



Benefits Of Health Protocol And Covid-19 Vaccination For Indonesian People

Markus Amid¹, Marthen Mau², Yondi³, Henni Somantik⁴, Eliantri Putralin⁵

^{1,2,4,5}Sekolah Tinggi Teologi Injili Arastamar (SETIA) Ngabang

³Sekolah Tinggi Teologi Reformed (STTR) Bengkayang

Corresponding Author : ✉ marthenluthermou@gmail.com

ABSTRACT

Maintaining health and immunity as well as the benefit of the life of the general public is a fixed price. Therefore, the Indonesian people need to improve the implementation of the Covid-19 health protocol and vaccination to prevent the spread of the coronavirus which results in the death of Indonesian citizens. This paper uses a qualitative method with a library research approach. This paper resulted in the application of health protocols as preventive measures, coronavirus vaccination as a complement to maintain body stability; and consume water and vitamin C because the human body really needs vitamin C to maintain immunity and body stability from coronavirus attacks. However, the most important thing for all mankind in the world and Indonesia is to draw closer to God Almighty because He is able to help, protect, preserve, protect, and free humans from the deadly Covid-19 attack.

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INTRODUCTION

Corona Virus Disease (Covid-19) health protocols and vaccinations are very beneficial for all Indonesian people. According to Ayunda (2021) that it is necessary to implement health protocols and vaccinations for Corona Virus Disease (Covid-19) can be justified because the first case of coronavirus was experienced by two Indonesian citizens, each 64 years old and 31 years old, so both of them were determined to be patients. Corona Virus Disease (Covid-19) 01 and 02.

The two people are a mother and her daughter who were exposed to Corona Virus Disease (Covid-19), resulting in increasing cases of Corona Virus Disease (Covid-19), which was marked by: the first wave of Corona Virus Disease (Covid-19) cases occurred in January until February 2020. At that time, the highest daily cases of Corona Virus Disease (Covid-19) were on January 30, 2020, with 14,528 cases. The second wave of Corona Virus Disease (Covid-19) cases occurred from June to July 2021 due to the delta variant of Corona Virus Disease (Covid-19), so that the peak of Corona Virus Disease (Covid-19) cases was on July 15, 2021 with the addition of Corona Virus infection cases. Disease (Covid-19) a total of 56,757 cases. The third wave was caused by the omicron

variant, so that an increase in cases of Corona Virus Disease (Covid-19) occurred on February 17, 2022, totaling 63,956 cases.

The number of cases of Corona Virus Disease (Covid-19) infection recorded by the Task Force for Handling Corona Virus Disease (Covid-19) on March 1, 2022 was 24,728 cases. Even since the beginning of the pandemic until March 1, 2022, positive cases of Corona Virus Disease (Covid-19) in Indonesia were 5,589,176 cases and the number of people who died during the Corona Virus Disease (Covid-19) pandemic was 148,660 people (Wikanto, 2022). So, the negative impact of the spread of Corona Virus Disease (Covid-19) is the emergence of many people who died due to Corona Virus Disease (Covid-19) (Nainupu et al., 2021).

The development of positive cases due to Corona Virus Disease (Covid-19) to the point of claiming lives, both children and adults, but the latest developments are that it sounds like the spread has decreased; However, prevention of Corona Virus Disease (Covid-19) transmission is still being implemented, so it is mandatory to implement health protocols and Corona Virus Disease (Covid-19) vaccinations.

According to Fitri et al (2020), Corona Virus Disease (Covid-19) attacks the respiratory system and is infected through droplets from community members who are exposed to Corona Virus Disease (Covid-19), therefore health protocols must be improved. The health protocol and the Corona Virus Disease (Covid-19) vaccination are two factual actions taken by the world government for the world community, including the Indonesian government for the health and benefit of the Indonesian people. The health protocol must be implemented for everyone since Indonesia was hit by the Corona Virus Disease (Covid-19) pandemic. The implementation of the health protocol is a free gift from the government to the community as a form of effort to deal with Corona Virus Disease (Covid-19) (Sari, 2021). According to Muslim et al. (2021), the government has directed to be proactive in implementing health protocols in order to anticipate the spread of Corona Virus Disease (Covid-19). Aurel et al. (2021), in fact not all Indonesian people obey health protocols, both children and adults.

The application of health protocols is the best step that is moved by the central government to local governments to prevent and control Corona Virus Disease (Covid-19) in providing behavior change to the community (Sari, 2021). Preventive efforts in implementing health protocols for the people of Indonesia in order to decide the spread and transmission of Corona Virus Disease (Covid-19), therefore people need to obey 5 (five) kinds of health protocols, namely

wearing masks, washing hands, maintaining distance, staying away from crowds, and reducing mobility in carrying out useless activities outside the home (Afrianti et al., 2021).

In addition to implementing health protocols which are a priority for the benefit of many people, it is also necessary to apply the Corona Virus Disease (Covid-19) vaccine. The Corona Virus Disease (Covid-19) vaccine is a polemic for some people in the world, because some countries in the world refuse to be vaccinated because it can be assumed that the Corona Virus Disease (Covid-19) vaccine is not very useful. However, the information provided to the public is not accurate and the government's attitude is not educating about the issue of the Corona Virus Disease (Covid-19) vaccine, so that some people refuse to receive the Corona Virus Disease (Covid-19) vaccine (Astuti et al., 2021).

From the background of the research problem, the main problem is what is the use of health protocols and the Corona Virus Disease (Covid-19) vaccine for the Indonesian people? This paper aims to describe the use of health protocols and the Corona Virus Disease (Covid-19) vaccine for the people of Indonesia.

RESEARCH METHODE

To produce this paper, the author uses a qualitative research method with a library research approach. The qualitative method is the method used to construct the activities carried out by the community and describe the information obtained (Tohirin, 2013, p. 2). The qualitative method aims to narrate the information obtained through secondary and primary sources, so that it can be applied in the learning process (Mau, 2020). Library research is an activity that is closely related to data collection through analyzing data or information to obtain accurate research results. Library research aims to be able to obtain data needed by authors from various sources, for example through books, journal articles, and other sources.

RESULT AND DISCUSSION

Corona Virus Disease (Covid-19) health protocols and vaccinations are very beneficial for the people of Indonesia if they are fully heeded by the general public. Health protocols are the highest priority to be applied by all Indonesian people when traveling outside the home. While the Corona Virus Disease (Covid-19) vaccination is a strategy that is able to ward off the body from virus attacks, especially coronavirus. In addition to health protocols and Corona Virus Disease (Covid-19) vaccinations to be implemented, Indonesian

people are required to consume plain water because water contains zinc and selenium. Indonesian people are also encouraged to eat fruits, vegetables, and drinks containing vitamin C because the human body really needs fluids, including vitamin C.

Intensity of Covid-19

The main reason that everyone is required to apply health protocols and vaccinations for Corona Virus Disease (Covid-19) is the spread of the coronavirus starting from Wuhan, China to all countries including Indonesia.

The intensity of the coronavirus that has ever infected humans include: (1) Alpha coronavirus (HCoV-229E) can be confirmed that only has signs of the common cold. Alpha coronavirus is very vulnerable to attack children and the elderly; (2) Alpha coronavirus (HCoV-NL63) once attacked humans in Amsterdam in 2004, especially in a seven-month-old baby; (3) HCoV-OC43 (beta coronavirus) is a corona virus that commonly causes flu. Beta coronavirus can cause severe lower respiratory tract disease in children; (4) HCoV-HKU1 (beta coronavirus) is a virus discovered in 2005 that infected a 71-year-old patient from Hong Kong; (5) The SARS virus is a respiratory syndrome that was detected in China in 2002. It was caused by bats and civets that spread this virus, so that it was transmitted to humans. The first human infected with the SARS virus was domiciled in China (CNN Indonesia News, 2020).

Coronavirus is an RNA virus with a particle size of 120-160 nm. This virus mainly infects animals, including bats and camels. Corona Virus Disease (Covid-19) is transmitted through direct contact with droplets from the respiratory tract of an infected person through droplets. People can also be infected by touching surfaces contaminated with this virus and then touching their faces, for example, eyes, nose, mouth (Hidayah, 2021).

Health Protocol Benefits

1) Understanding Health Protocol

Protocol consists of two Greek words, protos and kolla. Protos means first and kolla means glue. Protocol means adhesive first. The protocol is a set of ceremonial rules that must be obeyed in all official relationships that show the form and customary courtesy that must be observed in all actions of daily life, including in an atmosphere of Corona Virus Disease (Covid-19) (Dewangga, 2017).

Health as part of the quality of life that views individuals in terms of physical health and personal hygiene through regular self-care (Tapo at.el., 2020).

Health is a physical well-being that can ensure everyone to live productively. Health consists of being physically and mentally healthy (Health Law No. 23/1992).

2) Health Protocol Components

Health is the most important element in human life, so it has the opportunity to meet educational and economic needs because education and the economy are steps to improve the quality of human resources (Sulaeman et al., 2022).

a) Hand Wash

In general, many people neglect to wash their hands and it is estimated that only some Indonesians pay attention to cleanliness by washing their hands. To inhibit and control the spread of coronavirus, the effective, efficient, and simple way is to wash your hands because hand hygiene can save lives (Kemenkes RI, 2022). Hand washing is an effort to clean both left and right hands using running water with soap to eradicate germs attached to human palms. The Indonesian government mobilizes all levels of society to wash hands using antiseptic soap because it is a habit to maintain hand hygiene. However, the behavior of the Indonesian people is still low in washing hands using antiseptic soap, so it can pose a risk of spreading infectious diseases, including coronavirus (Haryani et al., 2021).

b) Wearing a Mask

When the coronavirus hit the world community, in 2020, WHO announced that people who have the disease must wear masks. Due to the increasing number of cases of coronavirus, WHO urges countries in the world so that everyone is required to wear a mask when doing activities outside the home. Wearing a mask is very important because it is a tool that helps to protect yourself from disease. Because masks are useful for protecting breathing from airborne impurities that can enter the human respiratory tract. The respiratory tract component, namely the human lungs, must be protected from air pollution (Pratiwi, 2020). However, the awareness of the Indonesian people when wearing masks is low because some people have not been given a proper understanding of the use of masks (Hasma et al., 2021). The appeal or rules for the use of masks apply to all countries in the world where there are high positive cases of coronavirus. The use of masks is required for those who are

active at work or at home. For those who are active at home, they are required to wear a mask if: (1) it is confirmed that family members have coronavirus when they return from the work environment; (2) being exposed to coronavirus when family members carry out activities outside the home; (3) when experiencing symptoms of coronavirus; (4) narrow room; (5) cannot maintain a minimum distance of 180 cm to 2 meters.

c) Keep Your Distance

Maintaining distance is a very important component of health protocols when outside the home even though people outside the home are not confirmed to have Covid-19. Places that are prone to causing potential coronavirus include public places and at work. Therefore, it can be recommended to keep a minimum distance of 100 centimeters from other humans in order to be able to avoid being attacked by the coronavirus through fever, coughing, sneezing, and large crowds. If you can't keep your distance, then you can avoid the coronavirus attack. In addition to limiting the number of people, it is necessary to arrange entry and exit routes, so that they are safe from the coronavirus (Minister of Health, 2020).

d) Stay away from the crowd

If there are no important and urgent interests, then it is better to stay away from the crowd. The Indonesian government can regulate in such a way that people stay away from crowds when they are outside their homes. Because the more frequent meetings are held in large numbers, the more likely it is that the coronavirus will be confirmed. Everyone who is sick and over the age of 60 needs to avoid crowds because the age of 60 and having a history of congenital disease are very easy to be confirmed by coronavirus.

e) Reduced Mobility

The spread of the coronavirus can happen anywhere, anytime, and applies to anyone, both people who live in cities and those who live in villages. For this reason, it is necessary to pay attention to how to reduce traveling near and far. If there is no need that is a priority, then you should stay at home because being at home is safe enough from the coronavirus attack. Everyone, although in good physical condition when traveling and returning home, does not necessarily mean that the physical condition will be healthy. The spread of the

coronavirus is very fast and infects a person quickly too when not wary of responsibly (Minister of Health, 2020).

Corona Virus Prevention Means

The implementation of health protocols is a very urgent component, but maintaining the immune system is a fixed price in order to refrain from being attacked by the coronavirus. To prevent yourself from being attacked by viruses, including Corona Virus Disease (Covid-19), you must regularly consume water. Water contains zinc and selenium, so it can play a role in forming the nucleus.

The nucleus is surrounded by an outer and inner membrane consisting of nucleoplasm and chromosomes. The nucleus in the nuclear membrane is the entrance and exit for RNA and proteins. In addition, on the nuclear membrane of the nucleus there is a nuclear pore (Liputan6.com, 2019).

Consuming 1.8-2 liters of water definitely helps humans to overcome the lack of fluids in the human body and prevent all kinds of other diseases, including coronavirus. Humans before resting are required to consume at least 2 glasses of water, so that when you wake up your body will feel comfortable to do physical activity.

In principle, humans need to consume more water, but it is also necessary to continuously consume vitamin C, including during the Covid-19 pandemic. The goal is to keep the immune system healthy.

According to Kompas.com (2020); Wardhani (2021), must consume vitamin C because vitamin C is a strong antioxidant, so it is beneficial for human physical immunity.

Fruits that contain vitamin C are 1 guava (126 mg), 100 grams of guava/guava (228 mg), 1 mango (120 mg), 150 grams of strawberries (90-97.7 mg), 1 fruit pineapple (80 mg), 150g papaya (90-94 mg), 1 kiwi fruit (65 mg), 1 lemon (85 mg), 100 g lychee (136 mg), 1 medium orange (70 mg), 1 tomatoes (20.4 mg), 100 grams apples (5 mg), 100 mg longans (84 mg), 100 grams passion fruit (72 mg), 1 cup melon (67 mg), 100 mg red grapes (pink) (31.2 mg), 100 mg pear (6 mg), 100 mg avocado (20.1 mg), 100 mg sapodilla (15 mg), 100 mg watermelon (12, 5), 100 gram banana (8.7-9 mg), 56 grams of black currant (101 mg), 1 persimmon (16.5 mg), 100 grams of soursop (30 mg), 150 grams of orange melon (60 mg), and 100 grams of green melon (20 mg).

According to Nutrimart.co.id (2019); Sehatq.com (2020); Alodokter.com (2021), vegetables that contain vitamin C include: 100 grams of broccoli (80-90 mg), 100 grams of cabbage (16 mg), 1 cup of cauliflower (50 mg), 85 grams of spinach (24 mg)), 100 grams kale (120 mg), 100 grams bell pepper (128 mg), 70

grams yellow bell pepper (137 mg), 1 cup red bell pepper (190 mg), 1 cup green bell pepper (120 mg), 1 green chili pepper (109 mg), 100 grams red chilies 144 mg, 8 grams parsley/parsley (10 mg), 1 cup Japanese spinach (195 mg), 100 grams cabbage (92.6 mg), cup Brussels sprouts (49 mg), 28 grams of thyme (45 mg), 1 cup of celery juice (14 mg), 100 grams of jalapeno (17 mg), 100 grams of kale (120 mg), 100 grams of peas (60 mg), 100 grams of pumpkin (23 mg) , mustard greens (195 mg), 1 cup cantaloupe (65 mg), garlic (vitamin C), and 30 grams of spinach (8.5 mg).

Food and beverage sources that contain vitamin C have several very important functions, namely: (1) preventing oxidative stress; (2) help with flu; (3) avoiding stroke; (4) slow down aging; (5) prevent eye disorders; (6) prevent blood pressure to remain stable; (7) accelerate wound healing and infection (Kompas.com, 2020). Children, adolescents, and adult humans must consume vitamin C every day according to health recommendations, especially in adult humans need to consume vitamin C 120 mg to 1000 mg. If it is above 1000 mg, then humans can experience disturbances in the digestive tract (Anindyaputri, 2021).

The public in general must implement health protocols to increase body resistance so that they can ward off coronavirus infection even though they have received the coronavirus vaccine.

Benefits of the Covid-19 Vaccine

1. Understanding the Covid-19 Vaccine

The coronavirus vaccine is an effective and economical way recommended by the government to prevent transmission and weaken coronavirus infection (Febriyanti et al., 2021). Coronavirus vaccination is a vaccine given by the government to increase a person's immune system in dealing with the coronavirus. To prevent the spread of Covid-19, the Indonesian government is trying to handle the coronavirus vaccination. Thus, coronavirus vaccination as a vaccine to increase everyone's immune system proactively against a disease, including coronavirus when it attacks but will not spread to the wider community (Covid19.go.id, 2021).

2. The Purpose of the Covid-19 Vaccine

The Indonesian government vaccinates its citizens, of course, has a well-thought-out goal without harming their physical, mental, psychological and spiritual aspects. The Covid-19 vaccine aims to create the immune system of community groups so that people become more free in carrying out their daily activities. The Covid-19 vaccine aims: (1) to anticipate and strengthen the immune system universally; (2) reduce the social and

economic impact of the community (baliprov.go.id, 2021). Thus, the objectives of the Covid-19 vaccine are: (1) reducing the prevention and transmission of coronavirus; (2) minimize the number of suffering and deaths from coronavirus; (3) achieve maximum herd immunity; (4) keeping community members healthier. Even though Indonesian citizens have received vaccinations, they are not allowed to neglect implementing health protocols. To maintain stable health, it is necessary to increase the use of health protocols, namely washing hands, wearing masks, maintaining distance, staying away from crowds, and reducing mobility (5M).

3. Benefits of the Covid-19 Vaccine

The Indonesian government's coronavirus vaccination for its citizens certainly has benefits, therefore the benefits of vaccination are: First, it stimulates the immune system. Vaccines are biological products that are injected into the human body, so that they can stimulate human immunity to get more immunity. Second, minimize the risk of transmission of Covid-19. The human body that has been injected with the vaccine will stimulate antibodies so as to minimize the risk of exposure to Covid-19. Third, reduce the heavy impact of the coronavirus. The condition of the human immune system is increasing, so the symptoms of the coronavirus will weaken. Fourth, achieve herd immunity. If the majority of people receive the vaccine in an area, it can reduce the risk of being confirmed from the coronavirus (kemkes.go.id, 2021).

Juridical Basis for Covid-19 Health and Vaccination Protocols

The term juridical means law, according to law, or legally. Therefore, this paper can also be highlighted in terms of the juridical basis which includes national law and God's law through His Word. To prioritize the benefit of the general public, it is necessary to prevent, spread, and increase transmission of the coronavirus, as well as to comply with the health protocols that have been initiated by the Government of Indonesia and to show proof of coronavirus vaccination in the form of a manual or digital vaccine card when leaving for a certain destination (SE Unit). Covid-19 Handling Task Number 9 of 2022).

When someone wants to travel, he must believe that he is in good condition before leaving the house. If you are physically unwell or unfit, then you should not need to travel so as not to contract the coronavirus (Ministry of Health RI Number HK. 01. 07/Menkes/382/2020). In every situation, health protocols must be adhered to in public places that are very vulnerable to the

outbreak of the coronavirus. Therefore, one must always try to keep a distance of at least 100 centimeters from fellow humans (Arifin et al., 2021).

Trying to prevent the spread and transmission of coronavirus, you must be extra careful because of the threat of coronavirus when humans are on standby or in a weak state. The Indonesian government has set regulations to prevent coronavirus and has a firm determination to maintain body resistance through coronavirus vaccination and increase faith in God Almighty (Majid, 2021).

In the Christian faith, every human being must have firm faith in Christ Jesus so that he always believes that He is always with him every day even though he is facing Covid-19. The Lord Jesus Christ has promised to be with him always until the end of time (cf. Matt. 28:20). That God's people must continue to have faith in Him and increase intimate fellowship with God so that He can keep from being attacked by the deadly coronavirus.

Even though the coronavirus has not stopped acting, it is hoped that the Indonesian people will not be afraid and do not hesitate because God always accompanies, strengthens, brings victory, and delivers humans from the coronavirus attack (cf. Isa. 41:10). Actually the coronavirus has no power beyond God's power because its power is under God's control. Therefore, the Indonesian people must not experience prolonged anxiety, but must express all their heart's desires to Him (Phil. 4:6), so that God always helps, protects, preserves, and protects from the spread of Covid-19.

The implementation of the Covid-19 health protocol and vaccination is the choice of the Government of Indonesia to prevent the coronavirus, as well as prioritizing a self-approach to God, so God will continue to care about the life He has bestowed upon him. If Covid-19 is disseminated by people who are smart in their brains by using advanced technology, thereby harming many parties and eliminating human lives, then that person must repent.

The person who spreads the coronavirus, bacteria, and the like must experience repentance from his evil actions (cf. Jas 4:7-10), wash his hands from sins, purify his heart (cf. Jas 4:8), and undergo transformation. life in total, so that God forgives him. The message of God's word is to humble yourself before God and throw away your pride in the knowledge you have (James 4:6) (Tamez, 2016).

CONCLUSION

Health protocols and Covid-19 vaccinations are very much needed because they are useful for maintaining the health and benefit of mankind from

the spread of Covid-19 which endangers mankind in all countries, including Indonesia. The implementation of health protocols as a preventive measure needs to be implemented by the Indonesian people to protect themselves from the coronavirus attack. The covid-19 vaccination is a complement to maintain body immunity, and Indonesian people are also required to consume water, and eat fruits, vegetables, and drinks that contain vitamin C because the human body really needs vitamin C to maintain immunity so that able to ward off the coronavirus attack. However, the most important and foremost thing for mankind is an intimate self-approach to Almighty God because He is able to help, guard, nurture, protect, and deliver humans from the deadly Covid-19 attack.

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