

Introduction from Editor in Chief HOW IS COVID-19 MITIGATION IN INDONESIA?

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1. INTRODUCTION

Coronavirus is a large family of viruses that cause mild to moderate upper respiratory infections, such as flu. This virus can cause diseases in animals and humans, such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The latest Coronavirus found in Wuhan, China, in December 2019 was named SARS Coronavirus (SARS-CoV-2) which causes Coronavirus Disease 2019 (COVID-19). COVID-19 is an infectious disease that occurs through droplets from the nose or mouth that spreads when the virus carrier coughs or sneezes [1, 7, 9].

The impact of COVID-19 is enormous and leads to global disasters. COVID-19 disaster is a health disaster that can damage the order of human life on earth [15-18]. This disaster has a significant impact on the sustainability of human life on earth because it will directly cause health, economic, and social-cultural problems in the community. COVID-19 Mitigation is a series of efforts to reduce the risk of COVID-19 disaster through awareness-raising and the ability of individuals, groups and countries to deal with the threat of COVID-19 disaster. The COVID-19 disaster itself is an event that threatens and disrupts the lives and livelihoods of people, both health, economic and social community.

The occurrence of the COVID-19 disaster is also allegedly due to the occurrence of Earth's climate change. Climate change will directly trigger extreme weather changes [5-10, 19] or can also be called globalization, so that stored microorganisms (viruses or bacteria) will have a great potential to escape looking for new hosts, both in animals and humans turned out to influence human health. Extreme heat and excessive cold weather can cause the body's immune power decreases so it is susceptible to disease. During this transition period, it is not only humans who cannot always leave the house, but viruses and bacteria will easily develop in the human body.

With the increasing outbreak of the COVID-19 disaster in the world, and until now there has been no vaccine to prevent it, it is very necessary adaptation efforts so that the sustainability of life

can continue. [11-14] Adaptation is an effort to adjust to the environment by making changes that lead to increased endurance and resilience to these changes. COVID-19 adaptation can be interpreted to live in peace with the coronavirus. Getting used to a healthy life is one of the adaptation efforts that can be done quickly.

2. EFFECTIVE COVID-19 DISASTER MITIGATION MEASURES IN INDONESIA

The COVID-19 virus is a new pathogen that is highly contagious, can spread quickly, and must be considered capable of causing enormous health, economic and societal impacts in any setting. It is not SARS and it is not influenza. Building scenarios and strategies only based on well-known pathogens risk failing to exploit all possible measures to slow transmission of the COVID-19 virus, reduce disease and save lives [26-28].

The COVID-19 outbreak in Indonesia is predicted to last a long time if proper mitigation is not based on local wisdom of the local community. Indonesia, which consists of many ethnic groups, has its local wisdom in overcoming various kinds of problems. The local wisdom of the community in conducting COVID-19 mitigation must be used as a reference because the mitigation rules implemented by the government are ineffective and inefficient.

The COVID-19 mitigation efforts undertaken by the Government of Indonesia, as outlined in the COVID-19 mitigation policy, are 1) require social distancing: safe home shelter conducted nationally, by closing schools, offices and tourist attractions, gathering places. Close trips to and from the island, province, city and district, and restrictions on public transportation, 2) expansion of rapid tests for screening (bulk testing) and addition of PCR lab tests and expansion with gen-expert, 3) apply special policies when in certain months, *Ramadhan*, *Idul Fitri*, and *Paskah*, 4) meet the needs of health services.

This effort is ineffective, this is proven by the case of COVID-19 in Indonesia until now it is still increasing significantly. Thus, the role of religious and customary figures becomes a unified

whole in regulating the culture and habits of the community. It is important to fully involve religious leaders and traditional leaders in preventing the spread of COVID-19 in Indonesia. Religious and *adat* leaders must coordinate with each other in providing counselling and appeals to the public to comply with the rules set by WHO so that social distancing will be optimally carried out [20-22]

[2-4] Also, COVID-19's mitigation efforts are as follows: 1) Much of the global community is not yet ready, in mindset and materially, to implement the measures that have been employed to contain COVID-19. These are the only measures that are currently proven to interrupt or minimize transmission chains in humans. [23-25] Fundamental to these measures is extremely proactive surveillance to immediately detect cases, very rapid diagnosis and immediate case isolation, rigorous tracking and quarantine of close contacts, and an exceptionally high degree of population understanding and acceptance of these measures, 2) Immediately activate the highest level of national Response Management protocols to ensure the all-of-government and all-of-society approach needed to contain COVID-19 with non-pharmaceutical public health measures, 3) Prioritize active, exhaustive case finding and immediate testing and isolation, painstaking contact tracing and rigorous quarantine of close contacts, 4) Fully educate the general public on the seriousness of COVID-19 and their role in preventing its spread, 5) Immediately expand surveillance to detect COVID-19 transmission chains, by testing all patients with atypical pneumonias, conducting screening in some patients with upper respiratory illnesses and/or recent COVID-19 exposure, and adding testing for the COVID-19 virus to existing surveillance systems (e.g. systems for influenza-like-illness and SARI), 6) Conduct multi-sector scenario planning and simulations for the deployment of even more stringent measures to interrupt transmission chains as needed (e.g. the suspension of large-scale gatherings and the closure of schools and workplaces), 7) Prepare to immediately activate the highest level of emergency response mechanisms to trigger the all-of-government and all-of society approach that is essential for early containment of a COVID-19 outbreak, 8) Rapidly test national preparedness plans in light of new knowledge on the effectiveness of non-pharmaceutical measures against COVID-19; incorporate rapid detection, largescale case isolation and respiratory support capacities, and rigorous contact tracing and management in national COVID-19 readiness and response plans and capacities, 9) Immediately enhance surveillance for COVID-19 as rapid

detection is crucial to containing spread; consider testing all patients with atypical pneumonia for the COVID-19 virus, and adding testing for the virus to existing influenza surveillance systems, 10) Begin now to enforce rigorous application of infection prevention and control measures in all healthcare facilities, especially in emergency departments and outpatient clinics, as this is where COVID-19 will enter the health system, 11) Rapidly assess the general population's understanding of COVID-19, adjust national health promotion materials and activities accordingly, and engage clinical champions to communicate with the media, 12) Recognize that COVID-19 is a new and concerning disease, but that outbreaks can managed with the right response and that the vast majority of infected people will recover, 13) Begin now to adopt and rigorously practice the most important preventive measures for COVID-19 by frequent hand washing and always covering your mouth and nose when sneezing or coughing, 14) Continually update yourself on COVID-19 and its signs and symptoms (i.e. fever and dry cough), because the strategies and response activities will constantly improve as new information on this disease is accumulating every day, and 15) Be prepared to actively support a response to COVID-19 in a variety of ways, including the adoption of more stringent 'social distancing' practices and helping the high-risk elderly population.

3 CONCLUSION

COVID-19 Mitigation in Indonesia, aside from being based on Regional, National and International policies, must pay attention to the local characteristics of the community. Mitigation to prevent the spread of the coronavirus should look at religious factors, and make religious leaders as partners in public awareness.

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