and training
- Application of safe activities standards will convince every community to carry out activities on line, there is not much human and safe movement so they can work more productively
- Activity The Activity SA summary formulation can be used as a checklist when evaluating the performance of a Covid 19 control group at work
- Reducing contracting the virus due to activity.
- Any rapid spread of the virus that emerges can be identified and the covid control group Covid 19 establishes risk control, so that if its implementation is controlled, it can reduce transmission

- Activity Safety Analysis can assist in the investigation of transmission even before the outbreak
- If an infection occurs in an activity that has been analyzed, then using the results of the analysis, the Covid 19 control group can find out the cause of the contagion after the Neighbor's Circle determines the necessary repairs.
- Carry out commitments of yourself, community groups, local government and central government so that the virus does not spread. Commitments include maintaining physical distancing, always washing hands, cleaning the environment, using masks
- Ensure that the procedures for carrying out community activities are safe to spread the virus.
- The procedure of the activities carried out is a procedure to eliminate or inhibit the spread of the virus until the virus disappears from the community and the face of the earth.

Benefits of Applying Activity Safety Analysis

- Find the spread of the virus quickly
- Determine the type of safety device. Safety mask for people, always wash hands
- Formulating activity standards with on line, physical distancing
- Application of safe activity standards. Standardize the procedures for the activities of personnel / individuals, community groups
- As a step-by-step checklist of the Rukun-Tetangga management, the Rukun Warga management, youth / youth group management, village, sub-district, local government, Covid 19 task force, central government
- Reducing the spread of viruses & diseases caused by viruses .Ensure that procedures for community activities are safe and that the spread of the virus decreases even if there is no spread
- Assist in the investigation of the spread of the covid virus 19

Preparing Analysis Safety Activity

The involvement of all stakeholders in stages from the management of Rukun-Tetangga, management of Rukun-Warga , administrators of youth / youth groups, villages, sub-districts, regional governments, Covid 19 task force, central government

- Education and training
- Setting goals and objectives
- Selection of priority activities that are urgent, semi urgent and complementary activities
- Work that has the potential to spread the virus (reports from all management, the community)
- New potential activities, decreased activity and decreased activity
- The work to be reviewed spreads the virus because it cannot be WFH and cannot be individual.
- Work that is considered to spread the virus quickly, accelerate the spread of the virus
- All activities in general
- Management involvement
- Commitment of all administrators from a small to widespread level, all communities must be involved is

very necessary because the focus is no spread of the virus sometimes causes a change in the procedure of activities tailored to habits, culture, natural and social environment.

• Education and Training

⊖ Every management up to the covid control group team of personnel involved in controlling the spread must obtain an explanation of the intent and purpose in order to harmonize their role in controlling the spread of the virus

• Setting Goals and Objectives

Covid control group 19 to the level of neighbors of the needler set the target to be addressed and prepare a plan to achieve it.

• Selection of Employment Priotas

- ✓ Rapidly spread of virus work (based on the spread of viruses in the past year or century, experience or data from other countries, reports from previous medical teams, results of community research, research institutions, universities),
- ✓ New work with activities in the Neighboring Room, closed and moist and not exposed to the sun
- ✓ Work to be reviewed spreads the virus even if it is asymptomatic (carrier)
- ✓ Jobs that are considered potential to spread the virus quickly, spread the virus but no one is infected with the virus.

Note : Rukun-Tetangga (RT) is a community group in the neighbor hood, while Rukun-Warga (RW) is a collection of several (skitar 3- 10 RT) Rukun-Tetangga. Each has a leader

The Chair of the Task Force explained that the organization implementing the task force for the Corona Handling Acceleration Task Force would be divided into three task force (Satgas) sub-clusters namely prevention clusters, handling clusters and rehabilitation clusters. This writing discussion is focused on prevention. That the task force prevention cluster is to prevent and mitigate the spread of the corona virus. The handling cluster will conduct surveillance, tracing and care for the unhealthy people and perform maintenance

IV. ANALYSIS

Prevention is better than cure, a special country of Indonesia must consider a disease caused by a virus because its spread is fast and the main depends on society, environmental cleanliness. In addition, preventing the entry of this virus by means of every other citizen and Indonesian citizen from abroad must be examined and quarantined for 21 days. After being confirmed not to carry the virus or the carrier cannot continue his journey within Indonesia. It certainly has an impact on the Indonesian economy because there are no tourists or movements of people. But less benefit compared to having spread virus in Indonesia, the high cost economy, less productivity of small and large communities. Indonesia is a tropical country with high

humidity, consumption of spices that have been around for a long time, an ancestor for boosting immunity. In addition, Indonesia is also a community structure organization and tiered with groups of Karang-Taruna children, which can be involved reduce viruses spread. The social organization structure coordinates with the tiered Covid Task Force. The task force with the community, especially in the Rukun-Tetangga, Rukun-Warga and the village, the community will be further improved.

Aspects related to Activity Safety Analysis

There are 5 aspects that help in Activity Safety Analysis

- The community, individuals and groups are responsible for preventing the spread of the virus
- Self-Protective Equipment Equipment include masks, gloves, frequent hand washing, clean living yourself, family and community.
- Materials for socialization include posters at exits, entering the community, task forces, and the surrounding regional government using loudspeakers. Means for learning and working at home are facilitated by the local and central government
- Environmental cleanliness is regularly cleaned and sprayed with disinfectants
- The method of practice of individual or group activities in the analysis

Guidelines for Manufacturing Activity Safety Analysis

To ensure the consistency of the Activity Safety Analysis application. There are two basic things, viz

- Do what is right the first time (Do right at first time)
- Write what was done and do what was written)

Steps of Activity Safety Analysis

- Activities that spread the virus quickly
 - Activities that spread the virus quickly
 - New activity
 - Activities to be reviewed
 - Work that is considered to spread the virus quickly
 - All activities in general
- Describe the activity
 - The participation of experts
 - Explain the purpose and purpose of Activity Safety Analysis
 - Prepare a worksheet that has a complete item in preventing the spread of the virus, among others,
 - ✓ Rukun-Tetangga, Rukun-Warga level, Karang Taruna, Kelurahan (village), District, District (district), province, central
 - ✓ Responsible for violations
 - ✓ The cause of lack of community awareness in maintaining distance, for example economic demands, need entertainment, family and organizational events
 - ✓ The cause of immunity is not good or decreased for example stress, lack of enthusiasm for a healthy life (exercise, healthy food, lifestyle such as staying up late, smoking)

- Describe the activity (Don't be too detailed and long)
- Record all activities
- Discuss the stages of activity
 - Identify the potential spread of the virus quickly
 - Identify the potential spread of the virus quickly
 - Analyze and detail the potential spread of the virus quickly
 - Recorded on a worksheet
 - Show records to the coordinator in stages
 - Consult and discuss
- Determination of control efforts from the neighborhood to the Central Government level
 - Other ways / ways for the community to have the awareness to eliminate the spread of the virus
 - Changing the physical state, mechanical, environmental activity so that the virus is destroyed or eliminated
 - Changing the activity procedure if there is something that doesn't prevent the virus from spreading quickly
 - Changing the frequency of activities, fast-moving activities prevent the virus from spreading by controlling the community and the environment with cleanliness
 - Giving Self-Protective Equipment for underprivileged people but still must have economic activities
 - Overcoming the rapid spread of the virus always ask neighbors
 - ✓ Can it be done in another way
 - ✓ How should it be done?

Steps of Activity Safety Analysis

- Determine the types of economic, social, political, social activities, especially the Neighborhood Association
- Describe withhold offensive activity
- Rapid identification of potential virus spread
- Take action to control the spread of the virus quickly or no spread.

Risk Control Hierarchy

- Personal Protective Equipment : using as the less resort appropriately design and properly fitted equipment where other controls are not practicable
- Administration : adjusting the time or condition of risk exposures
- Elimination : Modification to the process method or material to eliminate the hazard completely
- Training : Improving skill therefore making task less hazardous to persons involve
- Substitution :Replace the material, substance of process with a less hazard one
- Separation : Isolating the hazard from person by safeguarding, by space or time separation

Remember the risk hierarchy is only a guide to the type of actions required

Safety Activity Observation (A.S.O)

A.S.O is a method of observing an activity to improve community HSE. This activity is carried out at any time when there is an outbreak or pandemic

Aiming at improving HSE by suppressing and even eliminating the spread of the virus through observing community activities, checking public health, community ways of doing creativity

Staging observers / coordinators to the community implement HSE (Healthy, safety, environment). Includes:

- Assessment of the risk of danger of spread such as close house environment (limited sun), slump area, unhealthy lifestyle
- Assessment of How to Work that is not safe, must be done at once by the group
- Assessment of safe working methods, due to a healthy environment, physical distancing, healthy lifestyle of the local community
- Make corrections, in areas that are less or not safe
- Reward safe work

Benefits of ASA: prevent the spread of viruses with good community HSE.

Tips

- Record the activities that need to be conserved from the results of the checklist
- Create an ASA schedule, a small environment that is Rukun-Tetangga, Rukun-Warga, Karang Taruna daily, Kelurahan, kecamatan weekly, region (bi-weekly district)
- Make observations without being forced, observations in stages from the Rukun-Tetangga level
- Always interactive with community activities, invited to dialogue, motivated to avoid spreading the virus
- Put a communicative image in a strategic place eg the entrance / family alley
- Community activities that are not in accordance with the provisions prevent the spread

Follow up handling community violations

- The management in stages including the coordinator checks public health if there is direct community violation, minimal rapid test.
- Test results if there is an indication of ODP, the person signs an agreement of self-isolation with provisions, assistance and sanctions.
- Coordinating with the management (tiered) or coordinator why the violation occurred, was given a sanction by the manager or coordinator, namely community service to clean the environment together with family members of the ODP.
- Guidance to management which is attended by the local community so that if there is a violation the community is given sanctions, likewise administrators who are reluctant are given sanctions. People with push ups or other sports, while administrators must work voluntarily

If South Korea fights the new corona virus (COVID-19) by relying on its technological capabilities. The country has a sophisticated digital platform for big data mining, together with artificial intelligence (AI) and Korea leads the technology front. If Indonesia is not yet in the future technology, as neighboring Korea and other developed countries, Indonesia will use local wisdom, traditionally systemized, but also rely on regular systems as systems engineering commonly used in the construction field.

V. CONCLUSION

Most ideal to prevent the entry of the virus into a country by closing people from abroad, especially from China, both Indonesian citizens and foreign citizens. But if it has already entered the virus certainly has to reducing its spread.

Efforts to prevent the spread of the virus in Indonesia are not by high technology like in South Korea but by utilizing local wisdom that has been from the days of Indonesia's ancestors, involving existing community organizations, maintaining health with spices, living healthy and clean, sunbathing like when a small Indonesian child is definitely sun-dried by his parents, before entering the house he must wash his hands, wash his feet, take a shower after traveling. Maintain distance and community motivation to family at home by motivating awareness, but the main needs of the community are provided. The community is motivated and facilitated to supply their own food, especially plant if there is no land with hydroponics, even if animals are like fish, chicken in a cage, carbohydrates by growing sweet potatoes, potatoes and tubers that can be planted in pots, so that dependence on a small supply. Certainly given counseling from experts in agriculture, plantations, animal husbandry through electronic media and social media. In addition, the community was given a hatchery method, although initially from the local government.

Involving all stakeholders, namely the family, the smallest community to the state can reduce the spread of the virus by persuasive, awareness and motivation, in addition to the food needs of the family environment, must contribute to the family although the percentage varies depending on the level of understanding, social environment, natural environment, weather .

Covid virus HSE Neighbor Neighbor protection of people from being infected or infected with a virus

- The benefits of HSE guarantee to eliminate the spread, or minimize the decrease in the spread of covid viruses.
- The rapid spread of the virus, will cause economic losses both directly and indirectly, declining production results, hampered the progress of society, nation and state
- Every community that has potential ODP Persons in Oversight, PDP Patients in examinations must be analyzed, reported as a model to prevent similar incidents.

- The procedures for reporting and analysis to prevent the spread of the Covid 19 virus have been regulated by regulations issued by the Indonesian government.
- Report on the spread of the virus is very useful as a material policy both National, regional and at the level of the Rukun-Warga, Rukun-Tetangga
- Indonesia as a member of the United Nations is responsible and reports at the International level (WHO).

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