



Strategy for Overcoming the Spread of COVID-19 During the Pandemic

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Abstract

The increasing number of people affected by the Covid-19 virus is due to society's lack of preparation for the arrival of this disease. Today's pandemic conditions have increased the number of victims every time, so a strategy is needed to overcome the spread of COVID-19. The research location in this study was at several health institutions, and data was collected from various communities. The research location was carried out in the city of Medan through various health agencies. The research results show that maintaining distance and using medical equipment such as masks are the right strategies to overcome the spread of COVID-19. This is proven by various communities starting to comply with the rules, and the spread of COVID-19 can be reduced. This research concludes that maintaining distance and using masks is the most appropriate strategy for reducing the spread of COVID-19 in Medan.

Keywords: Strategy, Overcoming, Spread, Covid-19

Introduction

The Covid-19 virus, or novel coronavirus, attacked almost all countries in early 2020. Therefore, the world health body considers it a health problem that is affecting society as a whole. Every country must activate and improve its emergency response system to inform people about the risks of the coronavirus and encourage them to protect themselves. Additionally, they must isolate, find, test, and treat all those associated with the coronavirus. WHO recommends wearing masks as protection so that virus transmission can be stopped; the mask program will also help control the Covid-19 infection program (Li et al., 2020; Minyiwab, 2021).

Covid-19 is an acute respiratory disease whose working system spreads via droplets when the victim is positive (Mboowa et al., 2021; Tinungki et al., 2022). If droplets from individuals infected with Covid-19 stick to objects nearby, they can potentially transmit the Covid-19 virus.

The SARS-CoV-2 virus is highly contagious and can spread through sneezing or coughing. One way that is considered relevant to reduce the possibility of transmitting Covid-19 is by wearing a mask. Masks are considered the solution, and due to the virus's rapid spread, the Covid-19 disease has developed into a worldwide pandemic.

In this case, the government is using advice issued by WHO to prevent the spread of the virus. Maintaining social distance, now known as physical distancing, is one way they do it. People are advised to work, study, and worship from home in such situations (Nurhalimah, 2020). One way the government can reduce the number of victims of the Covid-19 virus is by requiring masks during activities and maintaining distance to prevent transmission of the virus to other people.

Literature Review

Many Asian countries that have experienced the Covid-19 pandemic have seen the use of masks in public increase. The use of masks in Taiwan is reported to limit the spread of Covid-19 quite well (Li et al., 2020). It is recommended to use masks to limit the spread of the virus by asymptomatic carriers or at least clinically undetected infected persons (Natnael et al., 2021). More robust preventive measures are needed to prevent the spread of the virus (Ueki et al., 2020; Sumarni, 2020). The World Health Organization (WHO) says that wearing a mask can protect people from various transmissions and infections of Covid-19. Using masks can even prevent deaths by 17 to 45% if we implement them in everyday life (Haung et al., 2021). This program is designed to make monitoring the development of the Covid-19 virus easier. This research was conducted in the city of Medan to find out the right strategy to overcome the problem of the spread of Covid-19.

Research Method

This research uses a descriptive qualitative method, requiring an in-depth approach to various informants. Data was collected through observation, interviews, and reinforcement through documentation studies. The information used in the research is from agencies related to the people of Medan City. Researchers will go directly to the field and interview informants from various health-related institutions. The aim is to analyze whether the strategy to overcome the transmission of Covid 19 has been maximized or not optimal enough. This research data will also be strengthened from various literature such as books, journals, and several other references related to strategies for overcoming the problem of the spread of Covid 19.

Result and Discussion

Overcoming the problem of the Covid-19 pandemic is a new challenge for both central and regional governments. This is because the previous government did not predict the arrival of this disease. So, in its development, Indonesia has become one of the populations infected with the COVID-19 virus. In anticipating the development of the virus, the government, as the

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policy maker, made several initial plans that were considered relevant in dealing with the increase in COVID-19, namely making rules for maintaining distance, using masks, and even lockdowns. This policy is a temporary solution before the anti-virus drug is obtained. There is an explanation of how these policies have been implemented in North Sumatra and the city of Medan in particular.

Social Distancing

The government needs to make policies to minimize the spread of the coronavirus (Kandari & Ohorella, 2020). Government institutions understand that the spread of Covid 19 has many factors. However, the main factor is that tiny particles of mucus come out of a sick person's respiratory tract, and when they cough or sneeze, they spread quickly. Therefore, to limit splashes of mucus from sick people, the government recommends that people who are coughing or suffering from flu keep their distance from other people. To reduce the risk of disease transmission, maintain social distance. This means that gatherings involving large numbers of people should be avoided.

As a result, the whole community must make decisions together to avoid crowds that gather many people in a small place (Pratama & Hidayat, 2020). This program has become an adequate policy in stopping the virus from spreading too quickly to other parties. Therefore, it is vital to implement social distancing protocols in daily life, both at home and at work. Another way to avoid this is always to wash your hands with soap and running water (Suherman et al., 2021).

The coronavirus and global death toll continue to increase. Information about the veracity of this news must also be paid attention to because there is still unclear news or hoaxes that cause unrest in society (Pamuji, 2020). The government can access Covid-19 monitoring data on its official website, <http://corona.go.id>. This shows that the government has prepared various tools to prevent the spread of misinformation about the coronavirus.

Use of Masks

Studies show that although some communities adhere to necessary health protocols, some do not. People must maintain social distancing when interacting, wear masks when traveling or when talking, wash their hands with soap and running water after traveling, and be able to do other things for cleanliness to prevent the spread of COVID-19 (Poernomo, 2021; Ingtyas et al., 2021). A mask can block droplets by implementing this behavior in situations where someone is screaming, talking, or sneezing (Ningrum et al., 2020; Wantu et al., 2021). During the COVID-19 pandemic, health protocols must be strictly followed, especially wearing masks to prevent widespread infection and reduce death. Masks are better than the SAR-cov-2 virus in preventing death and controlling Covid-19 (Li et al., 2020; Wahidah et al., 2020).

Those who have close contact with COVID-19 patients or receive treatment from COVID-19 patients are at greater risk of infection because COVID-19 is transmitted through close contact and droplets, not through the air. Isolation, use of masks, and early detection of transmission are critical to stop the chain of transmission. The mask should be changed every four hours, even if wet. For masks to be effective, they must be used correctly. This indicates

that they should cover their mouth and nose comfortably so that the mask and face do not separate. Remove the strap from the back when using it, and use a new Pakau mask that is clean according to SOP standards and dry immediately afterward (Chan and Yuen, 2020; Purba et al., 2019).

Most people in Medan have implemented and understand the use of masks. The socialization process has increased the people of Medan's awareness of the importance of using masks when traveling. Apart from that, the people of Medan also understand what types of masks are suitable for use and understand how to change masks after 5 hours or if they get wet, and bring a dry mask to wear if the mask gets wet or falls to protect themselves from the spread of Covid-19 (Eikenberry et al., 2020). That's what happened in the city of Medan regarding one of the policies regarding the results of the socialization process regarding the importance of masks to reduce or eliminate the spread of the Covid 19 virus in Medan.

Lockdown

The Governor of North Sumatra also made a policy by establishing a new regulation that limits religious worship activities in public places to prevent the spread of the coronavirus (Amelia, 2020). This regulation is, of course, based on an order from the central government that asks to prohibit worship and other religious activities that gather large numbers of people in mosques, churches, temples, monasteries, temples, and other places of worship. This category includes religious activities such as Friday prayers, religious services, Sunday services and masses, taklim assemblies, celebrations of other holidays, and so on. So that all levels of Medan society understand that. In addition, guidelines have been created and distributed to them to enable worship organizers to carry out worship at home as a substitute for prohibited activities (Almunawaroh, 2020). This appeal is valid 14 days from sending but can be extended if necessary. The formation of this policy is essential so that the people of Medan do not gather in a place believed to be one of the factors causing the spread of Covid-19.

Apart from that, awareness about the importance of increasing vigilance and discipline to prevent the spread of Covid-19 by maintaining a safe distance from other people. Apart from that, quarantine was established by the Medan regional government to prevent the spread of the coronavirus (Wadi, 2020). Also, distribute COVID-19 prevention guidelines through posters, banners, and other media. Apart from that, this request is based on the fatwa of the Indonesian Ulema Council (MUI) Number 14 of 2020, which prohibits worship from being carried out during the coronavirus outbreak in Indonesia.

Law Number 6 of 2018 concerning Health Quarantine, also known as the lockdown policy, regulates the closure policy. People infected with infectious diseases such as Covid-19, even if they do not show symptoms, are in the incubation period or quarantined according to law. Quarantine also means avoiding people or other sources of contamination from containers, cars, or anything suspected of being contaminated (Sanur, 2020).

As stated in Article 9 of Law Number 6 of 2018, quarantine is created to protect the public from disease and public health risk factors that can threaten public health. In this case, the lockdown's purpose is to overcome, ward off, and prevent the virus from circulating in the community. Risk factors for public health can lead to more comprehensive public health

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emergencies, weakening national resilience in public health and increasing the death rate due to the COVID-19 virus.

The central and regional governments certainly have responsibility for public health, especially those in the Medan city community who also face health problems due to the COVID-19 virus. Although the central government says that regional governments should not make restrictive policies, the Medan government can do so if they feel it is necessary (Kusumaputra & Retnowati, 2020). If the Medan government takes this policy, many people will consider it wrong because it violates the law. However, in the face of emergency threats such as COVID-19, these actions have been considered normal if the central government's slow response is due to weak regulations. Therefore, the regional government of Medan City has understood the regulations and made decisions with its people.

The emergence of new problems related to COVID-19 has forced the Medan government to deal with the real danger of COVID-19 as soon as possible. It turns out that Law Number 6 of 2018 concerning Health Quarantine, or the "Health Quarantine Law," is a temporary solution to this problem. The law establishes authority for public health emergencies, health quarantine issues, etc. In addition, the law stipulates rules regarding health quarantine (Putra & Handoko, 2021; Purba et al., 2018). However, the implementing regulations are further provisions of the Quarantine Law. By the lockdown regulations in the city of Medan, the community has understood and implemented the policy process. Start by arranging a schedule so you don't leave the house often or try not to leave the house.

Conclusion

According to the research results above, the people of Medan, through regional policies, have understood the importance of maintaining distance from others to overcome the spread of COVID-19. Maintaining distance when interacting with other people will make it difficult for the virus to spread to other people who have not been infected with the virus. This is because the nature of the virus will easily die quickly in the air. Apart from that, in overcoming the problem of the spread of COVID-19, the people of Medan also feel that it is essential to use masks. People already understand that changing and bringing a spare mask is important when leaving the house. Covid-19 will be difficult to spread by always wearing a mask and maintaining social distance. Likewise, implementing a lockdown is considered to have been entirely successful in reducing the impact of the spread of Covid-19. With the implementation of this policy, it will be easier for the government to monitor the development of the pandemic problem.

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