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IbM Fabric Face Mask Making Training During COVID-19 Pandemic: For The Residents of East Penfui Village, Kupang Tengah, Kupang District

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A B S T R A C T

The COVID-19 pandemic impacts almost all levels of society and has become a global problem. Recommendations regarding the use of masks in the community, during home care, and in health care facilities in areas need to be mobilized massively. The two main modes of COVID-19 virus transmission are respiratory droplets and contact. The need for masks has increased due to mask use as a habit and daily activities. The type of cloth used in the first layer near the mouth and nose is cotton and chiffon, while the outer fabric is flannel. Therefore, it is necessary to have a stock of masks that are clean and of good type of cloth as prevention and first aid when doing activities outside the home. The residents' condition in Penfui Village showed that not all are able to provide a large stock of masks for at least one house/small family. This situation prompted the Community Service team from the Faculty of Medicine (FK) Undana to provide training in making cloth masks for the community in East Penfui Village.

INTRODUCTION

The COVID-19 pandemic impacts almost all levels of society and has become a global problem.. Recommendations regarding the use of masks in the community, during home care, and in health care facilities in areas need to be mobilized massively (Chughtai et al., 2020).

Current information indicates that the two main forms of COVID-19 virus transmission are respiratory droplets and contact, which were generated when a person coughs or sneezes. Anyone who is in close contact (within a radius of 1 m) with a person showing symptoms of respiratory distress (coughing, sneezing) is at risk of exposure to respiratory tract splash, which could cause an infection (infectious). Splashes can also fall onto surfaces where the virus remains active; therefore, the immediate surroundings of an infected person can be a source of transmission (contact transmission) (Konda et. al., 2020).

The Coronavirus spread by droplets which then enter through the nose and mouth if there is contact with the interlocutor. Therefore, a cloth mask that is appropriately used, the recommendation is a 3-layer mask. The type of cloth used in the first layer near the mouth and nose is cotton and chiffon, while the outer fabric is flannel (O’Kelly et al., 2020).

The masks use had become a habit in life and daily activities, so that the need for masks has increased. The mask should be replaced every four hours when actively active for 24 hours. It means that four new masks/person are needed, which means 12 masks are needed when there are three people in 1 house. Therefore, it is necessary to have a stock of a clean masks with a good type of cloth as prevention and first aid when doing activities outside the home. The residents' condition in Penfui Village showed that not all are able to provide a large stock of masks for at least one house/small family (Macintyre., 2020).

This situation prompted the Community Service team from the Faculty of Medicine (FK) Undana to provide training in making cloth masks for the community in East Penfui Village.

METHOD

The Science and Technology Method for the Community was carried out with activity steps in coaching and distributing leaflets/brochures to prevent the dangers of COVID-19 and training in making masks independently. Activities were arranged in several stages of work to facilitate the implementation and evaluation. The stages of activities are as follows: 1. Carry out the dissemination about COVID-19 hazard function; 2. Explaining the description of the transmission of the Sars-COV-2 Virus; 3. Coordinating the residents involved in making masks independently, then jointly carry out work preparations; 4. Purchasing tools and materials for making masks; 5. Training residents to use masks to become a habit during their activities; 6. Conducting a thorough evaluation of processes and performance; 7. Reporting of

all results of activities, including temporary conclusions and suggestions for future activities; 8. Preparing materials for seminars and articles for journals.

Step to produce a 3-layer cloth mask without a sewing machine are 1. Preparing cloth, thread, needle and mask string; 2. Making a pattern on cardboard; 3. Cutting the fabric according to the pattern on the cardboard; 4. Attaching the string and 5. Sewing on the outer side.

RESULT AND DISCUSSION

The group of East Penfui Village residents involved in IbM becomes an agent to motivate local residents to boil good water. The people of East Penfui Village and residents around the complex can live a healthy lifestyle. The risk of COVID-19 disease due to a culture of crowding with poor quality Personal Protective Equipment (PPE) can be reduced. Residents can make masks independently along with a healthier and more prosperous residential environment because the threat of COVID-19 can be prevented from an early age (Acute and Syndrome, 2020).

1.1. Figures



Figure 1. Introduction how to produce cloth masks



Figure 2. Practicing by the participants



Figure 3. Material distribution activity



Figure 4. Participants were trying independently

CONCLUSION

The people of East Penfui Village already knew how to make 3 plies (3 layers) masks from cloth that are arranged and sewn manually and individually. The skill that been given for making the three plies cloth mask can be used to prevent the dangers of the SARS CoV-2 virus which is currently becoming a pandemic.

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