

PREVENTING COVID-19 TRANSMISSION AND STRENGTHENING IMMUNITY WITH LOCAL-BASED POTENTIAL HERBAL IMMUNOSUPPLEMENT

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ABSTRACT

Health cadres are one of the community's contribution efforts to maintain health and eradicate diseases, including Covid-19. This program aims to provide knowledge to Gondanglegi health cadres about efforts to prevent Covid-19 by strengthening the immune system using natural ingredients of local potential, as well as improving skills in rhizome cultivation and immuno-supplement production. This program was performed with several steps, starting from preparation activities, talkshow, discussions and simulations of herbal cultivation practice. Evaluation for the accomplishment of this program was assessed with *post-test* and competition of herbal-product creation. The results showed that the participant attendance was satisfactory (91.7%), the average of knowledge and perception score was 90 (good), respectively. The creativity of cadres in applying knowledge about herbal immuno-supplements can be seen from the products they developed in the form of ginger biscuits, telang pudding, and herbal drinks "jaselem" and "jagujek". The product was assessed by three panelists, looking at the composition of the immunomodulator, the manufacturing process and the appearance of the product. The average of product score was 88.67 (ginger), 85.83 (telang pudding), 85.1 (jaselem) and 87.56 (jagujek). In conclusion, despite constraints on the Covid-19 pandemic regulation, our program could still be conducted by adapting to the protocol such as reducing the number of meetings, participation, and duration of time. Hopefully, this program could be continued by Gondanglegi community with the support from the community leaders and local primary health center (puskesmas) to improve not only health status but also the economic status of Gondanglegi community.

Kata Kunci: *Covid-19, cadres, toga, herbs, immuno-supplement*