Utilization Of Coconut Water Post Covid-19 Vaccine For Students Of West Bilah State 5 junior high school

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Abstract.

Corona virus (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people who contract COVID-19 will experience mild to moderate symptoms, and will recover without special treatment. However, some people will experience severe pain and require medical assistance. The spread of this virus also has an impact on health that occurs through the mouth or nose of an infected person through small fluid particles when the person coughs, sneezes, talks, sings, or breathes.The Covid-19 vaccine is a biological product that contains antigens in the form of microorganisms or part of the resulting substance which is processed in such a way that it is safe, which when given to a person will cause active specific immunity. The Indonesian government's efforts in dealing with the Covid-19 problem aim to create herd immunityso that people become more productive in carrying out their activities. Coconut water is a clear liquid tapped from young, green coconuts, which contains several nutrients and electrolytes. More than 95% of coconut content is water. In the implementation of community service, the method used is socialization by explaining material about Covid-19, Utilization of coconut water, vaccines, various types of vaccines. The implementation of these activities was explained with the help of power points and the distribution of questionnaires.

Keyword: *Vaccines, types of vaccines, coconut water, utilization.*

1. INTRODUCTION

The Covid-19 vaccine is one of the Indonesian government's efforts to deal with the Covid-19 problem. The Covid-19 vaccination aims to create herd immunityso that people become more productive in carrying out their activities (Abarca, 2021). In this case, the government provides Sinovac, AstraZeneca, Moderna, BioNTech-Pfizer vaccines.

The Sinovac vaccine is a vaccine to prevent infection with the SARS-CoV-2 virus or known as CoronaVac (Lestari & Saepudin, 2021) which has received an emergency use permit from the Indonesian Food and Drug Supervisory Agency (BPOM). Sinovac vaccine injection will trigger the immune system to recognize this inactivated virus and produce antibodies to fight it so that infection does not occur. The value of the protective effect against Covid-19 is 65.3%. The AstraZeneca vaccine is used with a method that utilizes the modified virus to form antibodies . The dose in a

single injection is 0.5 ml, with injections carried out 2 times with a distance of 8-12 weeks.

Moderna vaccine or Mrna-1273 is a type of messenger RNA vaccine. This vaccine does not use a weakened or killed virus , but uses components of genetic material that make the immune system produce spike proteins . The protein is part of the surface of the Corona virus. The protective effect on the body is pain at the injection site, fatigue, headache, muscle aches, chills. The BionTech-Pfizer or BNT162b2 vaccine is a type of vaccine that triggers the immune systems to form spike proteins which will later help the body form antibodies against the corona virus. This vaccine provides a protective effect against COVID-19 by 95%.

Coconut water is a liquid that contains various vitamins and minerals and sugar so that it can be categorized as a light and nutritious drink that is in the coconut.

II. METHODS

In the implementation of community service the method used is socialization. The number of students who became the target of the socialization consisted of 30 students from 15 students in class IX-B and 15 students in class IX-C, this was done because the learning activities were carried out in stages. The location of the Community Service is at SMP Negeri 5 Bilah Barat, Kampung Baru Village, Kec. Labuhanbatu Regency. The implementation of this program will be held on January 18, 2022. At 09-00 wib-11.00 wib. The material provided was about the use of coconut water after the covid-19 vaccine and then the distribution of questionnaires to students to find out the understanding of the material presented.

III. RESULT AND DISCUSSION

On January 18, 2022, the community service activities have been running smoothly and according to the plan carried out by 30 students. The result of the socialization carried out was the delivery of the use of coconut water after the covid-19 vaccine which aims to introduce the benefits of coconut water after the vaccine.

The use of coconut water after the vaccine is to reduce symptoms that occur in the body such as:

1. Relieves arm pain
2. Increase body immunity
3. Increase decreased stamina

Fig 1. Explanation via powerpoint

Fig 2. Understanding of the material

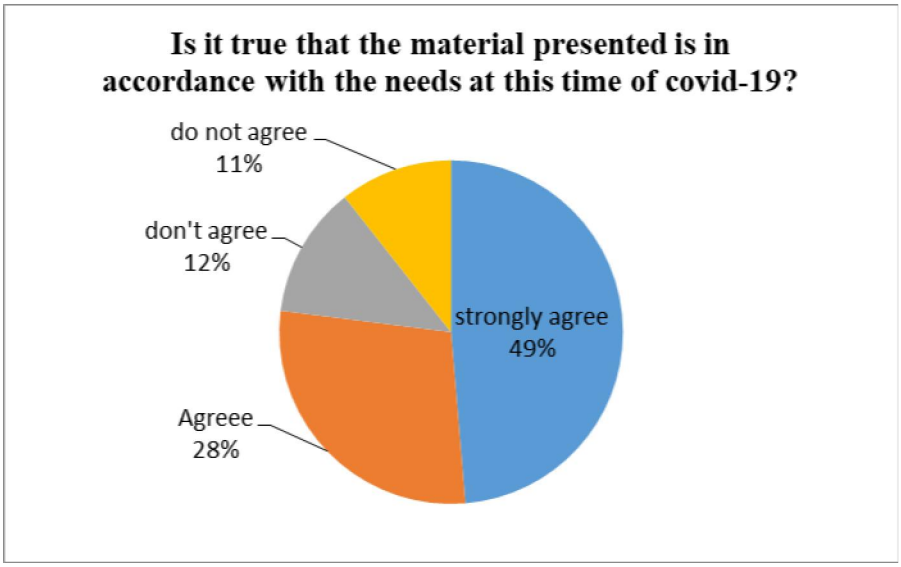
Fig 4. Introduction to the use of coconut water

Vaccines are one way to fight the threat of COVID-19. Vaccines at least make a person avoid the threat of severe symptoms of SARS-CoV-2 virus infection.

Coconut water contains electrolytes, carbohydrates, fiber, protein, and vitamin C, calcium, magnesium, and potassium which are useful for supporting the body's fluid and electrolyte balance. Coconut water can also help with diarrhea, indigestion, constipation, worms, bladder infections. Meanwhile, vaccines contain compounds that can trigger the formation of antibodies to boost immunity.

Fig 5. Together with the students of SMP Negeri 5 Blade Barat

In carrying out this socialization there is a questionnaire that has been distributed to students of SMP NEGERI 5 Bilah Barat



IV. CONCLUSION

Community service activities were enthusiastically welcomed by the community and other village officials along with socialization activities at SMP NEGERI 5 Bilah Barat school. It is hoped that this activity can help the community in the knowledge that the use of coconut water after the vaccine can help reduce the symptoms that arise after the vaccine.

Utilization of coconut water should be done as well as possible, because consuming coconut water every day is also not good for the body. Coconut water consumed after the vaccine only helps boost the body's immune system, not eliminates the function of the vaccine.

The purpose of this socialization is so that the use of coconut water is not misused by assuming that the symptoms of the vaccine can be overcome by drinking coconut water. Drinking coconut water can add to the reduced immunity after the vaccine.

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