



HEALTHY LIVING PATTERNS TO PREVENT COVID-19

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ABSTRACT

Viruses are one of the causes of infectious diseases that need to be watched out for. In the last 20 years, several viral diseases have caused epidemics such as severe acute respiratory syndrome coronavirus (SARS-CoV) in 2002-2003, influenza H1N1 in 2009 and Middle East Respiratory syndrome (MERS-CoV) which was first identified in Saudi Arabia in year 2012. On December 31, 2019, China reported a case of mysterious pneumonia of unknown cause. Within 3 days, the number of patients with these cases was 44 patients and continues to increase until now there are millions of cases. Initially, the epidemiological data showed that 66% of patients were related to or exposed to a seafood market or live market in Wuhan, Hubei Province, China. Samples of isolates from patients were studied with the results showing the presence of coronavirus infection, a new type of betacoronavirus, named 2019 novel Coronavirus (2019-nCoV). On February 11, 2020, the World Health Organization named the new virus SARS-CoV-2 and the disease name as Coronavirus Disease 2019 (COVID-19). The corona virus is the main pathogen causing an outbreak of respiratory disease. On March 11, 2020, WHO announced that COVID-19 was becoming a pandemic in the world.

Keywords: Covid-19, Healthy Living.

INTRODUCTION

Viruses are one of the causes of infectious diseases that need to be watched out for. In the last 20 years, several viral diseases have caused epidemics such as severe acute respiratory syndrome coronavirus (SARS-CoV) in 2002-2003, influenza H1N1 in 2009 and Middle East Respiratory syndrome (MERS-CoV) which was first identified in Saudi Arabia in year 2012. [1] On December 31, 2019, China reported a case of mysterious pneumonia with no known cause. Within 3 days, the number of patients with these cases was 44 patients and continues to increase until now there are millions of cases. Initially, the epidemiological data showed that



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Since it was announced for the first time in Indonesia, the number of COVID-19 cases has increased from time to time, so it needs attention. In practice during a pandemic, the management of COVID-19 requires the cooperation of all professions to handle it. A management guide that is simple and easy to understand and implement by all parties throughout Indonesia is needed. [3]

Symptoms experienced by people with COVID-19 begin with fever, cough, cough, fatigue (fatigue), headache, myalgia, sore throat, coryza / runny nose / stuffy nose, shortness of breath, anorexia / nausea / vomiting, diarrhea, decreased consciousness accompanied by Epidemiological criteria, namely in the last 14 days before symptoms appear, have a history of living or working in a high-risk place of transmission, or have a history of living or traveling in a country / territory of Indonesia that reports local transmission, or have a history of contact with a confirmed / probable COVID-19 case. A person with acute symptoms of anosmia (loss of the ability to smell) or ageusia (loss of taste) with no other identifiable cause. [4]

Based on the severity of the case, COVID-19 can be divided into asymptomatic, mild, moderate, severe and critical. Without symptoms, this condition is the mildest condition. The patient had no symptoms. Mild conditions show evidence of viral pneumonia or no hypoxia. Symptoms include fever, cough, fatigue, anorexia, shortness of breath, myalgia. Other non-specific symptoms such as sore throat, nasal congestion, headache, diarrhea, nausea and vomiting, loss of smell (anosmia) or loss of taste (ageusia) that appear before the onset of respiratory symptoms are



also frequently reported. Patients aged and immunocompromised atypical symptoms such as fatigue, decreased consciousness, [4]

In adolescent or adult patients: patients with clinical signs of pneumonia (fever, cough, shortness of breath, rapid breathing) but no signs of severe pneumonia including SpO₂ > 93% with room air OR Children: patients with clinical signs of mild pneumonia (cough or difficulty breathing + rapid breathing and / or chest wall pull) and no sign of severe pneumonia). [5] In adolescent or adult patients: patients with clinical signs of pneumonia (fever, cough, shortness of breath, rapid breathing) plus one of: respiratory rate > 30 bpm, severe respiratory distress, or <93% SpO₂ in room air.

During the process of waiting for an effective and safe vaccine for COVID-19, various preventive efforts need to be made to reduce the spread, among others by implementing a safe distance from one person to another (physical distancing) and self-isolation and isolation of areas. [6], [7] In addition to prevention, giving therapy to those who have tested positive for COVID-19 also needs to be as optimal as possible with the aim of reducing morbidity and mortality rates. [8] Until now, there has not been one type of drug that has received a distribution permit for the indication of COVID-19. Therefore, various types of drugs are used in an attempt to save the lives of patients, especially those with high severity.

For this reason, preventive management is the main choice for the community to overcome the development of COVID-19, especially in Indonesia. [9]

METHODS

This community service activity is carried out in the form of an online educational seminar through the Zoom conference application on Saturday, 19 September 2020 in commemoration of the 58th DIES Natalis of the Faculty of Medicine, Sriwijaya University. This activity was also held in collaboration with the Research and Community Service Unit of the Faculty of Medicine, Sriwijaya University, BPPM Assyifa, Faculty of Medicine, Sriwijaya University, and the International Islamic Medical Forum. The participants of this online educational seminar were 125 students and the general public. Participants were also given

souvenirs in the form of herbal supplements and honey to increase immunity during the pandemic.

DISCUSSION

Immunity in the concept of nature is to maintain the balance of the elements contained in the human body. As quoted in "(Hadith History An-nasa" I and at-Tirmidhi)

“Adam's son doesn't fill any worse container than he fills his own stomach. It is enough if that person eats a few mouthfuls to strengthen his spine. If possible, 1/3 of the stomach for food, 1/3 for drinks, 1/3 for the breath ”. So it can be concluded how a person's health condition depends on how a person maintains his diet in everyday life. [10] The way to maintain a drinking diet is by avoiding excessive eating and drinking, avoiding fermented foods in the stomach such as overripe fruit, too much sugar, and processed cow's milk. Maintaining emotional balance and spiritual enhancement are also very important factors for maintaining health. [11]

Some steps that we can take when our bodies are in a sick condition such as fever, cough and cold is to consume some herbs that are cold or warm according to one's body condition. For example, if the patient's body is cold, then we provide a choice of warming herbs such as henna and ginger leaf infusion. Whereas for people who are too hot, we can give cooling herbs such as jali-jali and honey. [12]



A



B



C

Keterangan :

A : Jali-jali

B : Henna



C : Red ginger

CONCLUSION

In connection with the absence of definite management of the COVID-19 virus infection, preventive measures are currently the main choice. The use of herbs must also be wisely determined by the nature of the herbs and the patient's individual condition.

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