

Clean and Healthy Living Behavior (PHBS) Strategy to Prevent the Spread of the Covid-19 Virus

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Abstract—The outbreak of the Corona Virus Diseases-19 or known as Covid19 has caused disasters for the community, resulting in the death of thousands of people around the world, including in Indonesia. The emergence of this disease outbreak encourages the importance of providing education to the public about clean and healthy living habits (PHBS). In addition, the public needs to know with certainty the transmission and ways of preventing Covid-19 so that it does not continue to become epidemic. People are strongly advised to stay at home only, have to wear masks, workers / employees work from home (WFH), always wash their hands and apply PHBS. PHBS is a strategy that can prevent the spread of Covid-19. The public continues to be urged to improve clean and healthy living habits in an effort to prevent the spread of Covid-19, because community behavior plays an important role in reducing the number of Covid-19 spread. PHBS is one of the strategies in preventing the spread of Covid -19 which is very effective and easy to do by all levels of society. The government's recommendations continue to urge the PHBS movement to be the key to preventing the spread of Covid 19 during this pandemic. Conducting PHBS, it is hoped that the spread of Covid-19 can be inhibited so that the incidence does not increase. Because of the importance of a clean and healthy lifestyle, it is necessary to provide continuous information so that it can increase the knowledge of all levels of society to apply PHBS in their daily life.

Keywords—*covid19, work from home, clean, healthy*

I. INTRODUCTION

The Covid-19 case in Indonesia shocked the public and caused fear from various circles. Covid-19 is a disease caused by the SARS COV-2 virus with general symptoms of both mild and severe acute respiratory disorders including fever, cough, shortness of breath, fatigue, runny nose, sore throat and diarrhea. In general, this virus transmission occurs through droplets or body fluids that are splashed on someone or objects around them that are 1-2 meters away through coughing and sneezing. Public knowledge greatly influences behavior in taking prevention. According to Notoatmojo [1], behavior is an activity of a person concerned and has a very broad capacity including: walking, talking, reacting, and dressing. The key to preventing the transmission of this virus is implementing clean and healthy living behaviors such as washing hands, consuming healthy food, exercising and getting adequate rest. Clean and Equal Life Behavior (PHBS) is All health behaviors are carried out with awareness, so that family members or families can help themselves in the health sector and play an active role in health activities in the community. PHBS is the best step in preventing the spread of

this virus, so it needs to be instilled in all levels of society about PHBS knowledge.

II. METHOD

Behavior discussion is an individual's response to a stimulant or an action that can be observed and has a specific frequency, duration and purpose, whether based on it or not. Domain of Health Behavior According to Benyamin Bloom (1908) in Notoatmodjo [1], behavior is divided into 3 domains. This domain division is carried out for the benefit of educational purposes, namely developing or enhancing the three domains of behavior, which consist of the cognitive domain, the psychomotor domain, and the affective domain.

The three domains of behavior are measured by: (1) Knowledge (Knowlegde). is the result of knowing, and this happens after someone senses a certain object. Without knowledge a person does not have a basis for making decisions and determining action on the problem at hand; (2) Attitude, is a reaction or response that is still closed from someone to a stimulus or object; (3) Practice or action, an attitude that has not yet been manifested in an action (overt behavior). In order for attitudes to become a real difference, facilities and capabilities are needed. Preventive behavior is taking action before an incident. The influence of health worker support on Covid-19 prevention behavior is that the support of health workers affects knowledge of Covid-19 prevention and family support also has a good influence on Covid-19 prevention behavior, Covid-19 prevention is very important to do through the method of providing information through media that is can have an impact on increasing correct knowledge about preventing the spread of Covid-19. The corona virus is a pandemic that easily spreads quickly. Therefore, many leaders urge their citizens to practice clean living habits (PHBS), social distancing and isolation to prevent the transmission of this disease virus. In Widiyani [2], because of the very fast transmission of the corona virus, the World Health Organization (WHO) declared the corona virus a pandemic on March 11, 2020. The status of a pandemic or global epidemic indicates that the spread of Covid-19 is taking place so fast that there are almost no countries in a world that can ensure itself is protected from the corona virus. The corona virus can easily spread and infect anyone regardless of age. This virus can be transmitted easily through contact with sufferers. Unfortunately, until now there has been no specific drug to deal with cases of corona virus infection or Covid-19. Prevention efforts that can be done are by carrying out various activities, one of which is counseling

to be able to provide scientific data and information to all levels of society about the corona virus in Indonesia through online media that can be reached by the public. Knowledge is very influential on the community who is the target of providing information educative with more innovative methods.

The most effective way to prevent the spread of Covid-19 is to break the chain of transmission associated with the modes of transmission of Covid-19. The transmission of Covid-19 infection mainly occurs through physical contact. Based on the mode of transmission, prevention of Covid-19 is focused on a safe and responsible community behavior pattern, namely conducting independent isolation by staying at home. The influence of health worker support on Covid-19 prevention behavior is that the support of health workers affects knowledge of Covid-19 prevention and family support also has a good influence on Covid-19 prevention behavior. Although WHO, the Centers for Disease Control and Prevention (CDC) and the Indonesian Ministry of Health have issued a lot of actual information and guidelines related to Covid-19, many people do not understand correctly. To prevent the spread of Covid-19, it is not only done with social distancing but must be accompanied by the application of clean and healthy living habits (PHBS). WHO urges all people to maintain health and protect others by washing their hands frequently, conducting social distancing of the National Seminar on National Education, avoid touching eyes, nose and mouth, maintaining personal hygiene, if you feel fever, cough and shortness of breath, seek medical assistance immediately. and keep your information up to date. The way to prevent the corona virus is recommended by the Indonesian government through the Ministry of Health (Kemenkes) of the Republic of Indonesia to urge the public to prevent the spread of Covid 19 by improving public behavior and knowledge and implementing a healthy and clean lifestyle The government asks the public to always adopt a clean and healthy lifestyle every time. day by way of: Always maintain hand hygiene by washing hands with running water and soap for 20 seconds then rinse; Applying good cough and sneezing ethics by covering the nose and mouth with a tissue or sleeve so that they do not spread to other people; Eat a nutritionally balanced diet; Eating fruits and vegetables; Doing sports for at least half an hour every day; Increase endurance; Get enough rest and seek immediate treatment if you are sick.

Prevention of transmission of this virus can be prevented by implementing Clean and Healthy Living Behaviors (PHBS), such as washing hands properly, cough etiquette, and maintaining health and the immune system. Scientific, accurate and trustworthy knowledge and understanding of the community can help to easily implement it in suppressing the spread of Covid-19 in Indonesia. On this basis, it is necessary to carry out information-giving activities to increase public knowledge in dealing with and passing the Covid-19 pandemic. Organizing medical-based education about PHBS so that it can reach all levels of society and can practice PHBS in everyday life and become an example for the surrounding community. In this case there needs to be continuous

socialization related to clean and healthy living habits because there are still many people who do not understand so that there are still many people consider this insignificant to PHBS. But the public does not need to worry during the Covid-19 pandemic because with the implementation of PHBS which includes maintaining nutritious food, getting enough rest, being able to increase the immune system and be able to control Covid-19 infection. Self-protection can be done by using a mask, always wash your hands clean and maintain a healthy and clean lifestyle so as to prevent viruses from entering the human body. The key to fighting the Corona Covid-19 virus is to maintain a clean and healthy lifestyle (PHBS), this is very simple but very effective to do. One of them is to get used to washing your hands with soap or hand sanitizer after each activity.

According to Sulaeman and Supriadi [3], apart from equipping the public with knowledge about Covid-19, it is also necessary to provide knowledge about important keys to avoid transmission / transmission of the Covid-19 virus, namely knowledge about health and a clean and healthy lifestyle (PHBS). Providing material on the environment and health as well as a clean and healthy lifestyle will help people avoid Covid-19 and other infectious diseases. Health education will also increase public awareness of the importance of protecting the environment and oneself in order to stay healthy.

A healthy environment will greatly help the people who live in it to feel comfortable, calm and happy so they can enjoy life. A healthy body can be obtained by consuming foods that are clean and healthy and complete with nutrients. A healthy body will be very difficult to be infected by various agents of dangerous diseases such as Covid-19 or other diseases, because a healthy body has a strong defense (immunity) and can easily heal itself.

III. CONCLUSION

Closing Clean and healthy living behavior is a strategy that can prevent the spread of Covid-19. The public continues to be urged to improve hygiene and healthy living habits in an effort to prevent the spread of Covid-19, because community behavior plays an important role in reducing the number of Covid-19 spreads. PHBS is one of the strategies in preventing the spread of Covid -19 which is very effective and easy to do by all levels of society. So the community needs to be urged to continuously carry out the PHBS movement which can be the key to preventing the spread of Covid-19 during this pandemic.

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