

Summary and Enlightenment of Basic Experience in Community Health and Epidemic Prevention Work

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Abstract

Since the outbreak of the COVID-19 in early 2020, China have actively taken a series of epidemic prevention measures at the basic level such as communities to effectively control the spread of the epidemic. Under the background of the normalization of epidemic prevention and control, this paper summarizes the experience of common epidemic prevention measures taken by domestic communities and proposes a corresponding revelatory summary, aiming to provide reference for further adjusting and improving grass-roots epidemic prevention measures.

Keywords

Community epidemic prevention measures; Community health management; Epidemic prevention management of community residents; Community epidemic prevention staff management.

1. Introduction

Since the outbreak of the COVID-19 in early 2020, China have actively taken a series of epidemic prevention measures at the basic level such as communities to effectively control the spread of the epidemic. Under the background of the normalization of epidemic prevention and control, this paper summarizes the experience of common epidemic prevention measures taken by domestic communities and proposes a corresponding revelatory summary, aiming to provide reference for further adjusting and improving grass-roots epidemic prevention measures.

2. Strengthen Community Health Management

During the epidemic prevention period, community workers should pay attention to community health, strengthen the cleaning of public spaces such as corridors and elevators, and reduce cross-infection. Among them, the confined space where people enter and leave a lot, such as elevators, should be cleaned and disinfected to ensure the health and safety of residents. At the same time, the community should follow the National Health Commission's regulations to deal with the medical wastes like masks discarded by residents, strictly classified release, sealing, transportation and disposal. Community workers should also properly dispose of them under the premise of protective measures, and promptly clean and disinfect medical waste collection barrels to reduce the basis for the spread of the virus. [1]

3. Provide Necessary Assistance to Residents to Raise Their Awareness of Epidemic Prevention

First of all, to reduce epidemic prevention loopholes due to insufficient epidemic prevention materials, the community can provide epidemic prevention protection for residents by distributing masks and other epidemic prevention materials. Community workers can also take appropriate protective measures to reduce the possibility of virus transmission. However,

there are sometimes shortages of epidemic prevention materials when implementing epidemic prevention work within the community. In the face of this problem, the community leader should prepare in advance and purchase materials in a timely manner. If there is a shortage of materials in the market, the situation should be reflected to the local government in a timely manner to request help, and the handover of epidemic prevention materials should be done.

Secondly, the community should do a good job in helping the needy groups. In the face of the epidemic, the elderly living alone in the community and the group with physical disabilities are more vulnerable. On the one hand, due to the lack of contact with the outside world, they have less understanding of the epidemic, weaker awareness of protection, and more scarce protective materials, making them more likely to become infected than ordinary residents. On the other hand, due to the impact of the epidemic, the income situation of the community in need is not optimistic, and there are economic difficulties. In this regard, community workers should often visit the community in need, provide them with necessary help.

Thirdly, the publicity of epidemic prevention work in the community should be strengthened and a good community culture should be built. With the normalization of epidemic prevention and control, some residents have gradually relaxed their vigilance and their awareness of epidemic prevention has gradually declined, which is not conducive to community epidemic prevention and control. Epidemic prevention education should be strengthened in the community. Through regular organization of health and epidemic prevention education activities, the community can help to enrich residents' epidemic prevention knowledge. The epidemic prevention education should be organically integrated into various basic public health service projects, so as to enhance residents' epidemic prevention capabilities and values, and promote the formation of shared behaviors among community residents. [2]

4. Care for Community Epidemic Prevention Workers and Improve the Level of Epidemic Prevention Work

In terms of spiritual culture, the enthusiasm of community epidemic prevention workers can be improved by increasing the spiritual rewards for community epidemic prevention workers, such as publicity and commendation. At the same time, certain psychological interventions can be carried out for staff to help alleviate their tension and anxiety caused by high work pressure and intensity, and to ensure the mental health of community epidemic prevention workers. In addition, the community should carry out relevant training for community epidemic prevention workers to improve their awareness of self-protection and related professional qualities, so as to protect the health of community residents while protecting their own health.

In terms of materials, the supply of materials for community epidemic prevention workers should be guaranteed to reduce the possibility of facing the new crown virus. Communities can also provide appropriate material compensation for community epidemic prevention workers, such as providing transportation expenses, food and beverage subsidies, etc., to reduce the material burden of community epidemic prevention workers.

In terms of institutional arrangements, the person in charge of the community should fully consider the mental and physiological state of the community epidemic prevention staff, and arrange a reasonable duty schedule according to the situation understood, so as to reduce the intensity and pressure burden of the community epidemic prevention staff. [3]

5. Conclusions

With the normalization of the epidemic, the epidemic prevention work has also entered a new stage. As the most grass-roots unit, the community should strengthen the implementation of epidemic prevention and control measures and do a good job in epidemic prevention and

control. Communities should actively learn from excellent measures from all over the world and apply them according to local conditions, while learning from negative reports to provide a safe haven for residents.

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