

p-ISSN:2746-4202

e-ISSN:2721-0618

# JURNAL PENGABDIAN MASYARAKAT DALAM KESEHATAN

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VOLUME 3 NO 2 OCTOBER 2021



**Penerbit:**  
**Fakultas Keperawatan Universitas Airlangga**

Jl. Mulyorejo Kampus C Universitas Airlangga Surabaya

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# **JURNAL PENGABDIAN MASYARAKAT DALAM KESEHATAN (JPMK)**

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JPMK is published semi-annually (April and October).

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## **EDITORIAL**

World Health Organization (WHO) has gathered the latest international scientific findings and knowledge about COVID-19. The process of transmission of coronavirus is swift, and this is because many viruses, such as coronavirus, transmission from animals to humans is part of pathogenesis. This statement about covid-19 seems to have not been resolved completely, because it is proven that there are still new cases every day even though the vaccine to the general public has been given by the government. Three types of psychological theory are highly relevant to pandemic situations and explain the way people behave when faced with disease threats and with requirements or suggestions for changing their behavior. Immunity is now an essential source in preventing the spread of covid cases, through the consumption of healthy and nutritious foods and drinks is also one of the keys. WHO still recommends a balanced nutritional diet in the midst of the COVID-19 pandemic. That is, in every food menu must include complete nutrients, be it macronutrients such as carbohydrates, proteins, fats, and micronutrients from vitamins and minerals. Information on the fulfilment of these nutrients must be conveyed openly and easily understood by the public. The amount of research on the prevention of covid-19 is very important, one of which is the multiplication of information related to nutrition and self-management that is right for the seizure of covid.