

EDUKASI PENCEGAHAN COVID-19 BAGI LANSIA PANTI JOMPO HUSNUL KHOTIMAH PEKANBARU

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ABSTRAK

Abstrak: Epidemi Covid 19 telah menyebar secara cepat dan mengenai semua tingkat umur. Angka kematian tertinggi terdapat pada lansia, karena menurunnya fungsi imun tubuh dan adanya kerentanan yang tinggi pada lansia. Lansia sulit memahami beberapa himbauan yang diberikan pemerintah terkait upaya menjaga diri agar tidak terpapar virus Corona. Tujuan dilaksanakan pengabdian masyarakat adalah agar lansia dapat meningkatkan kewaspadaan dan memahami pentingnya perilaku hidup bersih sehat sebagai pencegahan Covid 19. Metode pelaksanaan kegiatan diawali dengan pendampingan lansia melalui pemberian masker dan jaga jarak, kemudian edukasi tentang Covid 19, dan terakhir diskusi atau tanya jawab seputar Covid 19 pada lansia. Kegiatan ini telah terlaksana dengan baik dimana 90% lansia dapat memahami edukasi yang diberikan yang terlihat dari beberapa pertanyaan yang diajukan lansia dan keinginan untuk menerapkan perilaku 3M (memakai masker, mencuci tangan, dan menjaga jarak) dalam menghindari penyebaran virus corona.

Kata Kunci: COVID-19; lansia; epidemi

Abstract: Covid-19 epidemic has been spreading rapidly and affecting all age levels. The highest mortality rate is in the elderly due to their decreased immune function and high susceptibility. They find it difficult to understand some of the appeals given by the government regarding efforts to protect themselves from being exposed to the Corona virus. The purpose of carrying out this community service is to increase alertness and understanding of the elderly about the importance of clean and healthy living habits as a prevention of Covid-19. The method of implementing activities begins with mentoring the elderly through giving masks and keeping distance, then giving education about Covid-19, and finally carrying out discussions or questions and answers about Covid-19 in the elderly. This activity was carried out well where 90% the elderly could understand the education provided which can be seen from some of the questions asked by them and their desire to apply 3M behavior (wearing masks, washing hands, and physical distancing) to avoid the spread of the corona virus.

Keywords: COVID-19; elderly; epidemic



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