



Strengthening the Healthy Living Society Movement (GERMAS) during the Covid Pandemic 19

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ABSTRACT

Health problems in Indonesia are very serious challenges. The main problem is that there is a triple burden or three important health problems related to the eradication of infectious diseases, an increase in cases of non-communicable diseases and the re-emergence of types of diseases that should have been successfully resolved. Infectious diseases such as diarrhea, tuberculosis and dengue fever were the most common health cases; now there has been a marked change in the number of cases of non-communicable diseases such as diabetes, cancer and coronary heart disease. The Government of the Republic of Indonesia at the Ministry of Health in 2017 launched GERMAS or Healthy Living Community Movement. GERMAS is a movement that aims to promote a culture of healthy living and leave unhealthy habits and behavior of society. The GERMAS action was also followed by promoting hygiene and healthy living habits and support for community-based infrastructure programs. This program has several focuses, such as building access to meet drinking water needs, community health installations and the construction of habitable settlements. The three of them are the basic infrastructure that is the foundation of the healthy life movement.

Keywords: COVID 19, GERMAS

INTRODUCTION

Health problems in Indonesia are very serious challenges. The main problem is that there is a triple burden or three important health problems related to the eradication of infectious diseases, an increase in cases of non-communicable diseases and the re-emergence of types of diseases that should have been successfully resolved. Infectious diseases such as diarrhea, tuberculosis and dengue fever were the most common health cases; now there has been a marked change in the number of cases of non-communicable diseases such as diabetes, cancer and coronary heart disease. The Government of the Republic of Indonesia at the Ministry of Health in 2017 launched GERMAS or Healthy Living Community Movement. GERMAS is a movement that aims to promote a culture of healthy living and leave unhealthy habits and behavior of society. The GERMAS action was also followed by promoting hygiene and healthy living habits and support for



community-based infrastructure programs. This program has several focuses, such as building access to meet drinking water needs, community health installations and the construction of habitable settlements. The three of them are the basic infrastructure that is the foundation of the healthy living community movement.¹

The existence of the corona 19 virus pandemic that hit the world which started in China at the end of December 2019 and continues to spread throughout the world, including Indonesia. Since March 2020 to date on 27 September 2020 globally 32.429.965 with 3% mortality, in Indonesia as many as 275.213 with 3.8% deaths, 2 while in South Sumatra from its website, Sumatra Province is 5,876 with 5.9% deaths , this will continue to increase if we do not apply the 3 T (traching, testing and treatment) and 3 M (wearing a mask, washing hands, and keeping a distance).

In general, Germas' goal is to live a healthier life. A healthy lifestyle will provide many benefits, ranging from improving the quality of health to increasing one's productivity. Another important thing that should not be forgotten about a healthy lifestyle is a clean and healthy environment and a reduced risk of wasting more money on medical expenses when sick. This paper will review how to strengthen the community movement for healthy living (GERMAS) so that it can still be implemented during the Covid-19 pandemic so that the goals of GERMAS can be achieved thus as a prevention for Covid-19 infection.

Seven (7) Steps to Healthy Living Community Movement

There are at least 7 important steps in running the Healthy Living Community Movement. These seven steps are an important part of habituating a healthy lifestyle in society in order to prevent various health problems that are at risk for the Indonesian people. Here are 7 steps of GERMAS which can be a guide for living a healthier lifestyle.

1. Doing Physical Activity

Modern life behavior often makes many people do minimal physical activity; be it physical activity due to work or sports. The simplicity in everyday life due



to technology assistance and the lack of time due to the many activities have made many people lead an unhealthy lifestyle. The germ section of physical activity is one of the prioritized movements to improve the quality of one's health.

2. Eat fruits and vegetables.

The desire to eat practical and delicious food often reduces the time to eat fruits and vegetables which are actually much healthier and beneficial for the health of the body. Several types of food and drinks such as junk food and soft drinks should be reduced or stopped consumption. Increasing the amount of food consumption from fruits and vegetables is an example of Gernas that can be done by anyone.

The next problem is how to solve it so that children want to eat fruit and vegetables, for this you can apply the tips for children to eat fruits and vegetables as follows, one of which is by creating food from fruits and vegetables by turning it into an attractive appearance, for example from character The cartoon that children love uses tomatoes and cucumber vegetables so that at first it was difficult for children to eat fruits and vegetables so they wanted to eat vegetables and fruit.

One of the GERMAS campaigns is a fruit and vegetable eating campaign which provides information about the benefits and why you should eat fruits and vegetables every day. Because you have to understand the importance of why you have to eat fruits and vegetables every day, here are the effects of eating less fruit and vegetables for your health, for example, such as defecating problems, increased risk of non-communicable diseases, high blood pressure and others. By understanding the importance of fruit and vegetable eating behavior, it is hoped that the community can be more active in increasing fruit and vegetable eating campaigns to improve public health throughout Indonesia.



3. NO smoking

There is a lot of evidence that smoking increases the risk of respiratory infections by various mechanisms. Smoking damages the immune system as well as doubling the risk of tuberculosis infection (latent and active) as a result of the damage to the immune system, especially the effect on macrophages and cytokine responses that are useful for resisting infection.³ The relationship between smoking and Covid-19 requires further research, where there is a complex interaction between smoking and RAAS / ACE-2 which is still under debate.⁴

Smoking is a habit that has many bad effects on health. Quitting smoking is an important part of the movement for a healthy life and will have no impact on smokers; but also for the people around him. Asking for professional help through hypnosis or other smoking cessation methods can be an alternative to quitting the bad habit.

4. Not Consuming Alcoholic Drinks

Alcoholic beverages have the same adverse effects as smoking; both bad effects for health to social effects on the people around them.

5. Conducting Periodic Health Checks

One part of the meaning of germas as a movement for people to live a healthy life is to better manage health. Among them is to carry out routine health checks and not only come to the hospital or puskesmas when sick. This step has the benefit of being able to make it easier to detect disease or health problems earlier. There is a variety of health check media information that provides tips on periodic health checks, what are the actual types of periodic health checks that you can do to find out your health condition?

Here are some examples of checks that can be done: (a) Routine Health Checks for Body Weight (BB) and Height (TB) are useful so that you can get a Body



Mass Index (BMI) value which can later determine whether your weight and height already in an ideal condition or at risk of contracting non-communicable diseases (PTM), (b) Checking Abdominal Circumference Periodically, can control belly fat, if excessive it can cause diseases such as stroke, diabetes to heart attack, (c) Checking Blood Pressure Blood Pressure Checking can help you detect the risk of stroke, hypertension to the heart, (d) Checking Blood Sugar Levels Periodically can determine the potential for diabetes, (d) Checking Ear Eye Function, (e) Checking Fixed Cholesterol, Cholesterol Checking is divided into three, namely LDL ("Bad" Cholesterol), HDL ("Good" Cholesterol) and Triglycerides, (f) Checking Peak Expiratory Flow, in lung function testing, this check is usually done on people with asthma or other diseases to assess lung ability -Lungs (g) Checks and Early Detection of Cervical Cancer This check is usually done with periodic examinations such as the PAP SMEAR test and IVA test (h) Self-awareness checks Check your own breasts and (i) self-breast examinations.

6. Keep the environment clean.

An important part of healthy living germs is also related to improving environmental quality; one of them is by taking care of the environment more seriously Keeping the environment clean on a small scale, such as the household level, can be done through waste management. Another step that can be taken is to maintain cleanliness to reduce health risks such as preventing the development of disease vectors in the surrounding environment.

7. Using the latrine

The sanitation aspect is an important part of the healthy life community movement; one of them is by using a latrine as a means of disposing of sewage. The activity of defecating outside the latrine can increase the risk of transmitting various types of diseases while reducing environmental quality. Although the head of households (KK) who do not have a latrine continues to



decline, the Ministry of Health (Kemenkes) notes that around 22 percent of households in various regions of Indonesia do not have latrines. As a result, they defecate (BAB) in the open and provide health education to people who do not yet have latrines that this behavior must be changed.⁵

HOW IS THE IMPLEMENTATION OF GERMAS IN THE FUTURE TIME COVID19

"Currently, the spread of the Covid-19 virus is increasingly worrying. Because the spread occurs mostly through local transmission. The problem that often occurs in the field is that there is still a lot of negative stigma given to sufferers and officers related to this virus. We must minimize the negative stigma, the Covid-19 prevention strategy that is carried out to eradicate the negative stigma and prevent spread through local transmission, is to implement health protocols properly and campaign for Healthy Living Germas. "For example, always washing hands, cultivating cough etiquette, exercising regularly, eating with balanced nutrition and avoiding the use of personal tools together,"

Germas can be a solution to prevent disease in society. The role of stakeholders in the success of Germas needs to be further improved. It is necessary to further optimize the participation of all STAKEHOLDERS in the success of Germas. Illness can come because of unhealthy habits and behavior. This is a disease including the COVID-19 corona virus which is becoming a hot issue in Indonesia, even the world and hitting many joints of people's lives.

1. Doing Physical Activity

Jakobsson J et al, said that it is important to do by maintaining routine physical activity during independent isolation in preventing future health conditions of patients with chronic diseases due to the activity of a lot of sitting



alone.⁶ Halabchi F et al. During the Covid-19 pandemic period divided into three conditions, namely (1) a healthy person or no symptoms, in this condition light to moderate physical activity in a private environment with good ventilation, use your own equipment. No strenuous activities are allowed. Sports competition is postponed (2) upper respiratory tract infection with complaints limited to the neck and above, 10-minute jogging test, if the condition is general and there are signs of deterioration then physical activity is prohibited until full recovery. If there is no change, it can be low to moderate physical activity: (<80% of VO₂ max) and (3) respiratory tract infections with neck complaints (myalgia, fever and gastrointestinal complaints) or lung or multi-organ involvement. Physical activity should be completely prohibited until he is fully recovered.⁷

During the Covid-19 pandemic, human movement was very limited, causing problems in physical activity, especially in sports. Wackerhage H et al, 2020 revealed a problem in adults with the closure of facilities such as gyms, swimming pools, sports clubs, in several countries where outdoor training is available. Likewise athletes where there is no competition, no joint training, no outdoor training is also available, for parents it is better to stay at home. How do they stay fit and improve their immune system so they don't get covid-19. 8 Maintaining a healthy physical condition is an important thing to do, consider virtual class training, continue training for athletes but avoid fatigue, especially for people who are at risk of contracting non-communicable diseases (PTM). However, in the midst of a COVID-19 pandemic like this, physical activity and space are limited. Correct physical activity, measurable physical activity and regular physical activity that is done at least 3-5 times a week. Make sure there is enough time to rest your body, restore muscle, and restore energy lost during exercise.

2. Eat Fruits and Vegetables.



Low consumption of vegetables is thought to be the main cause of health problems ranging from obesity, cancer, stroke, chronic kidney disease, diabetes mellitus to hypertension. Indonesian people's consumption of fruit and vegetables, referring to BPS 2016 data, reaches 173 grams per day, less than the World Health Organization (WHO) nutritional adequacy figure, 400 grams per day. Good immune system is important during the COVID-19 pandemic. There are various ways that you can do to obtain this immunity, the easiest way to do this is by eating fruits and vegetables. "During this pandemic the intake of fruits and vegetables must be increased because they contain vitamins C and E which can increase our immunity," said UNICEF Indonesia nutritionist Sri Sukotjo in a discussion at Graha BNPB some time ago. On the official website, it was mentioned that some fresh and resistant fruit old recommended such as oranges, grapes, clemetine, bananas to apples are good for regular consumption. Then, tubers such as carrots, radishes, cabbage, broccoli to cauliflower. This recommendation was issued by WHO to support the fulfillment of nutrition and vitamins for world citizens facing the threat of Covid-19, including during the quarantine period. Moreover, the consumption of fruits and vegetables is an important point to support the improvement of the human immune system.

3. No Smoking

One group that is considered vulnerable to being infected with the Corona virus is smokers. In addition, the severity of COVID-19 experienced by smokers is usually heavier than non-smokers. That is why the smoking habit needs to be stopped immediately, especially during this pandemic. Corona virus 19 or *severe acute respiratory syndrome coronavirus 2* (SARS-CoV-2) is a virus that attacks the respiratory system and can cause acute lung infections and even death. Clinical symptoms can be mild, such as flu, can cause severe and fatal symptoms. The groups of people who are at high risk for experiencing severe COVID-19 symptoms are the elderly, people with certain diseases, people with obesity, and smokers.



Why Are Smokers Vulnerable To Be Infected With Corona Virus?

When smoking, your hands will come into contact with your lips more often. This can increase the risk of passing the virus from hand to mouth, especially if hands are not washed frequently.

In addition, exposure to smoke from tobacco cigarettes and aerosols from e-cigarettes can weaken the respiratory tract and reduce the body's immune system's ability to fight germs, including the Corona virus. This makes it easier for smokers to develop infections. Meroko shisa is no safer either. Sisha is usually used together by a group of people. Gathering like this alone can increase the risk of catching the virus from saliva splashing when chatting or laughing, not to mention if someone is coughing or sneezing. Sisha is smoked using a tool such as a hose. This hose is often used interchangeably so that it has the potential to be a means of transferring the Corona virus from one person to another.

Why is the Corona Virus Dangerous to Smokers?

Smoking habits can cause damage to the lungs and airways which will cause diseases of the respiratory system, such as chronic bronchitis, emphysema and even lung cancer.

These conditions can decrease the function of the lungs to take in oxygen from the air. If there is a Corona virus infection, lung function will decrease so that the sufferer is very at risk of experiencing shortness of breath which can be fatal.

As a result, it is easier for the virus to multiply and cause more damage to the airways and lungs. If smokers have decreased lung function, Corona virus infection will certainly make this condition worse.



Zyl-Smit et al, said that the world must be smoke-free, but there are financial networks, labor taxes, lobbying and state revenue that hinder this. However, the fight against smoking must continue by encouraging smokers to quit permanently. In order to avoid Covid-19 now, but lung cancer and COPD in the future, it will take long and continuous intervention.³

4. Not Consuming Alcoholic Drinks

Consumption of alcoholic beverages during the corona pandemic and lockdown, can pose many bad risks, both in the form of health problems and violence. The World Health Organization (WHO) has released an official statement to refute hoaxes, which say that alcoholic drinks can prevent infection with the corona virus (Covid-19). "Drinking alcohol does not protect you from COVID-19 and is actually dangerous. Frequent consumption of alcoholic drinks or even excessively can increase the risk of health problems," wrote the WHO on its official website. WHO at the same time asked the governments of countries in Europe that implemented a lockdown policy during the corona pandemic to limit the consumption of alcoholic drinks. The appeal has been issued by WHO since last April. WHO warns that in addition to being harmful to health, alcohol consumption can increase the risk of injury and potential violence, especially among couples who live together during the lockdown period. "When the lockdown policy applies during the Covid-19 pandemic, alcohol consumption can exacerbate health vulnerabilities, risky behavior, mental health problems and violence," said the official WHO European Regional Statement. The WHO statement also includes a warning that consumption of high levels of alcohol can harm the immune system and make it harder for those infected with the corona virus to recover. Therefore, WHO asks everyone to minimize their consumption of alcoholic beverages during the COVID-19 pandemic. The WHO campaign to report the dangers of consuming alcohol during the corona pandemic was carried out after many hoaxes circulated on social media. Hoax news that claims that drinking alcohol can kill the corona virus has been fatal. For example, as reported by



USA Today, 44 people in Iran died after swallowing the news raw. The WHO says fear and misinformation have resulted in a dangerous myth that consuming alcohol is believed to kill the Coronavirus. "Consuming alcohol of any kind carries health risks, but consuming high levels of ethyl alcohol (ethanol), especially if it has been adulterated with methanol, can have severe health consequences, including death," the WHO stressed.

5. Conducting Periodic Health Checks

Health consultation or periodic health checks with restrictions on movement and the application of health protocols during this pandemic, at least reducing or avoiding routine health checks that have direct contact with health workers and the public. This obstacle triggers us to make innovative innovations in conducting health checks. A simple examination that can be done independently, then do it, routine examinations in the chronic disease group are still carried out with the Health protocol and as far as possible, if only requires taking medication, enough with telemedicine.

6. Maintaining Environmental Cleanliness

Maintaining personal hygiene and washing hands regularly using an antiseptic gel containing alcohol [hand sanitizer] are the main ways to prevent being infected with the corona virus. Apart from implementing physical distancing in the midst of the Corona Covid-19 outbreak, the home environment must also be considered. Because, transmission can occur anywhere.

Indoor air circulation, opening windows so that sunlight can enter and air circulation occurs, cleaning window curtains with detergent twice a week, not to forget that during the Corona Covid-19 outbreak, curtains must be replaced frequently and washed as often as possible. clean window sills and trellis with liquid detergent. Replace the screen cover with a new one and keep air



pollution from outside from entering, and make sure the house is free of cigarette smoke.

Floor cleanliness, often sweeping all over the floor and collecting dirt in plastic containers. After that, tie it tightly and throw it in the trash that is outside the house. Mop the floor with an antiseptic cleaning solution or with a 50ml chlorine bleach for 4 liters of water.

Keep the kitchen clean

Separate the uneaten food in plastic and throw it in the trash immediately. Try not to have hand contact with the trash. Wash all cooking utensils and food with a pH level dish soap to make it acidic, such as lemon and lime flavors. After that, rinse again with clean water. Do not forget to use warm water for soaking for 15 minutes.

Cleanliness of carpets and chairs

Wash carpets and chairs with detergent and antiseptic solution. Doing a vacuum cleaner every morning and evening, also spraying where it can be reached by hands. After that, don't forget to dry it in direct sunlight, like during the day.

Clothes cleanliness

Try to always change clothes in the morning and evening. For those who are still working, it is advisable to change clothes immediately so that they can be washed immediately. In addition, clothes should not be piling up for too long and must be washed immediately. If outdoors, you should shower immediately, separate children's and adult clothes, and use an antiseptic solution for the last rinse.



Ensuring hand hygiene is extremely important as there is always the potential for direct contact with feces (when hands are dirty, soap and running water are the proper methods of washing hands compared to using hand sanitizers).

7. Using the latrine

Currently there is no evidence that the COVID-19 virus can be transmitted through the sewage system with / or without wastewater treatment. Furthermore, there is no evidence that workers who handle sewerage or IPLT get acute respiratory disease or SARS caused by another type of coronavirus that caused an outbreak of acute respiratory disease in 2003. As part of an integrated public health policy, water waste that is channeled through the sewerage must be treated safely with a centralized treatment system. Each stage of processing (including waiting times and dilutions) should eliminate potential risks. Stabilization ponds (oxidation ponds) are generally a practical and simple form of wastewater treatment technology that can kill pathogenic bacteria, which have a waiting / retention time of up to 20 days or more combined with exposure to sunlight, increasing pH, and biological processes is a factor that can accelerate the destruction of pathogenic bacteria. An additional step of disinfection at the end can be considered if the available wastewater management is not optimal in eliminating the virus.²

Current recommendations for the practice of WASH in health care settings are essential so that healthcare can be provided to patients and protect patients, employees and medical personnel from the risk of infection. Some of the activities below are very important, such as; (1) managing human waste (feces and urine) safely, including ensuring that no one comes in contact with the feces / waste and ensuring that waste is disposed of safely; (2) ensure hand hygiene using appropriate techniques and carried out as often as possible; (3) applying regular cleaning and disinfection; and (4) managing hospital waste safely. Other important measures, such as ensuring the availability of safe and sufficient drinking water for employees, medical personnel and patients;



ensure personal hygiene is always maintained including hand hygiene for patients, employees and medical personnel; washing patient's bed linen and clothes regularly; ensure that there are sufficient access and number of toilets (there are separate toilet facilities between patients infected with COVID-19 (confirmed cases) and people suspected of being infected with COVID-19 (suspected cases); as well as carrying out safe sorting and disposal of hospital waste For the details of these recommendations, it is expected to refer to environmental health standards in health services²

If the patient is unable to use a latrine, then the feces must be collected with diapers / diapers or a clean container and as soon as possible carefully disposed of in a toilet / latrine that is specifically for COVID-19 patients. In all forms of health care, including the handling of confirmed and suspected cases of COVID-19, feces must be managed in the same way as hazardous biological waste (biohazard) and avoid direct contact. Anyone tasked with managing stool must follow WHO guidelines on handling splashes / droplets and use PPE to prevent direct exposure, including wearing a long-sleeved robe / garment, gloves, mask, and goggles or a face covering. Diapers / diapers that have been used must be managed like infectious waste. Workers must be trained to be able to use and remove PPE so that they can protect themselves. If PPE is not available or resources are very limited, then hand hygiene must be carried out regularly, and by workers

CONCLUSION

What has been declared in GERMAS, implemented properly and with perfect monitoring and evaluation, can fully support the prevention and control of the Covid-19 pandemic.



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