

# Vaccination and Health Protocol Implementation as Prevention Against COVID-19 Outbreak in *Pondok Pesantren* (Islamic Boarding-Based Education) in Yogyakarta, Indonesia

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## Background Information

- *Pondok Pesantren* as one of the major boarding-based education systems in Indonesia faces significant challenges in controlling and preventing the spread of infectious diseases, including COVID-19.
- Those challenges include huge numbers of students, crowded dormitories, shared lavatories, limited medical and isolation resources, daily entry and exit of staff members, and mass gathering.
- Data from the Ministry of Religious Affair in 2020, shows a total of 27.722 *Pondok Pesantren* in Indonesia with 4,17 million students live in. Until November 2020, there have been 32 new clusters of COVID-19 surfaced in *pondok pesantren* with more than 900 lived-in teachers dead.
- Proper prevention and update in health protocol guidelines are important. Rapid identification of COVID-19 cases, consistent application of prevention measures within *Pondok Pesantren*, such as vaccination and health protocol implementation are critical to protect the students, teachers and staff members.

## Project Objectives

- Understand the prior health care situation before and during COVID-19 pandemic in 16 *Pondok Pesantren* in Yogyakarta, Indonesia.
- Provide a comprehensive, context-bound understanding of implementing health protocol and vaccination programs in *Pondok Pesantren* as a prevention from emerging disease outbreak.

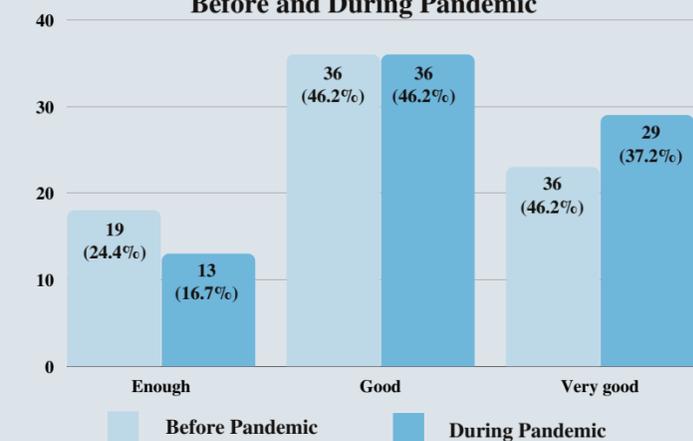
## Materials and Methods

Research Type	Quantitative	Qualitative
Variables	<ul style="list-style-type: none"> <li>• Healthy living behaviors comparison before and during pandemic</li> <li>• Health protocol implementation during pandemic</li> <li>• Vaccination program</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy living behaviors comparison before and during pandemic</li> <li>• Health protocol implementation during pandemic</li> <li>• Vaccination program</li> </ul>
Data Collection Method	Self-administered questionnaire (online Google form)	Semi-structured interviews, conversational interviews, group interviews, participant observations, reflective diaries and creative writing
Sampling	78 students from 15 <i>Pondok Pesantren</i> (Total Sampling)	1 <i>Pondok Pesantren</i> (Purposive Sampling)
Data Analysis	Descriptive	Thematic analysis

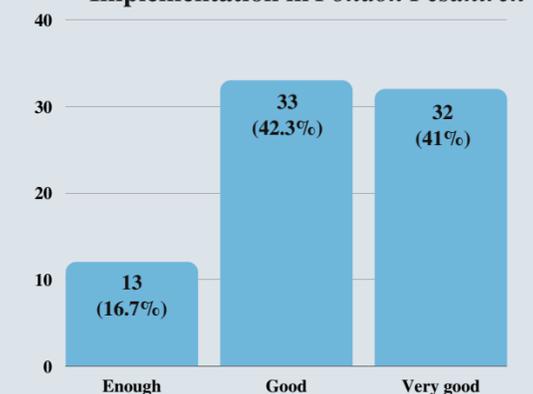
Results

## Results

Graph 1. Healthy Living Lifestyle Before and During Pandemic



Graph 2. Health Protocol Implementation in *Pondok Pesantren*



- Among the factors affecting compliance of health protocol implementations in *Pondok Pesantren* are disparity of individual understanding & obedience (71,8%), inadequate facilities (12,8%), and others (including no strict rules and regulations).

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## Results

Graph 3. Access and Facilities in *Pondok Pesantren*



- Among 71,8% students who live in *Pondok Pesantren* that have not carried out vaccination programs are due to unavailable access for vaccination (55,6%), no information regarding vaccine access (20,6%), and others (including fear and doubt of vaccination).

- The *Pondok Pesantren* chosen for qualitative research was one of the biggest in Yogyakarta, with more than 1000 lived-in students.
- The COVID-19 taskforce (consisting of staff members and medical team) was creating regulations that will be divided into 3 stages: **preparation, arrival to quarantine and evaluation.**
- The main task of this taskforce was updating emergency plans and guidelines for COVID-19 response and subsequently formulating operational strategies to reduce transmission risk, including sharing the responsibilities of preparation into individual and team responsibility, which are stated in Table 1.
- The students arrive based on the schedule given prior to the arrival, then must bring negative PCR or antigen rapid test results, and if not, they have to do *GeNose* testing and do self-quarantine for 14 days and minimize gathering, they are also required to do the individual responsibility consistently.
- After 7 days prior to arrival, the staff members and health team did physical examination and laboratory testing for every student.
- The result of the examinations was all good, no individuals were found to have positive antigen rapid tests or *GeNose*.
- As this study was written, they were still evaluating and considering whether to continue the student arrival or not, as the highly increasing number of confirmed cases in Indonesia, might as well be the introduction of the virus into the facilities.
- The findings in this study are subject to limitations, especially because there is no gold-standard testing (PCR test) provided for diagnosing COVID-19 within the facilities.

Table 1. Individual and Team Responsibility

Individual	Team
Frequent handwashing using soap or hand sanitizer for at least 20 second.	Ensure access to handwashing by adding sink facilities in every area.
Consistent use of double-masking when around others or in a closed or minimum ventilation area.	Enhance facility cleaning and disinfect frequently touched surfaces daily.
Physical distancing in every activity for at least 1.5 meters apart, especially prior to arrival and during self-quarantine time.	Plan for how dormitories will be used to self-isolate ill patients and self-quarantine for 14 days prior to arrival.
Avoid close contact with people who are sick.	Screen all entrants before entering the Pondok Pesantren area.
Cover coughs and sneezes.	Restricting in-person visitation.
Having personal equipment (toiletries, tableware, clothing, etc) and avoiding borrowing things.	Prepare for daily schedule, physical distancing strategies at school, dormitories, and other areas and display it on poster or banner.
Wash clothes and tableware independently using detergents.	Plan the staggered arrival schedule of students (70 students for every batch of arrival since July 2020).
Monitor health daily and report to the team if having any symptoms.	Prepare forms for screening during student arrival and quarantine time.
Must be willing to get vaccinated if there is no contraindication.	Make sure all students and teachers who live in the area get access for COVID-19 vaccination.
	Coordinate with the support of local health departments, governments and partners and prepare for potential transmission protocol.

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## Conclusion

- *Pondok pesantren* or other congregate facilities can exacerbate a rapid spread of infection depending on how serious every individual and its leader handle prevention and control measures inside the facilities.
- Preventing and mitigating transmission in congregate facilities not only protects the health of each individual lived in, but also protects the community's health around the facilities.
- Adapting hierarchy of controls for minimizing risk in the workplace, elimination of exposure, minimizing social interaction is the most effective control but the hardest to apply.
- Substitution activities, including combining indoor and outdoor classes or activities, limit the number of people doing the same activities in one place.
- Engineering controls in spaces means operating healthy buildings to fight against the disease.
- Vaccine administration and the use of personal protective equipment, especially double-masking are the most important points to reduce the transmission and severity risk of conducting COVID-19 infection.

## Conflict of Interests

There is no conflict of interest.

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