

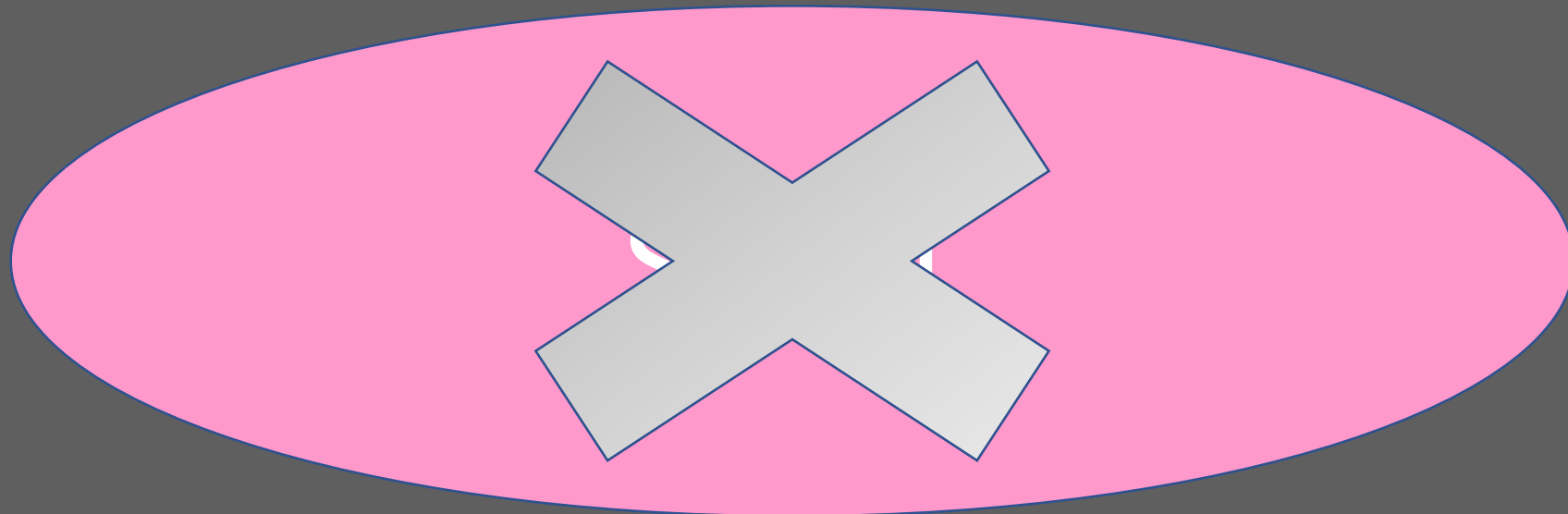
Baby Happy – Keluarga Happy

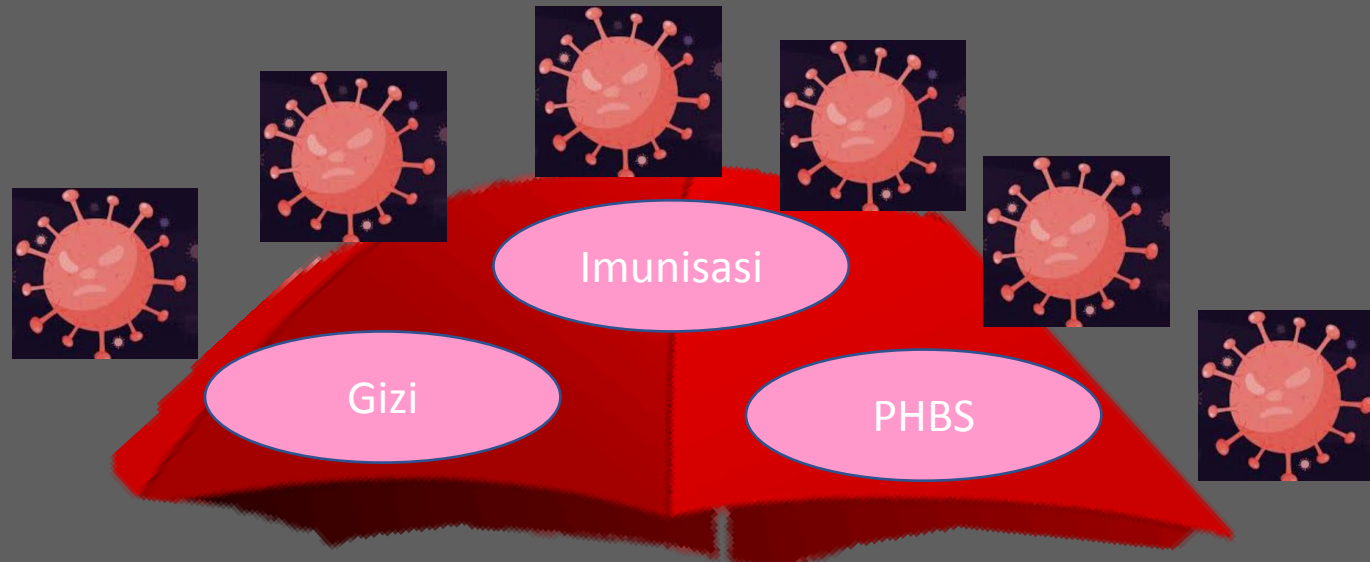
(Tidak hanya) saat pandemi Covid-19

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Gizi Anak

Length/height-for-age BOYS

Birth to 5 years (z-scores)



Weight-for-age

Birth to 5 years (z-scores)



Weight-for-length

Birth to 2 years (z-scores)



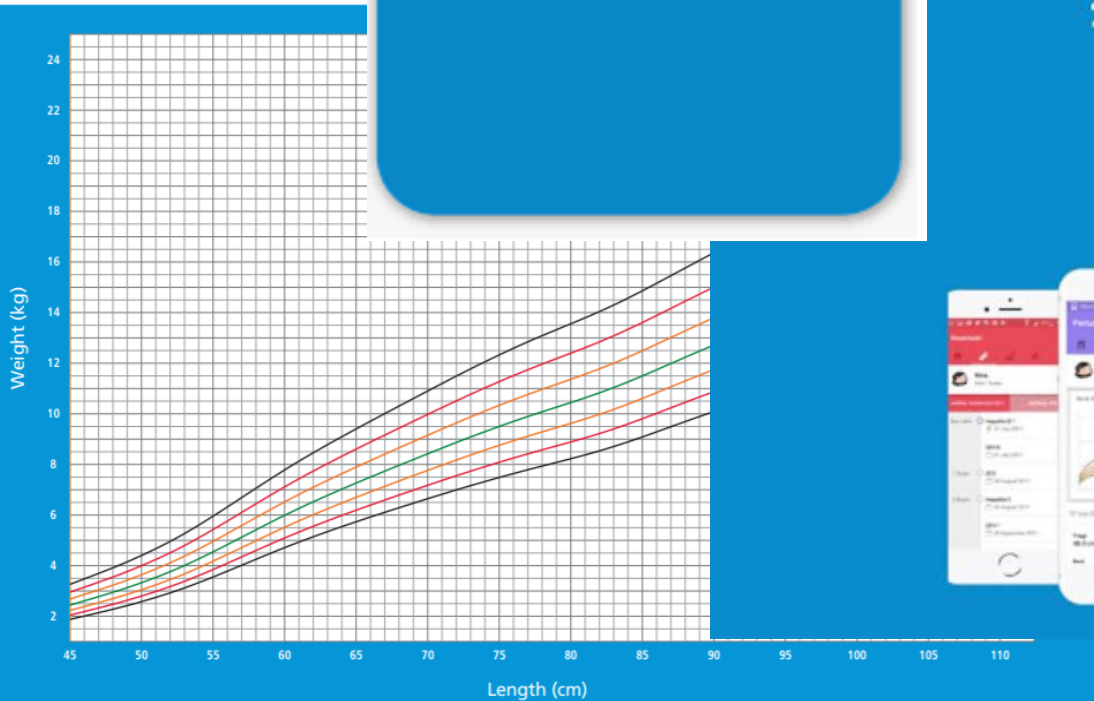
PrimaKu

PrimaKu

APLIKASI KESEHATAN ANAK
1000 HARI PERTAMA KEHIDUPAN

Periode sangat penting dalam pertumbuhan dan perkembangan anak. Pantau anak anda melalui aplikasi PrimaKu.

available on Play Store App Store



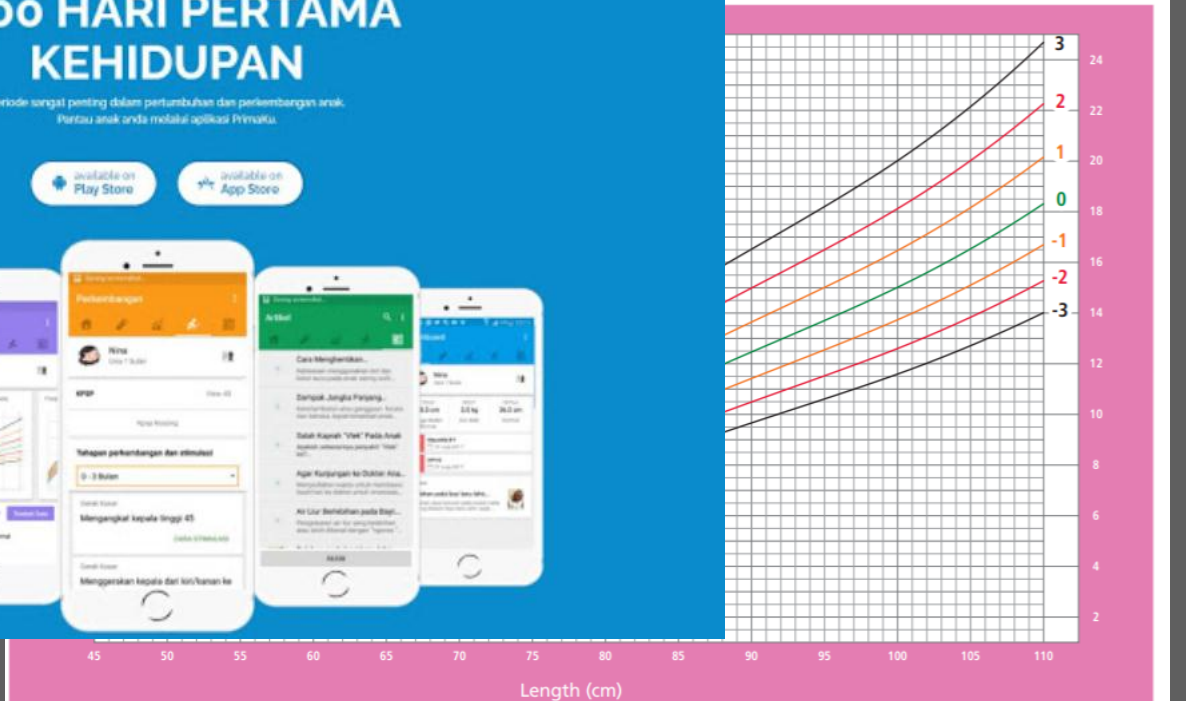
Length/height-for-age GIRLS

Birth to 5 years (z-scores)



Weight-for-age GIRLS

Birth to 5 years (z-scores)



Gizi Anak

- Gizi baik → terjadi begitu saja ? Diusahakan ?
- 1000 HPK
- Ibu hamil trimester 3 → anak lahir → anak usia 2 tahun
- Zat besi, kalsium, asam folat → ASI → ASI + MPASI
- Apa yang harus dimakan ?
- Bagaimana cara makannya ?

MPASI (makanan pendamping ASI)



Isi piringku



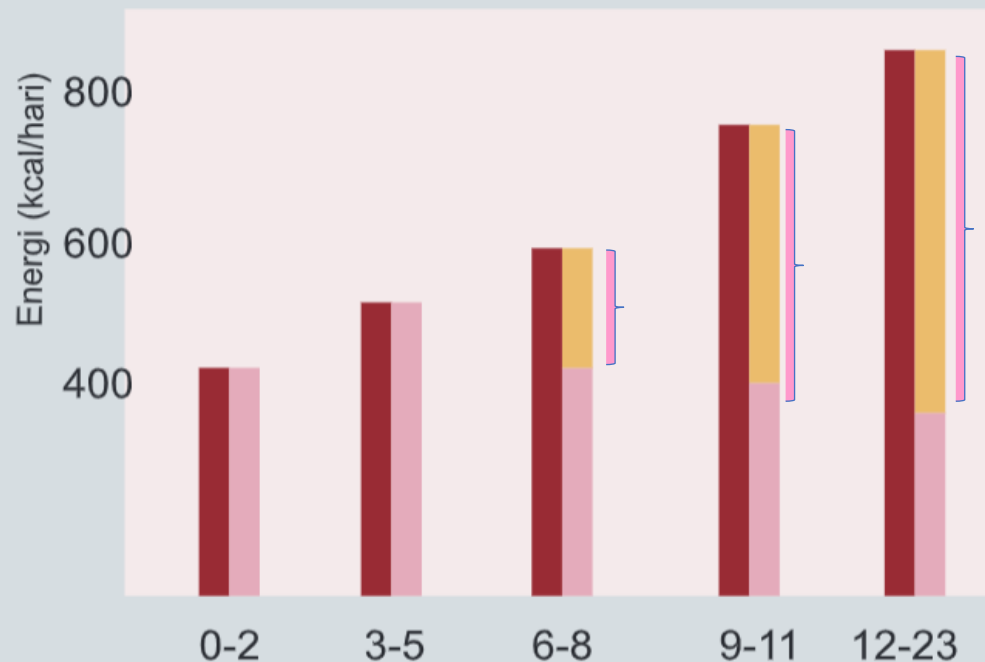
Menu tunggal



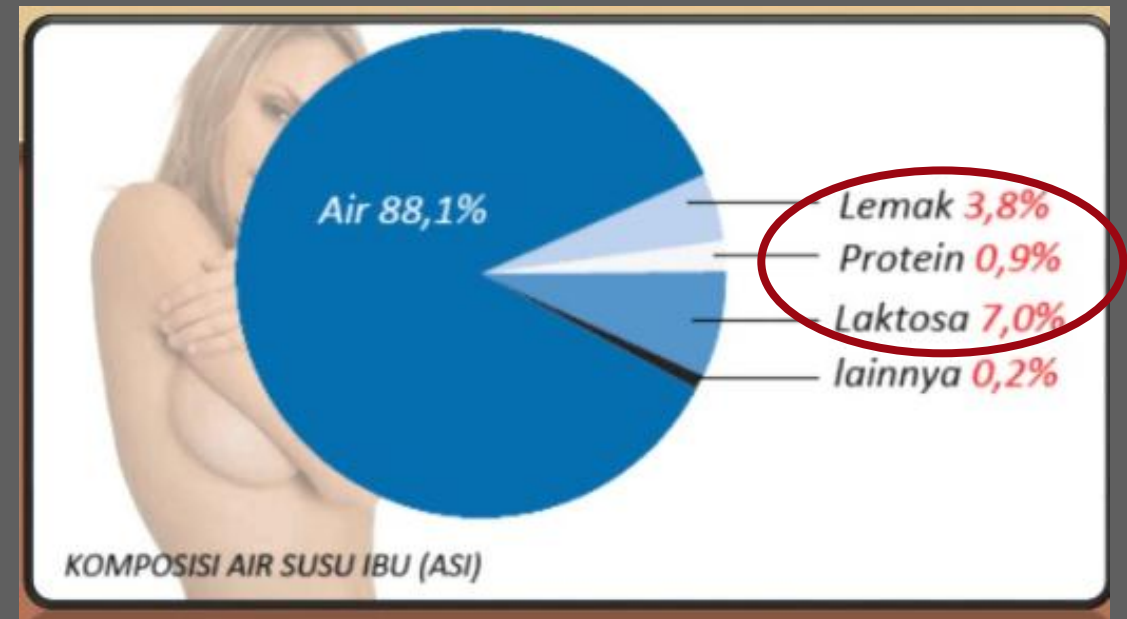
4 bintang

TAHUKAH IBU?

Kebutuhan energi dan nutrisi anak hingga usia 6 bulan dapat tercukupi oleh pemberian air susu ibu (ASI) saja.



- Kebutuhan kalori harian bayi
- Kalori yang dapat dipenuhi dari ASI
- Selisih kalori yang HARUS DIPENUHI dari MPASI



Menu lengkap

- Karbohidrat → 35 – 55 %
- Protein hewani → 15 – 20%
- Lemak → 35 – 60%

- Sayuran ?? → pengenalan → sedikiiiiiiit saja
- Protein nabati → bila gizi baik, makan cukup lahap, mulai usia > 12 boleh diberikan

Feeding rules

Bagaimana cara makannya ?

1. Duduk di meja makan, tidak ada distraksi/ gangguan perhatian (mencegah tersedak) →

Tv/gadget, mainan, kucing, jalan2, bermain

2. Makan maksimal hanya 30 menit, selesai ga selesai HENTIKAN

3. Jangan dipaksa / membuat trauma

Kasih sambel
Cekokin jamu
Masuk WC

4. Jangan diimingi2 hadiah / susu / es grim →

5. Kegiatan menyenangkan

Makan Bersama, saling menyuapi

6. Makan tiap 2-3 jam sekali, jeda **air putih** saja

7. Nen / susu hanya saat mau tidur dan SETELAH jam makan

Boleh makan es grim, tapi nanti ya setelah selesai makan. Saat ini kita makan nasi dulu.

Vs

Makan dulu, nanti dikasih es grim deeehhh kalau mau makan

Jadwal makan

- 07.00 : BANGUNKAN
- 07.00 : makan pagi
- 09.00 : camilan → nenen → bobok
- 12.00 : makan siang → nenen → bobok
- 14.00 : camilan → nenen → bobok
- 16.00 : BANGUNKAN
- 17.00 : makan malam
- 19.00 : camilan
- 20.00 : persiapan tidur → susu terakhir
- 22.00 : susu
- 23.00-02.00 : DEEP SLEEP
- > 02.00 : susu bila anak minta

Frekuensi, tekstur, dan jumlah sekali makan
→ NAIK BERTAHAP

Sampai menjadi :
3 x makan besar
3 x camilan

Jadwal makan ??

3-4-5 bulan :

07 – susu
09 – susu
10 - NAP
12 – susu
13 - NAP
15 – susu
17 – susu
19 – susu
20 – TIDUR
22 – susu
(00) - ~~XX~~susu~~XX~~
02/03 – susu
05 - susu

6 bulan :

07 – susu
09 – **makan pagi**
10 - NAP
12 – susu
13 - NAP
15 – **camilan**
17 – susu
19 – susu
20 – TIDUR
22 – susu
(00) – ~~XX~~susu~~XX~~
02/03 – susu
05 - susu

7 bulan :

07 – susu
09 – **makan pagi**
10 - NAP
12 – **makan siang**
13 - NAP
15 – **camilan**
17 – susu
19 – susu
20 – TIDUR
22 – susu
(00) – ~~XX~~susu~~XX~~
02/03 – susu
05 - susu

8 bulan :

07 – **makan pagi**
09 – **camilan**
10 - NAP
12 – **makan siang**
13 - NAP
15 – **camilan**
17 – susu
19 – susu
20 – TIDUR
22 – susu
(00) – ~~XX~~susu~~XX~~
02/03 – susu
05 - susu

Jadwal makan

- 07.00 : BANGUNKAN
- 07.00 : makan pagi
- 09.00 : camilan → nenen → bobok
- 12.00 : makan siang → nenen → bobok
- 14.00 : camilan → nenen → bobok
- 16.00 : BANGUNKAN
- 17.00 : makan malam
- 19.00 : camilan malam
- 20.00 : persiapan tidur → susu
- 22.00 : susu terakhir
- 23.00-02.00 : DEEP SLEEP, wait & see
- > 02.00 : susu bila anak minta

Jadwal Imunisasi Anak Umur 0-18 tahun Rekomendasi Ikatan Dokter Anak Indonesia (IDAI) Tahun 2020

Imunisasi	Umur																							
	Bulan												Tahun											
	Lahir	1	2	3	4	5	6	9	12	15	18	24	3	5	6	7	8	9	10	12	14	15	16	18
MR / MMR												MR												

MMR ???

Analysis of Measles-Mumps-Rubella (MMR) Titers of Recovered COVID-19 Patients

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^gVetMed Consultants

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ABSTRACT The measles-mumps-rubella (MMR) vaccine has been theorized to provide protection against coronavirus disease 2019 (COVID-19). Our aim was to determine whether any MMR IgG titers are inversely correlated with severity in recovered COVID-19 patients previously vaccinated with MMR II. We divided 80 subjects into two groups, comparing MMR titers to recent COVID-19 severity levels. The MMR II group consisted of those who would primarily have MMR antibodies from sources other than MMR II, including prior measles, mumps, and/or rubella illnesses. There was a significant inverse correlation ($r_s = -0.71$, $P < 0.001$) between mumps virus titers (mumps titers) and COVID-19 severity within the MMR II group. There were no significant correlations between mumps titers and severity in the comparison group, between mumps and age in the MMR II group, or between severity and measles or rubella titers in either group. Within the MMR II group, mumps titers of 134 to 300 arbitrary

ABSTRACT The measles-mumps-rubella (MMR) vaccine has been theorized to provide protection against coronavirus disease 2019 (COVID-19). Our aim was to determine whether any MMR IgG titers are inversely correlated with severity in recovered COVID-19 patients previously vaccinated with MMR II. We divided 80 subjects into two groups, comparing MMR titers to recent COVID-19 severity levels. The MMR II

Hubungan signifikan, antara anak yang sudah mempunyai kekebalan terhadap MUMPS dari vaksin MMR terhadap tingkat keparahan infeksi Covid

→ Vaksin MMR mencegah agar -bila sampai terkena Covid19 pun- tidak terinfeksi derajat berat..

pitalized and had required oxygen had mumps titers below 32 AU/ml ($n = 5$). Our results demonstrate that there is a significant inverse correlation between mumps titers from MMR II and COVID-19 severity.

IMPORTANCE COVID-19 has presented various paradoxes that, if understood better, may provide clues to controlling the pandemic, even before a COVID-19 vaccine is widely available. First, young children are largely spared from severe disease. Second, numerous countries have COVID-19 death rates that are as low as 1% of the death rates of other countries. Third, many people, despite prolonged close contact with someone who is COVID-19 positive, never test positive themselves. Fourth, nearly half of people who test positive for COVID-19 are asymptomatic. Some researchers have theorized that the measles-mumps-rubella (MMR) vaccine may be responsible for these disparities. The significance of our study is that it showed that mumps titers related to the MMR II vaccine are significantly and inversely correlated with the severity of COVID-19-related symptoms, supporting the theorized association between the MMR vaccine and COVID-19 severity.

Citation Gold JE, Baumgartl WH, Okyay RA, Licht WE, Fidel PL, Jr, Noverr MC, Tilley LP, Hurley DJ, Rada B, Ashford JW. 2020. Analysis of measles-mumps-rubella (MMR) titers of recovered COVID-19 patients. *mBio* 11:e02628-20. <https://doi.org/10.1128/mBio.02628-20>.

Editor Liise-anne Pirofski, Albert Einstein College of Medicine

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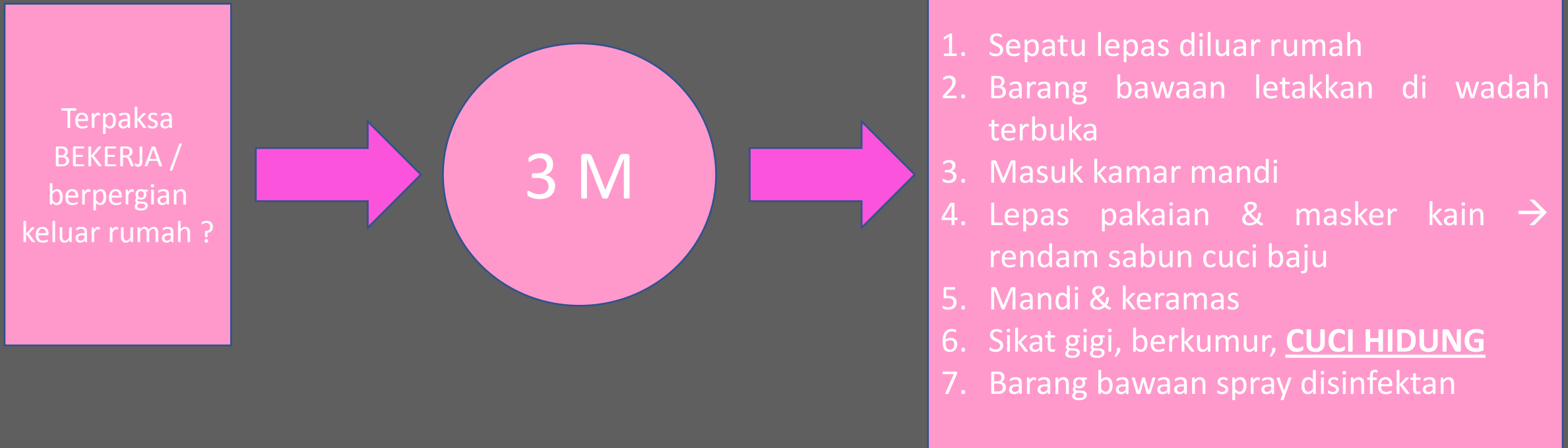
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Perilaku Hidup Bersih & Sehat

- 3 M (menjaga jarak, memakai masker, mencuci tangan)
- 5 M (+ menghindari keramaian, mengurangi mobilitas / di rumah saja)



KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
GERMAS

Etika Batuk

- GUNAKAN MASKER** (Use a mask)
- TUTUP MULUT DAN HIDUNG DENGAN LENGAN ATAS BAGIAN DALAM** (Cover mouth and nose with the inner part of the upper arm)
- TUTUP MULUT DAN HIDUNG DENGAN TISU** (Cover mouth and nose with a tissue)
- JANGAN LUPA MEMBUANGNYA DI TEMPAT SAMPAH** (Don't forget to throw it away in a trash bin)
- CUCILAH TANGAN DENGAN MENGGUNAKAN SABUN DAN AIR MENGALIR** (Wash hands with soap and running water)

KANTOR STAF PRESIDEN

ETIKA KETIKA MENCUCI TANGAN

- 1 Usap memutar antara telapak tangan** (Rub palms together in a circular motion)
- 2 Kaitkan antara telapak tangan dengan jari-jari** (Interlock fingers between palms)
- 3 Usap atas punggung tangan dengan telapak** (Rub the back of one hand with the palm of the other)
- 4 Letakan punggung jari dengan telapak jari lainnya dengan saling mengunci** (Place the back of one hand against the palm of the other, interlocking fingers)
- 5 Jempol kiri diusap oleh tangan kanan dan sebaliknya** (Rub the thumb of the left hand with the right hand, and vice versa)
- 6 Kuncupkan jari lalu gosok memutar di kedua tangan** (Curl fingers and rub in a circular motion on both hands)

KEMENTERIAN KESEHATAN REPUBLIK INDONESIA

GERMAS

Perjalanan Ke dan Dari Tempat Kerja

Pastikan anda dalam kondisi sehat, jika ada keluhan batuk, pilek, demam TETAP TINGGAL DI RUMAH

Upayakan mengenakan pakaian lengan panjang

Gunakan Masker

Upayakan tidak menggunakan transportasi umum

Tetap menjaga jarak dengan orang lain minimal 1 meter

Kalau terpaksa menggunakan transportasi umum

- Upayakan tidak sering menyentuh fasilitas umum, gunakan handsanitizer
- Gunakan helm sendiri

Upayakan membayar secara non tunai, jika terpaksa memegang uang gunakan handsanitizer sesudahnya.

Tidak menyentuh wajah atau mengucek mata dengan tangan, gunakan tissue bersih jika terpaksa

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KEMENTERIAN KESEHATAN REPUBLIK INDONESIA

GERMAS

BERUBAH USIR WABAH

ADAPTASI KEBIASAAN BARU DI KANTOR

SAAT DI DALAM LIFT

TIDAK MENGGUNAKAN JARI UNTUK MEKAN TOMBOL

TIDAK BERBICARA DI DALAM LIFT

BERDIRI SALING MEMBELAKANGI



**BERUBAH
USIR WABAH**

ADAPTASI KEBIASAAN BARU

The infographic consists of eight rounded rectangular boxes arranged in a 2x4 grid, each containing an illustration and text:

- WAJIB PAKAI MASKER**: Illustration of two people wearing masks with a 1-2 meter distance marker. Text: **1-2 METER**, **TETAP JAGA JARAK**.
- SERING CUCI TANGAN PAKAI SABUN DENGAN AIR MENGALIR**: Illustration of hands being washed under a running faucet.
- SEDIA HAND SANITIZER**: Illustration of hands being treated with blue sanitizer drops.
- MAKAN MAKANAN BERGIZI SEIMBANG**: Illustration of a plate with various food groups (vegetables, fruits, grains, protein) and a fork and spoon.
- RAJIN OLAHRAGA dan ISTIRAHAT CUKUP**: Illustration of people exercising (cycling, stretching, yoga).
- SAY HELLO AJA, TIDAK BERSALAMAN DULU**: Illustration of two hands held up in a 'hello' gesture.
- GUNAKAN UANG ELEKTRONIK**: Illustration of a hand holding a smartphone with a 'TRANSFER AJA' notification.
- SETIBANYA DI RUMAH LANGSUNG MANDI**: Illustration of a person taking a shower with a rubber duck.

TERIMA
KASIH

SEMOGA
BERMANFAAT