

Education on the Use of Masks and Hand Hygiene in Preschool Age Children During the Covid-19 Pandemic at Mentari Kindergarten, West Pilohayanga Village, Telaga District, Gorontalo Regency

Andi Akifa Sudirman¹, Dewi Modjo¹, Anshor Ahmad², Ai Cucu Suryani², Ainun N. Allade², Noval Ismail²

¹Lecturer of the Department of Nursing, Muhammadiyah University of Gorontalo Indonesia

²Nurse Profession Student, Muhammadiyah University of Gorontalo Indonesia

Abstract. Coronaviruses are a large family of viruses that cause disease in humans and animals. In humans, it usually causes respiratory tract infections, ranging from the common cold to serious illnesses such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). This virus spreads very quickly and has spread to almost all countries, including Indonesia, this is certainly very disturbing to all levels of society, preschool age children are one of the age groups that are vulnerable to being infected with COVID-19. This is the goal of community service activities to increase the knowledge of preschool age children with "Education on the Use of Masks and Hand Hygiene in Preschool Age Children During the Pandemic". The method used is education using Power points, banners, videos and leaflets about the use of masks and hand hygiene during the Covid-19 pandemic. The results of this activity achieved good results because as many as 22 students participated in the counseling. It is hoped that this activity can help the community, especially preschool-aged children, to implement clean and healthy living behaviors, always use masks and wash hands to prevent infection with COVID-19.

Keywords: Covid-19, Education on the Use of Masks, Hand Hygiene

Received: September 2, 2021

Received in Revised: September 21, 2021

Accepted: October 22, 2021

INTRODUCTION

The ongoing Covid-19 pandemic is caused by the mutation process of the SARS-CoV virus becoming very infectious, this is a challenge for the community because patients who are in the incubation period and are detected as false negatives can spread the virus (Handayani et al., 2020).

In Indonesia, many regions have implemented a 'new normal' in an effort to deal with socio-economic aspects that have been affected by the spread of the COVID-19 pandemic. Meanwhile, several other regions are still holding on to implementing large-

scale transitional social restrictions (PSBB) because their areas are still considered to have a high risk of spreading the virus from China. With the implementation of this new normal, most people have started to do activities outside their homes as usual by complying with applicable health protocols including wearing masks, diligently washing hands and keeping a distance (Aji Tirto, 2020)

The government has instructed its citizens to use masks when they are outside their homes, as an effort to prevent the transmission of the corona virus (Seregig et al., 2020). In fact, non-medical masks, such as cloth masks are highly recommended to use. Meanwhile, the use of medical masks was emphasized only for medical personnel who are dealing directly with the handling of the Covid-19 outbreak. Previously, the Centers for Disease Control and Prevention (CDC) recommended that people who need to wear masks are health workers and "people who have COVID-19 and are showing symptoms". Healthy people should wear masks only when caring for someone who is sick with COVID-19.

The World Health Organization (WHO) recommends the same. However, as more knowledge about this virus is revealed, it is becoming clear that asymptomatic people can spread the virus. Up to 25% of people with COVID-19 may be asymptomatic, the CDC found. Additionally, a small new study found that COVID-19 becomes increasingly contagious when symptoms are mildest, meaning that people may be spreading the virus before realizing they have it. Any individuals who feel well are strongly advised to wear a face covering over the mouth and nose including a homemade mask, scarf or bandana when they go to public areas, such as grocery stores or pharmacies. As before, the CDC does not recommend the public wear an N95 respirator mask, which filters 95% of airborne particles. These masks are in short supply, and must be made available to healthcare workers who are exposed to the virus on a daily basis, the CDC said (Modi et al., 2020). The CDC also does not allow people to wear general surgical masks, which are also needed by healthcare workers. Due to limited supplies, some healthcare workers are now using their N95 respirators. multiple times, even though this respirator is designed for single use only.

Anna Davies, a researcher at the University of Cambridge in the UK recommends that people remove masks by holding the straps, so that the wearer does not touch the contaminated parts covering their face. The CDC now recommends wearing masks for anyone in public. However, besides that, it would be better to keep doing physical distancing, namely to keep a distance of at least 6 feet (1.8 meters) from other people, and don't forget to always wash your hands (Aji Tirto et al., 2020)

To date, documented transmission to children and staff in educational settings has been limited. Evidence regarding the prevalence of SARS-CoV-2 infection in children, based on seroepidemiological research measures, is also limited. However, available evidence indicates that seroprevalence in young children appears to be lower than in older children and adults. Studies of the burden and duration of infectious virus shedding in children versus adults are also limited. A published study indicates that the viral load in infected patients can differ by age and that the duration of viral shedding in symptomatic children is longer than in asymptomatic children. Several studies reported that children under five years of age reported lower amounts of viral RNA in respiratory tract and faecal secretions than school children, adolescents, and adults. However, a study from the United States found that children under the age of five who had mild to moderate COVID-19 had higher levels of viral RNA in upper respiratory tract samples than older

children and adults, whereas a preprinted study (not yet peer reviewed) from Germany reported that there was no difference in the amount of viral RNA in adults and children (WHO, 2020).

Cases of COVID-19 that occur in children, are not as many as cases that occur in adults. Almost all cases of COVID-19 that occur in children are transmitted from their own families. The incidence of COVID-19 that occurred in children aged 10-19 years was 1 (one) percent (549/72,314), while the incidence of COVID-19 that occurred in the group of children aged less than 10 years was 0.9 percent (416/72,314). The number of cases of COVID-19 in Indonesia on March 21, 2020 recorded 450 cases of COVID-19. The global outbreak of COVID-19 infection in the world has had an impact on society due to a policy from the government so that all people divert all work and learning activities at home to avoid the spread of COVID19 infection. In addition, activities that still have to be carried out in the public sphere, such as health services and meeting basic needs, are advised to be carried out with established protocols, including always washing hands and maintaining physical distance between individuals. This condition requires a further understanding and adaptation process to be applied to all circles of society, especially parents and children because it is a change in lifestyle and rules that were previously not used to being carried out. Prevention efforts to minimize the risk of contracting COVID-19 infection are carried out by the government by asking every school to carry out learning from home by providing appropriate education to prevent transmission to children. One way that can be done to help the government break the chain of transmission of COVID-19 which is increasing is to familiarize with the implementation of Clean and Healthy Living Behavior (PHBS) in all groups, both parents and children. Prevention of the risk of COVID-19 in children, especially those who live in the same environment with different characteristics of children, requires education about preventing the transmission of COVID-19.

Rohita (2020) explained that children need to receive direct assistance at home regarding direct practice of self-prevention skills from COVID-19 transmission. Children need role models that accompany their self-protection efforts from COVID-19 transmission, including how to wash their hands with soap for a minimum of 20 seconds, avoiding touching areas that are at risk for COVID-19 transmission, such as the mucous membranes of the eyes, nose or mouth.

This is also what makes us interested in participating in socializing the effort to break the chain of transmission of Covid-19, especially for preschool-aged children, developing the theme of Education on the Use of Masks and Hand Hygiene for pre-school-aged children during the Covid-19 Pandemic as an effort to break the chain of transmission of Covid-19 in pre-school age children.

The outreach that we do is a form of community service which is one manifestation of the Tri Dharma of Higher Education contained in Law No. 12 of 2012 in Article 1 paragraph 9, namely the obligation of universities to provide education, research and community service. Community service is a form of crystallization and integration of the knowledge that is theoretically contained in college to be applied in real life in the community (Barge & Craig, 2009). So, that the knowledge gained can be applied and developed in the life of the wider community.

RESULTS AND DISCUSSION

The mechanism for implementing community service activities includes the following stages: (1) Division of community service groups; (2) Consultation with the

ISSN: 2776-1142 (online) ISSN: 2776-1134 (print)

Copyright © 2021, Journal of Universal Community Empowerment Provision, Under the license CC BY-SA 4.0

Principal of the Mentari Kindergarten; (3) Preparation of tools and materials for extension activities. Materials for preparation and counseling for pre-school age children include; (1) Preparation of extension materials to be provided; (2) The implementation mechanism in the form of methods to be used in the extension; (3) Providing materials on the use of masks and hand hygiene; (4) Question and answer session; (5) Activity documentation

The form of community service activities carried out by lecturers and students regarding Education on the Use of Masks and Hand Hygiene for Preschoolers at Mentari Kindergarten, Pilohayanga Barat Village, Kec. Lake District. Gorontalo. The method of activities carried out in this activity is the percentage with the help of power points, leaflets, banners, lectures and discussions with documentation, materials and the attached attendance list.

The stages of achieving the target results are described according to a sequence of implementation methods with several modifications according to field conditions and are further described in detail below. Lecturers and students held a meeting with the Principal of the Mentari Kindergarten regarding the preparation for student service placement and things that students need to know about the situation and conditions of the place that will be used as a place of counseling.

Stages of implementing outreach activities about education on the Use of Masks and Hand Hygiene for Pre-School Age Children in Kindergarten. Mentari West Pilohayanga Village Kec. Telaga Kab. Gorontalo. The results achieved by the TK. Mentari supports and expresses his gratitude for the Muhammadiyah University of Gorontalo, the Nursing Profession Study Program in carrying out this activity.

CONCLUSION

Coronaviruses are a large family of viruses that cause disease in humans and animals. In humans, it usually causes respiratory tract infections, ranging from the common cold to serious illnesses such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). A new type of coronavirus found in humans since an extraordinary event appeared in Wuhan, China, in December 2019, was later named Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-COV2), and caused Coronavirus Disease-2019 (COVID-19). Corona Virus Disease-19 (COVID-19) (Kemenkes RI, 2020)

COVID-19 can happen to anyone, both adults and children. The need for prevention to cope with the transmission of COVID-19 in children is very necessary both at home and at school. Therefore, children need to be given increased knowledge about self-prevention against the occurrence of COVID-19, namely by using masks and hand hygiene according to existing health protocols in the hope that children can do it independently with full self-awareness in everyday life.

To increase public knowledge in the health sector, good sources of information are needed, this can be achieved by implementing health education. Counseling for children of preschool age is the obligation and responsibility of the Puskesmas in accordance with the work area. It is hoped that this counseling can increase the knowledge of preschoolers about the use of masks and hand hygiene during a pandemic.

REFERENCES

- Aji Tirto, G. L., Surya, R. A., & Ramadhany, N. (2020). Kuliah Kerja Nyata Alternatif Universitas Ahmad Dahlan Periode Lxvii Tahun Akademik 2019/2020 Divisi Ii. C. 3 Kelompok 2 Secara Daring Melalui Aplikasi Facebook. eprints.uad.ac.id
- Barge, J. K., & Craig, R. T. (2009). Practical theory in applied communication scholarship. In *Routledge handbook of applied communication research* (pp. 95-118). Routledge.
- Handayani, D., Hadi, D. R., Isbaniah, F., Burhan, E., & Agustin, H. (2020). Corona virus disease 2019. *Jurnal Respirologi Indonesia*, 40(2), 119-129.
- Modi, P. D., Nair, G., Uppe, A., Modi, J., Tuppekar, B., Gharpure, A. S., & Langade, D. (2020). COVID-19 awareness among healthcare students and professionals in Mumbai metropolitan region: a questionnaire-based survey. *Cureus*, 12(4).
- Pollán, M., Pérez-Gómez, B., Pastor-Barriuso, R., Oteo, J., Hernán, M. A., Pérez-Olmeda, M., ... & de la Villa, A. V. (2020). Prevalence of SARS-CoV-2 in Spain (ENE-COVID): a nationwide, population-based seroepidemiological study. *The Lancet*, 396(10250), 535-544.
- Rohita, R. (2020). Pengenalan Covid-19 pada Anak Usia Prasekolah: Analisis pada Pelaksanaan Peran Orangtua di Rumah. *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini*, 5(1), 315- 326.
- Seregig, I. K., Hartono, B., & Waskito, B. (2020). Impact of Corona Virus on Criminal Action and Prevention Measures in Indonesia. *Sociological Jurisprudence Journal*, 3(2), 117-125.