



energia

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FEBRUARI - FEBRUARY 2021

- **PENDANAAN BERBASIS ESG:
SOLUSI DAN KESEMPATAN**
*ESG FINANCING:
SOLUTION AND OPPORTUNITY?*
- **RAJASA MAS, RAJA BATIK
CILACAP KIAN MENDUNIA**
*RAJASA MAS, THE KING OF CILACAP
BATIK THAT GOES GLOBAL*
- **AYO DONOR PLASMA
KONVALESEN!**
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**#SADARVAKSINASI
STOP PANDEMI**

**#GETVACCINATED
TO END THE PANDEMIC**

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FROM THE EDITOR **energia**

PROGRAM VAKSINASI HARUS BERJALAN

Sejak awal COVID-19 melanda Indonesia, Pertamina langsung bertindak cepat untuk menekan angka penyebarannya, mulai dari pembatasan di lingkungan kerja, penguatan ekonomi lewat sektor Usaha Mikro, Kecil, dan Menengah, hingga penyediaan rumah sakit (RS) khusus COVID-19.

Kini masa pandemi COVID-19 sudah memasuki program Vaksinasi, Pertamina melalui jaringan Pertamina Bina Medika (Pertamedika) IHC sebagai holding RS milik BUMN mendorong penuh program pemerintah tersebut.

Untuk mengetahui persiapan program Vaksinasi yang dilakukan Pertamina, pada edisi ini, kami mengulasnya dalam laporan utama. Kami berharap pembaca mendapatkan pandangan umum atas upaya Pertamina memutus rantai pandemi COVID-19 melalui program Vaksinasi. ▀

THE NEED FOR VACCINATION PROGRAM

Since the beginning of COVID-19 pandemic in Indonesia, Pertamina has taken immediate action to reduce its spread, from implementing restrictions in the workplace, strengthening the economy through the sector of Micro, Small and Medium Enterprises, to the provision of COVID-19 hospitals.

Now that the COVID-19 pandemic has entered the phase of vaccination program, Pertamina through the network of Pertamina Bina Medika (Pertamedika) IHC as the holding of SOE hospitals is fully supporting the government program.

In this edition, we are reviewing the preparations of Pertamina's vaccination program in the main issue. We hope the readers can get a general overview of Pertamina's efforts to break the chain of the COVID-19 infection through the vaccination program. ▀



Cover Story

**#SADARVAKSINASI
STOP PANDEMI**

**#GETVACCINATED
TO END THE PANDEMIC**

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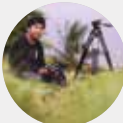
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PENDANAAN BERBASIS ESG: SOLUSI DAN KESEMPATAN **ESG FINANCING: SOLUTION AND OPPORTUNITY?**

Pada ESGInsight#1, telah dijelaskan terkait implementasi ESG yang baik bagi perusahaan. Pada tahap selanjutnya, perusahaan yang memiliki skor ESG yang baik akan lebih mudah dalam mengembangkan bisnisnya. Salah satunya adalah memiliki opsi pendanaan eksternal yang lebih beragam, ketimbang pendanaan untuk perusahaan yang tidak memiliki exposure ESG. Dengan bermacam “menu” dana eksternal ini, Perusahaan penggiat ESG bisa lebih selektif menentukan struktur pendanaan yang sesuai dengan program atau tujuan bisnis yang akan dikerjakan.

JENIS PENDANAAN EKSTERNAL SURAT UTANG (OBLIGASI)

Berdasarkan MUFG, tipe pendanaan surat utang (obligasi) dibagi menjadi dua yaitu Obligasi Konvensional, yakni obligasi bonds yang selama ini diterbitkan oleh Pertamina sejak

In ESGInsight # 1, it has been explained regarding good ESG implementation for companies. In the next stage, companies with a good ESG (Environmental – Social – Governance) score will find it easier to develop their business. One of them is having more diverse external funding options than funding for companies with no ESG exposure. With these various “menus” of external funds, companies which active in ESG implementation can be more selective in determining the funding structure according to the program or business objectives to be carried out.

TYPES OF EXTERNAL FUNDING FOR BONDS (OBLIGATION)

Based on MUFG analysis, the type of external funding for bonds is divided into two, namely Conventional Bonds, which have been issued by Pertamina since 2011. Second, is bonds



Dokumentasi Pertamina

2011. Kedua, adalah Obligasi berbasis ESG. Pada obligasi ESG terbagi menjadi tiga lagi, berikut penjelasannya.

1. Green/social Bonds

Pada tipe ini, obligasi mengikuti prinsip *green/social/sustainable bonds* yakni terdiri dari 4 pilar Framework: Tujuan penggunaan dana, Proses untuk Evaluasi dan Seleksi Proyek, Proses Penerbitan dan Pelaporan.

Penerbit *green/social bond* wajib menerbitkan laporan tahunan yang berisi laporan pendanaan serta laporan proyek terhadap dampak lingkungan dan sosial.

2. Sustainability Linked Bonds

Tipe ini juga mengikuti Prinsip *Green/social/sustainable bonds*. Namun untuk penerapan Tujuan Penggunaan Dana pada *framework*-nya tidak wajib diikuti. Hanya saja, insentif pembiayaan akan dikaitkan dengan Key

based on ESG. There are also various other types of ESG bonds/financing, the following is the explanation and differences of the three types of ESG bonds.

1. Green/Social Bonds.

In this type, the bonds follows the green, social or sustainable bonds principles and contain four pillars: Use of Proceeds, Process for Project Evaluation & Selection, Management of Proceeds, and Reporting. The issuer should commit to providing at least annual information on both the allocation of proceeds and the impact of the project against its defined green and/or social objectives

2. Sustainability Linked Bonds

This type also follows the Green / social/sustainable bonds Principle. However, the implementation of the Purpose of Using Funds in the framework is not mandatory.

Performance Indicator (KPI) tentang penerapan ESG secara keseluruhan. Perusahaan yang menerbitkan Bond ini antara lain Enel, Suzano, dan Novartis.

3. Transition Bonds

Tipe Obligasi ini terutama dimanfaatkan oleh perusahaan yang biasanya justru tidak termasuk seabahaj industri ramah lingkungan yang ingin menunjukkan perkembangan bisnisnya yang lebih berbasis lingkungan. Beberapa perusahaan yang menerbitkan Transition Bonds antara lain perusahaan asal Brazil, Marfrig dengan “Sustainable Transition”, serta perusahaan gas Italia, Snam menerbitkan “Climate Action Bond”.

KEUNTUNGAN IMPLEMENTASI DAN PENDANAAN ESG

Lebih lanjut, BNP Paribas dan Bloomberg menganalisa, pendanaan berbasis ESG semakin populer di dunia, dari 0,5 triliun USD di 2012 mencapai 1,4 triliun USD di 2020. Pendanaan ESG akan lebih murah 1-2 basis poin dibanding obligasi konvensional. Kajian tersebut dilakukan pada tahun 2018-2020 pada seluruh obligasi berdenominasi Dolar AS, di kawasan Asia Pasifik.

Sementara menurut McKinsey, implementasi ESG yang diinisiasi oleh jajaran management secara langsung mampu memberikan *value creation* baik itu terhadap pertumbuhan perusahaan, mampu mengurangi biaya operational seperti konsumsi energi dan air, meningkatkan motivasi pekerja, dan meningkatkan *Return of Investment* melalui pendanaan berbasis ESG.

Adapun beberapa inisiatif di Pertamina yang dapat menjadi pertimbangan untuk dilakukan pendanaan berbasis ESG ini antara lain efisiensi energi, Energi Baru dan Terbarukan, Hydrogen, *Carbon Offset*. Dalam perjalanannya, diharapkan Pertamina dapat semakin memperhatikan aspek ESG dalam setiap aspek operasionalnya. ▀

Nevertheless, the financing incentive linked instead to KPI target related to overall corporate ESG Strategy. Some companies that were issuing this type of bonds are Enel, Suzano, and Novartis.

3. Transition Bonds

The last type of ESG bond is the transition bond. It is mainly utilized by companies that traditionally are not in environmentally-friendly industries that want to show progress to be more environmentally conscious. Some companies that are issuing transition bond are Brazilian food company Marfrig, issuing “Sustainable Transition”, Italian gas company Snam issuing “Climate Action Bonds”

BENEFIT OF ESG IMPLEMENTATION AND ESG BONDS/FINANCING

BNP Paribas and Bloomberg stated that ESG Financing is growing in popularity in the world, from 0.5 tn USD in 2012 become 1.4 tn USD in 2020. ESG Financing will be 1-2 basis points cheaper than conventional bonds. The study was carried out in 2018-2020 on all US dollar denominated bonds in the Asia Pacific region.

Meanwhile, McKinsey reported that ESG leadership enables value creations in a company, such as for topline growth, cost reduction such as lower energy and water consumption, employee’s productivity uplift and enhance the Return of Investment/RoI through ESG Financing.

There are several initiatives at Pertamina that could be considered for this ESG-based funding, including energy efficiency, New and Renewable Energy, Hydrogen, and Carbon Offsets. In its journey, Pertamina is expected to pay more attention to ESG aspects in every aspect of its operations. ▀

ESG FINANCING: SOLUTION AND OPPORTUNITY?

Companies with a good ESG (Environmental – Social – Governance) score will find it easier to develop their business, One of them is having more diverse external funding options than funding for companies with no ESG exposure. With these various “menus” of external funds, companies which active in ESG implementation can be more selective in determining the funding structure according to the program or business objectives to be carried out.

Based on MUFG analysis, the type of external funding for bonds is divided into two type. First, conventional Bonds, which have been issued by Pertamina since 2011. Second, is bonds based on ESG. There are also various other types of ESG bonds/financing, the following is the explanation and differences of the three types of ESG bonds :

CONVENTIONAL BONDS/LOANS



- Traditional type of debt financing



- Doesn't have to follow specific ESG strategy/scoring

ESG FINANCING



Green/Social Bonds

- Follow the Green, Social, or Sustainable Bonds/Loans Principles which contain 4 specific frameworks
- Funding should be used to a specific projet which has green/social impact
- Doesn't need ESG scoring, but have to publish a certain report



Sustainability Linked Bonds

- Funding can be used for a general purpose
- It is for the company who want to have positive publicity by demonstrating a journey to improve environment sustainability but couldn't meet the green bonds pillars
- The company has to develop ESG strategy and company's KPI which is tied to ESG score



Transition Bonds

- It's for the carbon intensive company (oil and gas) who want to show their progress to be more environmentally conscious
- Pretty much following green bonds principle with a light adjustment
- The company has to tailor its overall strategy with ESG and demonstrate that the company is in the transition journey.



Main Issue

 Indah Nurbaeti

 Priyo Widiyanto



VAKSIN COVID-19? SIAPA TAKUT!

*COVID-19
VACCINATION?
NO WORRIES!*



Saat ini telah berlangsung program vaksinasi vaksin COVID-19 yang menjadi salah satu upaya mengatasi pandemi. Sebelumnya, telah kita saksikan secara virtual, Presiden Republik Indonesia Joko Widodo menjadi orang pertama yang menerima vaksin dalam program vaksinasi COVID-19.

Sebagian orang mungkin bertanya-tanya, mengapa vaksin perlu dilakukan? Singkatnya vaksinasi dilaksanakan untuk melengkapi upaya pencegahan COVID-19 seperti memakai masker, mencuci tangan, menjaga jarak, dan menghindari kerumunan.

Jawaban lengkapnya bisa dimulai dari memahami definisi vaksinasi itu sendiri. Vaksinasi ialah prosedur pemberian suatu antigen penyakit, biasanya berupa virus atau bakteri yang dilemahkan atau sudah mati, bisa juga hanya bagian tertentu dari virus atau bakteri. Tujuannya adalah membuat sistem kekebalan tubuh mengenali dan mampu melawan saat terkena penyakit tersebut.

Dalam menghadapi infeksi virus Corona, kita tidak bisa hanya mengandalkan sistem kekebalan tubuh yang terbentuk secara alami. Oleh karena itu, vaksinasi merupakan cara untuk membentuk sistem kekebalan tubuh.

Sederhananya vaksin COVID-19 berisi virus Corona (SARS-CoV-2) yang sudah dimatikan. Melalui vaksin COVID-19, Anda bisa memiliki kekebalan terhadap virus Corona tanpa harus terinfeksi terlebih dahulu.

The COVID-19 vaccination program, which is one of the efforts to handle the pandemic, is currently underway. Virtually, we have previously seen the President of the Republic of Indonesia Joko Widodo becoming the first person to receive the vaccine as part of the COVID-19 vaccination program in the country.

Some people may wonder, why is vaccination necessary? In short, vaccination is carried out to complement the COVID-19 prevention efforts such as wearing masks, washing hands, maintaining distance, and avoiding crowds.

The complete answer can be started from understanding the definition of vaccination itself. Vaccination is the procedure for administering a disease antigen, usually in the form of a weakened or dead virus or bacteria, or only a certain part of the virus or bacteria. The goal is to make the immune system recognize and able to fight back when exposed to the disease.

In dealing with Coronavirus infection, we cannot rely solely on the naturally formed immune system. Therefore, vaccination becomes a way to build the immune system.

Simply put, COVID-19 vaccines contain the Coronavirus (SARS-CoV-2) that has been killed. With the COVID-19 vaccines, you can develop immunity to the Coronavirus without having to be infected first.



Vaksinasi ialah prosedur pemberian suatu antigen penyakit, biasanya berupa virus atau bakteri yang dilemahkan atau sudah mati, bisa juga hanya bagian dari virus atau bakteri. Tujuannya adalah untuk membuat sistem kekebalan tubuh mengenali dan mampu melawan saat terkena penyakit tersebut.

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Adapun beberapa manfaat jika Anda melakukan vaksin COVID-19, ialah *pertama* dapat menurunkan angka kesakitan dan kematian. Ketua Umum Ikatan Ahli Kesehatan Masyarakat Indonesia Dr. Ede Surya Darmawan menjelaskan, vaksin sejatinya ‘alat’ untuk melindungi tubuh dari penyakit tertentu.

“Sejauh ini, vaksin sebagai intervensi kesehatan masyarakat dalam pencegahan penyakit menular sudah terbukti efektif sejak lama. Tujuan serupa ingin dicapai dengan vaksinasi COVID-19,” kata Ede, pada 10 Desember 2020 lalu, dikutip dari situs resmi Satgas Penanganan COVID-19.

Kedua, mendorong terbentuknya *herd immunity* atau kekebalan kelompok dalam masyarakat. Jika Anda mendapatkan vaksin COVID-19, secara tidak langsung Anda melindungi orang-orang di sekitar, terutama kelompok yang sangat berisiko misalnya lansia, bayi baru lahir, atau penderita penyakit autoimun.

Menurut Rubin (2020) dalam *Journal of the American Medical Association (JAMA)* yang berjudul *Difficult to Determine Herd Immunity Threshold for COVID-19*, *herd immunity* dapat dicapai jika minimal 70% penduduk dalam negara tersebut harus sudah divaksin. Diharapkan

There are several benefits of taking the COVID-19 vaccines. First, it can reduce the morbidity and mortality rates. Chairman of the Indonesian Public Health Association Ede Surya Darmawan, M.D. explained that vaccines were actually “tools” to protect the body from certain diseases.

“For a long time, vaccines as public health interventions in the prevention of infectious diseases have been proven effective. A similar goal is hoped to be achieved with the COVID-19 vaccination,” said Darmawan on 10 December 2020, as quoted from the official website of the COVID-19 Task Force.

Second, it encourages the formation of herd immunity in the society. If you receive the COVID-19 vaccines, you indirectly protect the people around you, especially the high-risk group, such as the elderly, newborns, or people with autoimmune diseases.

According to Rubin (2020) in the Journal of the American Medical Association (JAMA) titled Difficult to Determine Herd Immunity Threshold for COVID-19, herd immunity can be achieved if at least 70% of the population in the country have been



www.rfkm.ui.ac.id

Dr. Ede Surya Darmawan
Ketua Umum Ikatan Ahli Kesehatan Masyarakat Indonesia
Chairman of the Indonesian Public Health Association



“Sejauh ini, vaksin sebagai intervensi kesehatan masyarakat dalam pencegahan penyakit menular sudah terbukti efektif sejak lama.”

“For a long time, vaccines as public health interventions in the prevention of infectious diseases have been proven effective. A similar goal is hoped to be achieved with the COVID-19 vaccination.”

dengan terbentuknya *herd immunity* masyarakat memiliki sistem kekebalan tubuh yang baik sehingga kegiatan sosial dan ekonomi masyarakat bisa berjalan baik.

Pada tahap awal, pemerintah menyiapkan 2,8 juta dosis vaksin yang diprioritaskan kepada tenaga kesehatan, asisten tenaga kesehatan, dan tenaga penunjang fasilitas pelayanan kesehatan. Adapun penyebaran distribusi vaksin pertama yakni wilayah Banten, Jawa Barat, Jakarta, Jawa Tengah, Yogyakarta, Jawa Timur, dan Bali. Lalu diperluas ke 27 provinsi luar Jawa dan Bali.

Lalu, siapa yang menjadi prioritas penerima vaksin COVID-19? Mengingat jumlah vaksin yang tersedia di Indonesia terbatas. Maka terdapat beberapa kelompok yang menjadi prioritas:

- Tenaga kesehatan yang memiliki risiko tinggi untuk terinfeksi dan menularkan COVID-19.
- Orang dengan pekerjaan yang memiliki risiko tinggi tertular dan menularkan COVID-19 karena tidak dapat melakukan jaga jarak secara efektif, seperti anggota TNI/Polri, aparat hukum, dan petugas pelayanan publik lainnya.
- Orang yang memiliki penyakit penyerta dengan risiko kematian tinggi bila terkena COVID-19.

Setelah semua kelompok di atas mendapat vaksin COVID-19, vaksinasi akan dilanjutkan ke kelompok penerima vaksin COVID-19 lainnya, mulai dari penduduk di daerah yang banyak kasus COVID-19 sampai ke seluruh pelosok Indonesia.

Dari penjelasan di atas, bisa kita lihat bahwa vaksin COVID-19 membawa banyak manfaat. Oleh sebab itu, meskipun beredar isu-isu seputar vaksin yang belum jelas kebenarannya, Anda tidak perlu ragu atau takut untuk menjalani vaksinasi COVID-19.

vaccinated. It is hoped that with the formation of herd immunity, the people will have a good immune system so that social and economic activities can run properly.

In the early stages, the government prepared 2.8 million doses of vaccines that are prioritized for health workers, assistant health workers, and support persons in health care facilities. The distribution of the first vaccines was in Banten, West Java, Jakarta, Central Java, Yogyakarta, East Java and Bali. It was then expanded to 27 provinces outside Java and Bali.

Then, who are the priority recipients for the COVID-19 vaccines? Given the limited number of vaccines available in Indonesia, there are several groups that become priority:

- *Health workers who have a high risk of being infected and transmitting COVID-19.*
- *People with jobs that have a high risk of contracting and transmitting COVID-19 because they cannot implement physical distancing effectively, such as members of the Indonesian National Armed Forces/ Indonesian National Police, legal officers, and other public service officers.*
- *People who have comorbidities with a high risk of death if exposed to COVID-19.*

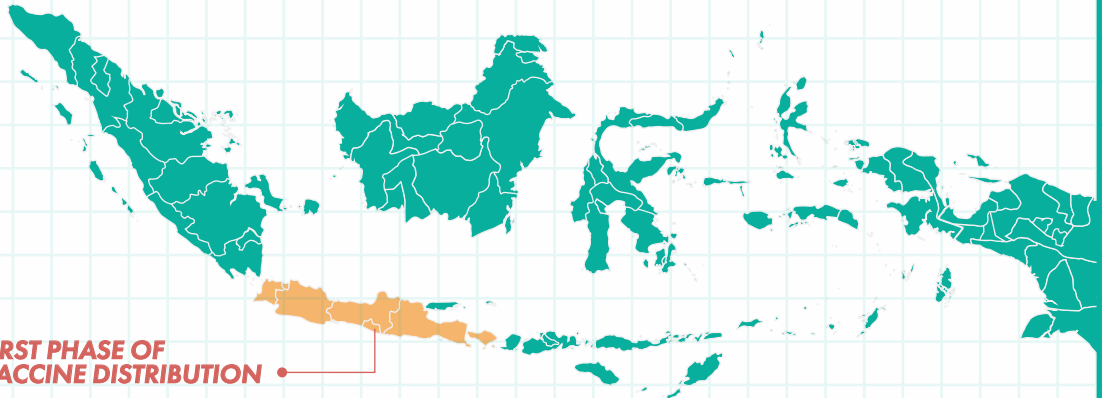
After all of the above groups have received the COVID-19 vaccines, vaccination will continue to other groups of COVID-19 vaccine recipients, starting from residents in areas with many COVID-19 cases to all corners of Indonesia.

From the explanation above, we can see that the COVID-19 vaccines bring many benefits. Therefore, even though there are rumors about vaccines that are yet to be confirmed, you don't need to be hesitant or afraid to undergo the COVID-19 vaccination.

COVID-19 VACCINATION

In the early phase, the government has prepared 2.8 million doses of vaccine that are prioritized for health workers, assistant health workers, and support persons in healthcare facilities.

VACCINE DISTRIBUTION MAP



FIRST PHASE OF VACCINE DISTRIBUTION

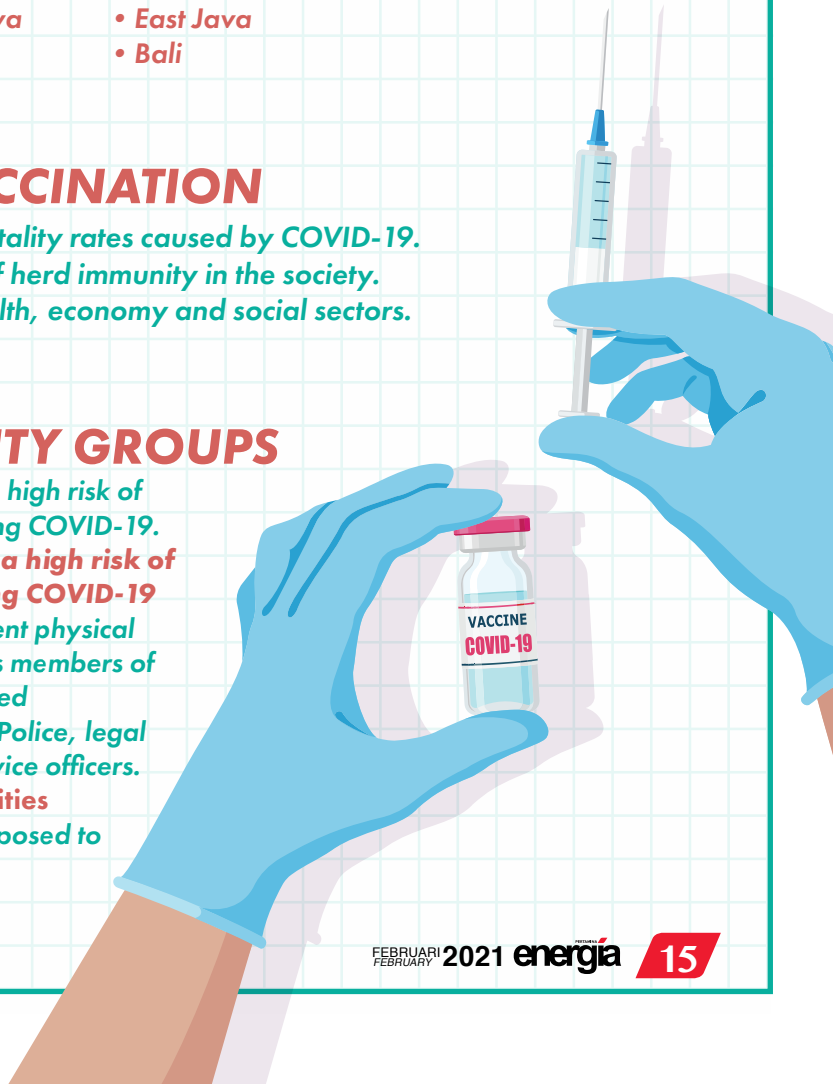
- Banten
- West Java
- DKI Jakarta
- Central Java
- DIY Yogyakarta
- East Java
- Bali

BENEFITS OF VACCINATION

- Reduces morbidity and mortality rates caused by COVID-19.
- Encourages the formation of herd immunity in the society.
- Brings great impacts on health, economy and social sectors.

VACCINE PRIORITY GROUPS

- **Health workers** who have a high risk of being infected and transmitting COVID-19.
- **People with jobs that have a high risk of contracting and transmitting COVID-19** because they cannot implement physical distancing effectively, such as members of the Indonesian National Armed Forces/Indonesian National Police, legal officers, and other public service officers.
- **People who have comorbidities** with a high risk of death if exposed to COVID-19.





Menteri Kesehatan Budi Gunadi Sadikin melalui Keputusan Menteri Kesehatan Nomor HK.01.07/Menkes/12758/2020 telah menetapkan vaksin Corona yang beredar di Indonesia. Jenis vaksin COVID-19 yang digunakan di Indonesia yaitu vaksin yang diproduksi PT Bio Farma, Oxford-AstraZeneca, Sinopharm, Moderna, Novavax, Pfizer-BioNTech, dan Sinovac.

Perusahaan farmasi asal China, Sinovac, yang dipilih Indonesia dengan produknya CoronaVac merupakan salah satu vaksin yang sudah melakukan uji klinis fase 3 di Brasil, Turki, dan Indonesia. Sinovac menggunakan metode *inactivated* untuk mematikan virus sehingga vaksin tersebut tidak mengandung virus hidup atau yang dilemahkan.

Dasar pemerintah dalam memilih vaksin tersebut antara lain memenuhi unsur aman, efektif, dan mutu. Budi menjelaskan, pertimbangan pemerintah memilih CoronaVac, *pertama* yakni berada dalam daftar vaksin yang sudah disetujui Organisasi Kesehatan Dunia (WHO). *Kedua*, ketersediaan vaksin. Serta ketiga, izin dari Badan Pengawas Obat dan Makanan (BPOM).

Minister of Health Budi Gunadi Sadikin through the Decree of the Minister of Health Number HK.01.07/Menkes/12758/2020 has determined the Coronavirus vaccines in Indonesia. The types of COVID-19 vaccines used in Indonesia are vaccines produced by PT Bio Farma, Oxford-AstraZeneca, Sinopharm, Moderna, Novavax, Pfizer-BioNTech, and Sinovac.

Chinese pharmaceutical company, Sinovac, is chosen by Indonesia with its product CoronaVac, which is one of the vaccines that has conducted phase 3 clinical trials in Brazil, Turkey and Indonesia. Sinovac uses the inactivated method to kill the virus so the vaccine does not contain live or attenuated viruses.

The government's basis for selecting vaccines includes the elements of safety, effectiveness and quality. Sadikin explained that the government's consideration for choosing CoronaVac, first, was because it's included in the list of vaccines approved by the World Health Organization (WHO). Second, the availability of vaccines. And third, permission from the Food and Drugs Monitoring Agency (BPOM).

"Tiga kondisi itu yang kita dapat karena ingin melakukannya secepat mungkin, Sinovac duluan karena dia ada duluan dan sudah dirilis BPOM dan ada dalam list WHO," ujar Budi.

Laporan BPOM menunjukkan nilai efikasi vaksin corona Sinovac sebesar 65,3 persen. Hal ini sudah sesuai dengan standar atau ambang batas efikasi yang ditetapkan WHO yakni minimal 50 persen. Merespons hal itu, BPOM juga telah mengevaluasi untuk mengeluarkan izin darurat penggunaan atau *Emergency Use Authorization* (EUA) atas vaksin CoronaVac.

Meskipun demikian, uji klinis vaksin tersebut akan terus berlangsung hingga pertengahan tahun 2021. Seperti yang akan dilakukan Tim Riset Uji Klinis Vaksin Virus Corona dari Fakultas Kedokteran Universitas Padjajaran yang tetap dilanjutkan setelah pemberian EUA sampai pengamatan 6 bulan selesai.

Vaksin Sinovac membutuhkan dua kali penyuntikan masing-masing sebanyak 0,5 milliliter dengan jarak waktu 14 hari. Untuk itu, para penerima vaksin akan mendapatkan kartu vaksinasi dan diingatkan untuk kembali menerima vaksin untuk kedua kalinya.

Satgas Penanganan COVID-19 juga mengingatkan bahwa pelaksanaan vaksinasi COVID-19 tidak berarti melonggarkan protokol kesehatan. Meskipun sudah ada vaksin, seluruh warga di Indonesia tetap perlu disiplin menjalankan protokol kesehatan, terutama 3M (memakai masker secara benar, mencuci tangan dengan sabun dan air mengalir, serta menjaga jarak dan menjauhi kerumunan. ▀

"Those are the three conditions because we want to do it as quickly as possible. Sinovac is chosen as the first type of vaccines in the country because it has been readily available, is BPOM approved and on the list of WHO," said Sadikin.

The BPOM report shows that the efficacy rate of the Sinovac corona vaccine is at 65.3 percent. This is in accordance with the standards or efficacy threshold set by WHO, which is at least 50 percent. Responding to this, BPOM has also evaluated to issue an Emergency Use Authorization (EUA) for the CoronaVac vaccines.

Even so, the clinical trials of the vaccine will continue until mid-2021. It will continue to be carried out by the Coronavirus Vaccine Clinical Trial Research Team from the Faculty of Medicine, Padjadjaran University, after the grant of EUA until the 6-month observation is completed.

The Sinovac vaccine requires two injections of 0.5 milliliters each with an interval of 14 days. For this reason, vaccine recipients will receive a vaccination card and be reminded to receive vaccines for the second time.

The Covid-19 Task Force also gives a reminder that the implementation of COVID-19 vaccination does not mean relaxation of health protocols is allowed. Despite having been vaccinated, all citizens in Indonesia still need to be disciplined in carrying out health protocols, especially 3M (wearing masks properly, washing hands with soap and running water (hand sanitizer), and maintaining a safe physical distance and staying away from the crowds. ▀

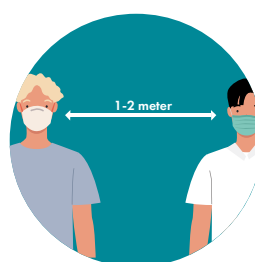
Memakai masker secara benar



Mencuci tangan dengan sabun dan air mengalir



Menjaga jarak dan menjauhi kerumunan

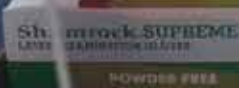




VAKSINASI

KOMITMEN PERTAMINA DUKUNG VAKSIN COVID-19

PERTAMINA'S COMMITMENT TO SUPPORT COVID-19 VACCINATION





Pertamina melalui Pertamina IHC sebagai Holding RS BUMN turut menyukseskan program vaksinasi COVID-19 yang dicanangkan pemerintah. Pada 13 Januari 2020 lalu, Presiden Joko Widodo melakukan vaksinasi COVID-19 sebagai tanda dimulainya program vaksinasi secara nasional.

Jajaran Direksi Pertamina pun mendukung penuh program tersebut demi menekan penyebaran COVID-19 di Indonesia.

Direktur Utama Pertamina IHC dr. Fathema Djan Rachmat mengatakan, "Seperti kita ketahui bahwa Presiden Joko Widodo telah divaksinasi, dengan begitu sangat meningkatkan kepercayaan pada vaksinasi fase pertama ini," ujarnya saat diwawancarai Tim Energia secara virtual.

Menurut Fathema, Rumah Sakit BUMN telah mempersiapkan vaksinasi COVID-19. "Dari 73 rumah sakit (RS) yang berada di bawah naungan Pertamina IHC sebenarnya sudah siap untuk melaksanakan (program Vaksinasi). Kami memiliki 159 klinik yang sudah siap. Selain itu, persiapannya sudah diuji di beberapa rumah sakit, seperti RS Pelni, RSPP, PHC, MNU, juga beberapa rumah sakit lain, RS Pertamina Tarakan juga sudah melaksanakan vaksinasi untuk tenaga kesehatan," tuturnya.

Pertamina through Pertamina IHC as the Holding of SOE Hospital has participated in achieving the success of the COVID-19 vaccination program launched by the government. On 13 January 2020, President Joko Widodo carried out the COVID-19 vaccination as a sign of the start of the national vaccination program.

Pertamina's Board of Directors also fully supports the program in order to reduce the spread of COVID-19 in Indonesia.

President Director of Pertamina IHC, Fathema Djan Rachmat, M.D. said, "As we all know, President Joko Widodo has been vaccinated, which has greatly increased our confidence in this first phase of the vaccination," she said when interviewed by the Energia Team virtually.

According to Rachmat, SOE Hospitals have prepared for the COVID-19 vaccination. "The 73 hospitals under Pertamina IHC are actually ready for the implementation (of the vaccination program). We have 159 clinics that are ready. In addition, the preparations have been tested in several hospitals, such as Pelni Hospital, RSPP, PHC, MNU, as well as several other hospitals. Pertamina Tarakan Hospital has also carried out vaccination for health workers," she said.

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dr. Fathema Djan Rachmat
Direktur Utama Pertamina IHC
President Director of Pertamina IHC



Vaksinasi tahap pertama dilakukan kepada seluruh tenaga kesehatan (nakes) yang tergabung dalam IHC Group. Vaksinasi yang dilakukan secara bertahap ini sudah mulai berjalan dari 14 Januari 2020, di beberapa Rumah Sakit Pertamedika IHC Group yang tersebar di seluruh Indonesia.

Berdasarkan data per 18 Januari 2021, dari total 73 RS Pertamedika IHC akan melakukan vaksinasi kepada 16.426 nakes dan 6.492 non nakes, sedangkan melalui 122 klinik akan dilakukan vaksinasi kepada 1.184 tenaga kesehatan (nakes) dan 479 non-nakes.

Menurut Fathema jenis vaksinasi yang digunakan saat ini untuk nakes dari sisi ketersediaan yang dimiliki ialah vaksin Sinovac (CoronaVac) yang didatangkan dari Cina lalu diolah melalui Biofarma.

Kementerian BUMN yang dinahkodai Erick Thohir secara yakin dan semangat juga memberikan dukungan terhadap program Vaksinasi COVID-19 pada tahap awal, khusus untuk nakes.

The first phase of vaccination is carried out for all health workers who are members of the IHC Group. Vaccination, which is carried out in stages, has started running from 14 January 2020 in several Pertamedika IHC Group Hospitals throughout Indonesia.

Based on data as of 18 January 2021, a total of 73 Pertamedika IHC Hospitals will carry out vaccination to 16,426 health workers and 6,492 non-health workers, while 122 clinics will carry out vaccination to 1,184 health workers and 479 non-health workers.

According to Rachmat, the type of vaccines currently used for health workers in terms of availability is the Sinovac vaccine (CoronaVac) which is imported from China and processed through Biofarma.

With confidence and enthusiasm, the SOE Ministry chaired by Erick Thohir also provides support for the early stage of the COVID-19 Vaccination program, especially for health workers.



Erick yang didampingi oleh Wakil Menteri I BUMN Pahala N. Mansury dan Direktur SDM Pertamina Koeshartanto berkesempatan meninjau langsung kesiapan Rumah Sakit Pusat Pertamina beserta para nakes dalam proses pelaksanaan Vaksinasi COVID-19.

Dalam kunjungan tersebut, sebanyak 20 nakes yang terdiri dari medis RSPP, RSPJ, RS Pelni, dan RS Pelabuhan yang seluruhnya berlokasi di Jakarta diberikan layanan Vaksinasi. Tak hanya itu, beberapa mahasiswa Sekolah Tinggi Kesehatan milik Pertamedika IHC hadir sebagai bentuk kesiapan seluruh nakes dan calon nakes dalam menyukseskan program pemerintah.

Erick juga berkesempatan menyapa para nakes serta memastikan proses Vaksinasi berjalan lancar, "Saya mengucapkan terima kasih kepada semua yang terlibat menyukseskan Vaksinasi ini, tentunya apresiasi setinggi-tingginya kepada nakes yang selama hampir setahun berjuang menjadi garda terdepan. Dalam penanganan pandemi pemerintah hadir dan memastikan vaksinasi untuk para nakes adalah prioritas," ujarnya.

Thohir, accompanied by SOE Deputy Minister I Pahala N. Mansury and Pertamina HR Director Koeshartanto, had the opportunity to directly observe the readiness of Pertamina Central Hospital and the health workers in the process of carrying out the COVID-19 Vaccination.

During the visit, as many as 20 health workers consisting of medical workers at RSPP, RSPJ, Pelni Hospital, and Port Hospital, all of which are located in Jakarta, were provided with vaccination services. Not only that, a number of students from Pertamedika IHC's Medical Schools were also present as a form of readiness of all health workers and prospective health workers in the success of government programs.

Thohir also had the opportunity to greet the health workers and ensure that the vaccination process ran smoothly. "I would like to thank all people involved in making this vaccination a success, with of course the highest appreciation to health workers who has worked on the front line for almost a year. In handling the pandemic, the government is present and ensures that vaccination for health workers becomes a priority," he said.

Sementara itu, Koeshartanto menyampaikan rasa syukur atas terlaksananya program Vaksinasi bagi para nakes, “Vaksinasi menjadi rangkaian upaya kita bersama dalam menghentikan pandemi ini. Tentu menjadi bagian dari rasa syukur bersama bisa menyaksikan proses Vaksinasi nakes yang menjadi prioritas sesuai dengan ketetapan pemerintah,” ucapnya dengan optimis.

Adapun target atau siapa saja yang bisa melakukan vaksinasi COVID-19 di jaringan RS Pertamedika, Fathema menjawab, “Sekarang ini kami melaksanakan vaksinasi gratis untuk Bangsa Indonesia yang sudah diputuskan oleh Presiden. Sehingga dalam pelaksanaannya disebut *top down*. Jadi nakes dan masyarakat lainnya akan mendapat undangan dari aplikasi Peduli Lindungi yang di-*blast* dalam bentuk SMS,” ujarnya.

Jika mendapatkan undangan tersebut proses selanjutnya ialah mendaftarkan kembali atau konfirmasi kepada Peduli Lindungi. “Calon penerima vaksin akan menerima informasi tentang lokasi dan waktunya untuk mendapatkan vaksinasi, kemudian calon penerima vaksin akan pergi ke rumah sakit yang ditunjuk dan kemudian dilakukan vaksinasi,” ucapnya.

Meanwhile, Koeshartanto expressed his gratitude for the implementation of the vaccination program for health workers, “Vaccination is a series of our joint efforts to stop this pandemic. Of course, we also feel grateful to witness the vaccination process for health workers, which becomes a priority in accordance with government regulations,” he said optimistically.

When asked about the target or who can receive COVID-19 vaccination at the Pertamedika Hospital network, Rachmat replied, “Right now, we provide free vaccination for the Indonesian nation that has been decided by the President. In its implementation, it follows the top-down system. So health workers and other people will receive invitations from Peduli Lindungi application which are blasted in the form of text messages,” she said.

If you get the invitation, the next process is to re-register or confirm on the app of Peduli Lindungi. “The vaccine candidate will receive information about the vaccination location and time, and then the vaccine candidate will have to go to the designated hospital to receive the vaccination,” she said.





Oleh karena itu, menurutnya, untuk mendaftarkan langsung saat ini belum bisa karena yang dilakukan ialah sistem *top down*. “Saat ini pendaftaran yang baru dibuka adalah untuk tenaga kesehatan, setelah itu lansia, dan masyarakat yang memiliki resiko tertular penyakit COVID-19,” tutur Fathema.

Berbicara tentang kuota vaksin yang diterima Pertamedika, Fathema mengatakan, tidak ada jumlah pasti. “Saat ini melalui program nasional semua melalui Kemenkes, jadi jumlah pastinya tidak tahu, tapi kami mendapatkan *drop* vaksin sesuai dengan jumlah list calon penerima vaksin yang kami dapat dari informasi satu sistem tadi. Siapa saja dan jumlahnya berapa,” katanya.

“Misalnya RS Pelni mendapatkan 20 calon penerima vaksin, ada juga yang dapat lebih besar, tapi jumlah vaksinnya sendiri yang di-*drop* adalah untuk sekitar 320 dosis sehingga setiap hari ada calon lagi, tergantung dari penugasan,” ujarnya menambahkan.

Menurut Fathema penting sekali untuk dilakukan vaksinasi karena tujuannya untuk membentuk *herd immunity*.

Therefore, according to her, it is currently not possible to register directly because the implementation is following the top-down system. “Currently, the registration is only available for health workers, followed by the elderly and people who are at risk of contracting COVID-19,” said Rachmat.

Regarding the quota of vaccines that Pertamedika received, Rachmat said there was no exact number. “Currently, the national program is carried out entirely by the Ministry of Health, so we don’t know the exact number. But the number of vaccine supplies received is based on the number of vaccine candidates on the list that the system has informed us. That is how we know who and how many people will receive the vaccines,” she said.

“For example, Pelni Hospital has 20 vaccine candidates. Meanwhile, the number at some other hospitals can be bigger. However, the number of vaccines received is around 320 doses, so every day we can receive more candidates, depending on the assignment,” she said.

According to Rachmat, it is very important to do vaccination because the aim is to create herd immunity.

Para nakes yang tergabung dalam Pertamedika IHC Grup selama masa pandemi telah berjuang ambil bagian dalam menjaga kesehatan bangsa. "Oleh karena itu mari lanjutkan dengan mendukung berkontribusi dan mengikuti program pemerintah dengan vaksin," tutur Fathema.

Dia menyatakan bahwa RS BUMN telah siap dalam penanganan pandemi COVID-19, "Dengan dukungan penuh dari Kementerian BUMN dan PT Pertamina (Persero) sebagai induk perusahaan, Pertamedika IHC akan terus mengupayakan peningkatan layanan vaksinasi COVID-19 di seluruh jaringan RS dan klinik. Selain dilengkapi fasilitas vaksinasi COVID-19 yang sesuai standar, Pertamedika IHC juga terus melakukan *upskilling* bagi para nakes, sehingga proses vaksinasi dilakukan oleh tenaga kesehatan profesional yang telah memiliki sertifikat pelatihan pemberian vaksin," ujarnya. ▀

During the pandemic, health workers who are members of Pertamedika IHC Group has worked hard to maintain the health of the nation. "Therefore, let's continue the support by contributing and participating in government programs through vaccination," said Rachmat.

According to her, the SOE Hospitals are ready to handle the COVID-19 pandemic. "With the full support of the Ministry of SOEs and PT Pertamina (Persero) as the parent company, Pertamedika IHC will continue the efforts to improve COVID-19 vaccination services throughout the hospital network and clinics. Apart from being equipped with standard COVID-19 vaccination facilities, Pertamedika IHC also continues to upskill its health workers, so that the vaccination process is carried out by professional health workers who have received the certificate for vaccination training," she said. ▀

VACCINATION PROCEDURES

- 1. Registration**
Self-registration and verification using identity card at the registration desk.
- 2. Screening**
Undergoing physical examination and health check prior to vaccination and identifying comorbidities.
- 3. Vaccination**
Once considered eligible, injection of vaccine will be carried out.
- 4. Observation**
After the vaccination, an observation is carried out for 30 minutes in the observation room. Any complaint or side effect experienced post-vaccination will be recorded by the officer on standby. If the results are good upon observation, vaccine recipients can go home or return to their activities.



Sumber : dr. Lucas Welfried Panjaitan

YUK VAKSIN STRATEGI MENUJU HERD IMMUNITY

LET'S GET VACCINATED TO ACHIEVE HERD IMMUNITY

Akan ada pelangi setelah hujan turun, akan ada hari baik setelah berbagai masalah yang menimpa Indonesia bahkan dunia saat ini. Tekad dan optimisme tetap harus dijunjung tinggi dan percaya bahwa pandemi bisa berakhir.

Kabar vaksin yang sudah datang membawa secercah harapan untuk kita semua agar bersama-sama berjuang. Saat ini sebagai garda terdepan, tenaga medis sudah mulai melakukan vaksin COVID-19. Vaksin sudah menjadi program pemerintah dan menjadi tugas kita bersama dengan mendukung program tersebut.

Seluruh tenaga medis, baik dokter, suster, perawat, bidan, apoteker, dan petugas nonmedis lainnya sudah bahu-membahu merawat pasien tanpa takut berhadapan langsung dengan virus Corona. Banyak cerita di tengah perjuangan dalam melawan COVID-19.

There will be a rainbow that comes after the rain, and just like that, there will also be a good day that comes after the various problems that are currently faced by Indonesia and the world. Determination and optimism must still be upheld and we must believe that the pandemic can end.

The news about the arrival of vaccines gives us a glimmer of hope to fight together. Currently, as the front liners, healthcare workers have started to carry out the COVID-19 vaccination. Vaccines have become a government program and it is our duty together to support this program.

All healthcare workers, from doctors, nurses, midwives, pharmacists, to other non-medical officers, have worked hand in hand to treat patients without the fear of dealing directly with the Coronavirus. There are many stories of their struggles in fighting against COVID-19.





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HALAL

PERTAMEDIKA
PENGAWAT KESEHATAN

Salah satu cerita datang dari tenaga kesehatan yaitu Aukhalia Yulianingtiyas (31) seorang Bidan yang bertugas di Rumah Sakit Pusat Pertamina (RSPP). Banyak sekali perubahan saat masa pandemi yang dirasakannya. Mulai dari alat pengaman diri (APD) yang digunakan, khusus untuk ruang persalinan juga dipersiapkan ruangan infeksius, dan sistem cara kerja lainnya yang berubah.

Berbagai tantangan muncul, yang paling dirasakan Lia ialah saat berinteraksi dengan ibu bersalin atau pasien. Sebagai seorang bidan yang terbiasa untuk ekspresif dengan tersenyum menyemangati ibu yang melahirkan, lalu dengan menggunakan APD yang tertutup dan hanya mata yang terlihat tentu membuatnya tidak biasa.

“Dulu sebelum pandemi kita sudah pakai APD yang sesuai, tapi belum seperti sekarang. Kalau lagi memimpin persalinan kita lebih berinteraksi dengan ibunya, pengaturan nafas, ngeden, kita lakukan sambil berekspresi. Tapi semenjak COVID-19 karena pakai APD jadi cuma matanya aja yang kelihatan, tetap kita berinteraksi tapi jadi gak bisa ekspresif seperti biasanya,” ujar Lia.

Semenjak ada COVID-19 dia menganggap semua itu sudah terpapar, meskipun demikian anggapannya itu membuat dia lebih waspada karena selain keselamatan pasien dia harus memikirkan keselamatan dirinya.

“Jadi kita tetap harus hati-hati, tetap jaga jarak, dan pakai masker karena memang gejalanya tidak terlihat. Namun, disampaikannya pelan-pelan karena takut menyinggung,” tutur Lia.

Cerita tantangan dalam bertugas melawan COVID-19 juga disampaikan oleh Lucas Welfried Panjaitan, Dokter Spesialis Penyakit Dalam Rumah Sakit Pertamina Jaya (RSPJ). Banyak sekali perubahan yang dirasakan. Mulai dari perubahan

One of the stories comes from a health worker, Aukhalia Yulianingtiyas (31), who is a midwife on duty at Pertamina Central Hospital (RSPP). She has experienced so many changes during the pandemic. Starting from the personal protective equipment (PPE) that is used, the preparation of infectious rooms in the delivery rooms, and other systems of work that have changed.

There are various challenges, one of which is when interacting with mothers in labor or patients. As a midwife who is used to being expressive by smiling encouragingly to mothers who are giving birth, she now finds it challenging to do so while wearing complete PPE that covers every part of her face other than her eyes.

“Before the pandemic, we have already worn the appropriate PPE, but not as many as now. While providing support during labor, we interact more with the mother, helping them control their breath and push, all the while making facial expressions. But since the COVID-19 pandemic, due to the use of complete PPE, only our eyes are visible, yet we still need to interact with them but we can’t be as expressive as we used to,” said Yulianingtiyas, or better known as Lia.

Ever since there is COVID-19, she assumes everyone has been exposed, even though this assumption has made her more alert because she has to think about her own safety in addition to the patients’.

“So we still have to be careful, keep our distance, and wear masks because the symptoms are indeed not visible. However, we need to explain it carefully to avoid sounding offensive,” said Lia.

Lucas Welfried Panjaitan, an Internist at Pertamina Jaya Hospital (RSPJ), also has his story to tell about the challenges in fighting





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infrastruktur total karena RSPJ menjadi RS khusus COVID-19, sistem digital yang digunakan, dan pakaian pelindung APD yang naik level.

“Bekerja dengan durasi 8 jam menggunakan baju pelindung level 3 tentu membuat kepanasan ditambah menggunakan masker, namun kita harus terbiasa dengan itu. Dalam durasi tersebut kita harus bisa menahan untuk tidak ke toilet karena kalau tidak kita harus membuka APD, repot. Bahkan ada beberapa teman menggunakan popok dewasa selama bertugas,” ujar Lucas.

Tak hanya cara bekerja, tantangan terberat yang dihadapi tenaga kesehatan adalah kehilangan rekan-rekan sejawat. Hal itu pula yang dirasakan oleh Lia saat kehilangan teman-temannya.

“Untuk semua teman-teman medis kalian semua hebat, kalian semua benar-benar merupakan pahlawan di masa pandemi ini. Tidak banyak yang bisa saya sampaikan karena di masa COVID-19 ini saya kehilangan beberapa teman yang bertugas. Tidak sedikit juga keluarga teman-teman yang meninggal karena COVID-19,” ucapnya dengan tegar.

COVID-19. Lots of changes are felt. Starting from a total infrastructure change as RSPJ has become a special reference hospital for COVID-19, the digital system used, and the use of PPE that has been leveled up.

“Working for 8 hours using level 3 PPE, added with the use of masks, certainly makes you sweaty, but we have to get used to it. During the time, we must be able to hold back from going to the toilet because otherwise, we have to open the PPE and it's a hassle. Some of my friends even use adult diapers while on duty,” said Panjaitan.

Not only in terms of work, the toughest challenge faced by health workers is when they have to lose their colleagues. This was also what Lia felt when she lost her friends.

“To all my healthcare worker friends, you are all amazing and the true heroes in this pandemic. I don't have much to say because during this COVID-19 pandemic, I have lost several friends who were on duty. Not a few of my friends' family members have also passed away due to COVID-19,” she said strongly.



Aukhalia Yulianingtyas
Bidan RSPP
Midwife RSPP

“**Untuk masyarakat yang memenuhi syarat untuk vaksin saya harapkan segera melakukan vaksin COVID-19.** *For those who meet the requirements for vaccination, I hope you can immediately receive the COVID-19 vaccination.*”

La mengatakan, meskipun banyak rekan yang kehilangan keluarganya karena COVID-19 mereka hanya beduka sebentar. “Hal yang luar biasa hebat, ketika mereka sedang berduka karena kehilangan keluarganya, dengan cepat mereka bangkit untuk menangani pasien COVID-19 lagi. Itu membanggakan, tidak bisa mengungkapkan itu semua dalam kata-kata,” ujar Lia menahan rasa sedihnya.

Perempuan yang sudah bekerja di RSPP sejak tahun 2011 ini sudah melakukan vaksin. Ia mendapatkan vaksin pada tanggal 18 Januari 2021. “Kesan pertama tentu bersyukur karena mendapatkan tahap pertama. Kalau untuk respon dari vaksin tersebut tidak ada respon khusus,” ujarnya.

Meskipun dia merasakan nyeri, tapi menurutnya masih dalam tahap wajar. “Untuk masyarakat yang memenuhi syarat untuk vaksin saya harapkan segera melakukan vaksin COVID-19,” tutur Lia.

Tak hanya Lia, tenaga medis lainnya yaitu Perawat RSPP Simprug Yoche Noor Raisus juga sudah melakukan vaksin COVID-19. “Alhamdulillah, sudah vaksin di RS Pusat Pertamina, rasanya juga tidak ada kendala, tetap nyaman bahkan saya merasa aman,” ucap Yoche.

Yoche mengatakan tidak ada persiapan khusus yang dilakukan. “Yang paling penting *positive thinking*, bahwa dengan vaksin akan membuat

According to her, although many of her colleagues have lost their family members due to COVID-19, they only had a short time to grieve. “It is amazingly great, when they were grieving the loss of their family, they quickly got up to deal with COVID-19 patients again. That makes me proud, I can’t express it in words,” said Lia holding back her sadness.

The woman who has worked at RSPP since 2011 has already received the vaccination. She received it on 18 January 2021. “My first impression about it is of course grateful because we can get it in the first phase of vaccination. As for the vaccine itself, I had no specific response to the vaccine,” she said.

Even though she felt pain, according to her it was still bearable. “For those who meet the requirements for vaccination, I hope you can immediately receive the COVID-19 vaccination,” said Lia.

Not only Lia, other healthcare worker, Yoche Noor Raisus, a nurse at Simprug Pertamina Central Hospital, has also received the COVID-19 vaccination. “Alhamdulillah, I have been vaccinated at Pertamina Central Hospital. There was no problem, I still feel comfortable and even feel safe,” said Raisus.

Raisus said that there was no special preparation needed. “The most important thing is to have a positive thinking, that vaccines will

“**Yang paling penting *positive thinking*, bahwa dengan vaksin akan membuat kita terlindungi.**

The most important thing is to have a positive thinking, that vaccines will be able protect us.”

Yoche Noor Raisus
Perawat RSPP Simprug
Nurse at RSPP Simprug



“**Karena tujuan vaksinasi ini adalah untuk membentuk herd immunity ketika semua populasi Indonesia ini sudah 80 persen tervaksinasi. Kalau belum mencapai semua yang dilakukan percuma. Jadi mohon ikut serta dalam vaksin ini, kalau misalnya ada yang takut, vaksin ini sudah uji klinik fase 3, kalau sudah lewat sudah aman.**

Because the purpose of this vaccination is to achieve herd immunity when 80 percent of Indonesia's population is vaccinated. It will be useless if it hasn't been achieved, so please take part in this vaccination. For those who are still afraid, this vaccine has passed the phase 3 clinical trials, and if it has passed then it's safe.

dr. Lucas Welfried Panjaitan

Dokter Spesialis Penyakit Dalam Rumah Sakit Pertamina Jaya
Internist at Pertamina Jaya Hospital (RSPJ)



kita terlindungi,” ujarnya lagi.

Namun dia menyarankan agar sebelum vaksin, tetap menjaga kesehatan dengan minum vitamin, makan teratur, istirahat cukup sehingga ketika divaksin kita dalam kondisi tubuh yang fit dan sehat.

Lucas juga mengajak agar masyarakat mengikuti program vaksinasi tersebut. “Ini salah satu pilihan yang terbaik kita punya tapi tidak akan bermanfaat kalau semua masyarakat tidak ikut serta dan turut dalam program vaksinasi ini,” tuturnya.

“Karena tujuan vaksinasi ini adalah untuk membentuk *herd immunity* ketika semua populasi Indonesia ini sudah 80 persen tervaksinasi. Kalau belum mencapai semua yang dilakukan percuma. Jadi mohon ikut serta dalam vaksin ini, kalau misalnya ada yang takut, vaksin ini sudah uji klinik fase 3, kalau sudah lewat sudah aman,” ujar dr. Lucas.

Yoche juga menegaskan setelah vaksin pun kita tetap harus menjaga diri dengan tetap istirahat. Baiknya tidak pergi kemana-mana dulu, dan tetap menerapkan protokkol kesehatan yang sudah ditetapkan seperti mencuci tangan, mengenakan masker, menjaga jarak, mengurangi mobilisasi, dan menjauhi kerumunan. ▀

”*be able protect us,” she said again.* ✨

However, she suggested that before the vaccination, we should maintain our health by taking vitamins, eating regularly, and getting enough sleep, so when we are vaccinated, our body is in a fit and healthy condition.

Panjaitan also invited the public to join the vaccination program. “This is one of the best choices that we have but it will not be useful if the public does not participate in this vaccination program,” he said.

“Because the purpose of this vaccination is to achieve herd immunity when 80 percent of Indonesia's population is vaccinated. It will be useless if it hasn't been achieved, so please take part in this vaccination. For those who are still afraid, this vaccine has passed the phase 3 clinical trials, and if it has passed then it's safe,” he said.

Raisus also emphasized that even after the vaccination, we still have to take care of ourselves by having enough rest. It is better not to go anywhere first, and keep implementing health protocols that have been established such as washing hands, wearing masks, maintaining safe physical distance, reducing mobilization, and staying away from the crowds. ▀

RAJASA MAS, RAJA BATIK CILACAP KIAN MENDUNIA

RAJASA MAS, THE KING OF CILACAP BATIK THAT GOES GLOBAL

Dua puluh tahun bukanlah waktu yang sebentar untuk menjalankan sebuah usaha. Jatuh bangun menjadi babak yang tak mungkin dipisahkan dari cerita perjalanan menuju sukses. Hal itu dirasakan oleh pasangan perajin batik Rajasa Mas, yakni Euis Rohani dan Tonik Sudarmaji.

Batik memiliki ciri dan kekhasan dari masing-masing daerah pembuatnya yang menonjolkan kearifan lokal. Tak terkecuali di Kabupaten Cilacap, dari jalan Penatusan Timur, Desa Maos Kidul, Kecamatan Maos, Cilacap, Jawa Tengah, dimana tangan-tangan terampil para perajin batik Rajasa Mas itu bermula.

Twenty years is not a short time to run a business. The ups and downs become an inseparable chapter of the journey to success. This is experienced by the batik craftsmen behind Rajasa Mas, Euis Rohani and Tonik Sudarmaji.

Batik has different characteristics according to the origin of the craftsmen. It is no exception for batik from Cilacap Regency, to be exact on Penatusan Timur Street, Maos Kidul Village, Maos District, Cilacap, Central Java, where Rajasamas began with the help of the skilled hands of their batik craftsmen.







Tahun 2008 menjadi awal kebangkitan usaha mereka sebagai perajin batik. Euis menuturkan, batik Rajasa Mas menjadi salah satu peninggalan bersejarah yang belum terekspos maksimal meski memiliki ciri khas tersendiri.

2008 saw the beginning of a revival of their business as batik craftsmen. According to Euis, Rajasa Mas batik is one of the historical heritage that has not been exposed optimally even though it has its own signature characteristics.

“Kami membangun usaha mulai tahun 2001. Waktu itu kami menjalankan bisnis garmen di Bandung, bahkan sudah bisa ekspor ke Inggris. Namun usaha itu jatuh dan kami putus untuk pindah ke kampung halaman suami di Cilacap,” kata Euis membuka kisah Rajasa Mas.

Tahun 2008 menjadi awal kebangkitan usaha mereka sebagai perajin batik. Euis menuturkan, batik Rajasa Mas menjadi salah satu peninggalan bersejarah yang belum terekspos maksimal meski memiliki ciri khas tersendiri.

“Pada setiap lembar kain batik Rajasa Mas mendeskripsikan sejarah perjuangan masyarakat Jawa. Termasuk juga tentang pedoman hidup bahkan sandi-sandi peperangan di masa perang Pangeran Diponegoro,” ucap Euis.

“We started this business in 2001. At the time, we were running a garment business in Bandung, and were even able to export to England. However, the business failed and we decided to move to our husband’s hometown in Cilacap,” said Rohani while explaining about the story of Rajasa Mas.

2008 saw the beginning of a revival of their business as batik craftsmen. According to Rohani, Rajasa Mas batik is one of the historical heritage that has not been exposed optimally even though it has its own signature characteristics.

“Every sheet of Rajasa Mas batik cloth describes the history of the struggle of Javanese people. It also includes life guidelines and even war codes during the war of Prince Diponegoro,” said Rohani.



Euis yang dibantu suaminya itu, kini merajai dunia batik, khususnya di Cilacap dengan mengaryakan 10 orang tenaga kerja lepas dan 80 orang tenaga borongan. “Alhamdulillah, melalui usaha yang kami bangun ini, masyarakat dapat turut nguri-uri warisan budaya lokal nenek moyang,” ucapnya.

KIPRAH RAJASA MAS

Kini Rajasa Mas mulai dikenal khalayak pecinta batik, tak hanya di daerah asal dan sekitarnya, namun sudah mendunia.

Hal itu dilakoninya melalui pameran lokal di Indonesia, seperti di ajang Inacraft yang merupakan wadah bagi produsen dan eksportir handicraft di bawah Asosiasi Eksportir dan Produsen Handicraft Indonesia.

Selain itu, Rajasa Mas mengikuti pameran Indonesia International Furniture Expo (IFEX), Trade Expo Indonesia (TEI), Adiwastra Nusantara, Crafina, serta pameran Indocraft yang merupakan pameran dagang terkemuka untuk industri batik dan kerajinan di Indonesia yang didukung oleh Kementerian Koperasi dan UKM, dan masih banyak yang lainnya.

Rohani, who is assisted by her husband, is now dominating the batik world, especially in Cilacap by employing 10 freelancers and 80 workers. “Alhamdulillah, through the efforts that we have made, people can preserve their ancestral local cultural heritage,” she said.

THE JOURNEY OF RAJASA MAS

Today, Rajasa Mas is getting popular among batik lovers, not only in the area of origin and its surroundings, but also worldwide.

This can be achieved by joining local exhibitions in Indonesia, such as the Inacraft event, which is a forum for handicraft producers and exporters under the Association of Exporters and Producers of Indonesian Handicraft.

In addition, Rajasa Mas also participated in Indonesia International Furniture Expo (IFEX), Trade Expo Indonesia (TEI), Adiwastra Nusantara, Crafina, as well as Indocraft exhibition which is the leading trade fair for batik and handicraft industry in Indonesia that is supported by the Ministry of Cooperatives and SMEs, and many others.



Di kancan pameran internasional nama Rajasa Mas sudah bergaung hampir di 20 negara, seperti Singapura, Malaysia, Thailand, Australia, Jordania, Arab Saudi, Bangladesh, India, Srilanka, Spanyol, Belanda, Turki, Philipina, Rusia, Italia, bahkan Kota Paris, Perancis yang dikenal sebagai pusat mode dunia.

ERA COVID-19

Bukti pengalaman 20 tahun melakoni usahanya pun diuji saat memasuki masa pandemi COVID-19, wanita berlogat asli Sunda ini mengaku sama sekali tidak berpengaruh terhadap aktivitas produksi.

Hal ini membuktikan pengalaman Euis dan Tonik. Mereka bisa melewati kondisi yang tak biasa, bahkan ketika beberapa usaha sejenis harus berhenti produksi. Kini pasangan itu tetap menjalankan aktivitas seperti biasa, tentunya dengan menerapkan protokol kesehatan yang ketat.

“Awalnya hanya terkendala di pemasaran yang anjlok hampir 80 persen, dan itu wajar karena kita semua dalam kondisi *shock* melihat situasi ini, tapi sekarang sudah berangsur

In international exhibitions, the name Rajasa Mas is well known in almost 20 countries, such as Singapore, Malaysia, Thailand, Australia, Jordan, Saudi Arabia, Bangladesh, India, Srilanka, Spain, the Netherlands, Turkey, the Philippines, Russia, Italy, and even the City of Paris, France, which is known as the fashion center of the world.

THE ERA OF COVID-19

Their 20 years of experience in running the business was tested when the COVID-19 pandemic began. The woman who speaks with a native Sundanese accent admitted that the situation had no effect at all on their production activities.

This is a testament to Rohani and Sudarmaji's experience and hard work. They can go through extraordinary conditions, even when several other businesses in the same industry have had to stop production. Now the couple continues to carry out their activities as usual, of course, by implementing strict health protocols.

“The only challenge that we faced in the beginning was in the marketing part, which



membalik. Untungnya masih terbantu dengan pemasaran *online* yang sudah kami lakukan jauh sebelum masa pandemi,” ucap Euis.

Ia bersyukur telah bermitra dengan Pertamina, artinya Rajasa Mas bisa semakin memperluas pasar dan menambah jaringan usaha.

“Selain membuka kesempatan silaturahmi, saya berharap melalui pendampingan dari Pertamina keterampilan dan pengetahuan saya akan bertambah. Semoga saja lebih banyak lagi bidang usaha yang bisa menjadi mitra binaan Pertamina,” tutur Euis.

Melihat kegigihan usaha sejoli tersebut, Area Manager Communication, Relations, & CSR RU IV Cilacap Hatim Ilwan mengatakan, di tengah kondisi pandemi COVID-19, pembinaan secara masif terus dilakukan kepada Usaha Mikro, Kecil, dan Menengah (UMKM) melalui Program Kemitraan.

“Sejumlah program terus kami susun untuk mendorong UMKM dapat naik kelas,” ujarnya. ▀

fell by almost 80 percent, and that was natural because we were all in a state of shock seeing this situation. However, it has now gradually improved. Fortunately, we are helped by online marketing that we have also done long before the pandemic,” said Rohani.

She is grateful to have partnered with Pertamina, which means that Rajasa Mas can further expand the market and improve the business network.

“Apart from creating networking opportunities, I hope that with the help of Pertamina’s assistance, I can improve my skills and knowledge. Hopefully, more businesses can become Pertamina’s fostered partners,” said Rohani.

Seeing the persistence and the efforts of the couple, Area Manager Communication of Relations, & CSR of RU IV Cilacap Hatim Ilwan said that in the midst of the COVID-19 pandemic, coaching of the Micro, Small and Medium Enterprises (MSMEs) should still be carried out massively through the Partnership Program.

“We continue to organize a number of programs to encourage the advancement of MSMEs,” he said. ▀

AYO DONOR PLASMA KONVALESEN!

LET'S DONATE CONVALESCENT PLASMA!



Masa perawatan selama lebih kurang 23 hari harus dijalani Arya Dwi Paramita setelah hasil tes usap miliknya dinyatakan positif COVID-19. Bahkan, tujuh hari dari total masa penyembuhannya dihabiskan di ruang Intensive Care Unit (ICU).

Mendiami ruang perawatan khusus, tak lantas membuatnya putus asa. Justru keinginannya untuk segera pulih kian memuncak.

Lebih dari itu, pria yang menjabat sebagai Vice President Corporate Social Responsibility & Small Medium Enterprise Partnership Program (CSR & SMEPP) Management Pertamina ini juga bertekad bisa memberikan manfaat bagi para penyintas COVID-19 ketika sudah sehat nanti. Salah satu caranya ialah mendonorkan plasma konvalesen.

Donor plasma konvalesen tengah ramai diperbincangkan belakangan ini. Metode ini dipandang dapat membantu pemulihan pasien COVID-19. Plasma konvalesen adalah plasma darah yang diambil dari pasien yang terdiagnosa COVID-19 setelah dinyatakan sembuh. Kemudian plasma tersebut diproses agar dapat diberikan kepada pasien yang sedang dalam masa pemulihan setelah terinfeksi.

Metode ini dipandang efektif membantu pasien Covid-19 untuk bisa kembali pulih. Plasma konvalesen adalah plasma darah yang diambil dari pasien Covid-19 yang telah sembuh, dan kemudian diproses agar dapat diberikan kepada pasien yang sedang dalam masa pemulihan setelah terinfeksi.

This method is believed to be helpful for the recovery of COVID-19 patients. Convalescent plasma is blood plasma taken from patients who were diagnosed with COVID-19 but have fully recovered. Then the plasma is processed so that it can be given to patients who are still recovering from the infection.

Arya Dwi Paramita had to undergo treatment for approximately 23 days after he was tested positive for COVID-19. In fact, seven days of his total treatment period were spent in the Intensive Care Unit (ICU).

Staying in the Intensive Care Unit did not make him lose hope. Instead, it made him have greater desire to recover quickly.

Not only that, the man who serves as the Vice President of Corporate Social Responsibility & Small Medium Enterprise Partnership Program (CSR & SMEPP) of Pertamina's Management was also determined to be useful for the survivors of COVID-19 once he's back to being healthy. One way he can do it is by donating convalescent plasma.

Convalescent plasma donations are widely discussed at the moment. This method is believed to be helpful for the recovery of COVID-19 patients. Convalescent plasma is blood plasma taken from patients who were diagnosed with COVID-19 but have fully recovered. Then the plasma is processed so that it can be given to patients who are still recovering from the infection.



Kepada Energia, Arya mengatakan, “Saat dirawat itu pasti gak enak karena sakit, dan saya tujuh hari di ICU. Di situ tidak cuma fisik, tapi juga mental dan psikis harus ekstra kuat.”

Oleh sebab itu, pengalaman sebagai penyintas COVID-19 semakin membulatkan tekadnya untuk bisa memberikan plasma konvalesen bagi pasien lain yang membutuhkan. “Saya punya niat, kalau sembuh dan sehat, saya mau donor (plasma konvalesen),” kata dia menambahkan.

Dari sana, ia pun mulai mencari informasi terkait persyaratan untuk bisa menjadi pendonor plasma konvalesen. Menurutnya, ada sejumlah persyaratan yang harus dipenuhi calon pendonor. Mulai dari rangkaian tes kesehatan dan *screening* lainnya guna memastikan calon pendonor benar-benar sudah terbebas dari COVID-19, hingga pengambilan sample darah untuk di uji coba terlebih dahulu.

“Saya coba, Alhamdulillah, waktu itu lolos untuk donor pertama tanggal 29 Desember 2020. Hari ini (Senin, 25 Januari 2021) adalah donor saya yang kedua. Mudah-mudahan bisa terus bermanfaat,” ucapnya.

To Energia, Paramita said, “When I was treated, it was obviously uncomfortable because I was sick, and I spent seven days in the ICU. There, you have to be extra strong not only physically, but also mentally and psychologically.”

Therefore, his experience as a COVID-19 survivor has made him more determined to be able to provide convalescent plasma to other patients in need. “I had the intention, once I get better and healthy, I want to donate (convalescent plasma),” he added.

Since then, he began looking for information regarding the requirements to become a convalescent plasma donor. According to him, there are a number of requirements that potential donors must meet, starting from a series of health tests and other screenings to ensure potential donors are completely free of COVID-19, to taking blood samples for trials.

“I tried, Alhamdulillah, at the time I passed and was eligible for my first donation on 29 December 2020. Today (Monday, 25 January 2021) is my second donation. Hopefully it can be useful,” he said.



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“**Dengan adanya donor plasma, kita membantu teman-teman untuk proses penyembuhannya. Semua bisa sehat dan kembali bersama keluarga di rumah.**

With the existence of plasma donations, we are helping our friends in their healing process. Everyone can be healthy and return to their family at home



Pada kesempatan ini, Arya mengajak seluruh masyarakat khususnya insan Pertamina, untuk bersama-sama mendonorkan plasma konvalesen guna membantu pasien-pasien COVID-19 yang membutuhkan.

“Dengan adanya donor plasma, kita membantu teman-teman untuk proses penyembuhannya. Semua bisa sehat dan kembali bersama keluarga di rumah,” ujar Arya.

Hal senada juga dirasakan Dwi Puja Ariesty. Pengalamannya menjadi penyintas COVID-19 pada November tahun lalu juga semakin menumbuhkan rasa ingin berbagi kepada para pasien lainnya dengan memberikan donor plasma konvalesen.

On this occasion, Paramita invited the public, especially Pertamina employees, to jointly donate convalescent plasma to help the COVID-19 patients in need.

“With the existence of plasma donations, we are helping our friends in their healing process. Everyone can be healthy and return to their family at home,” said Paramita.

A similar thing was also experienced by Dwi Puja Ariesty. His experience of being a COVID-19 survivor in November last year also grew a sense of wanting to share with other patients by donating convalescent plasma.

Sebelumnya, pria yang menjabat sebagai VP Digital Enhancement & Technology ini sudah mengetahui tentang donor plasma konvalesen dari media massa maupun sosial.

“Terakhir saya dihubungi oleh Arya, beliau menyampaikan bahwa ada rekan kami di Pertamina sedang membutuhkan plasma dan mengajak saya untuk mendonorkan darah pada hari ini,” ucapnya.

Puja juga menyampaikan bahwa donor plasma ini dibutuhkan oleh para penderita COVID-19. Terlebih bagi mereka yang mengalami gejala cukup serius hingga harus mendapatkan penanganan khusus di ruang ICU. Hal itu ia rasakan ketika masih menjalani perawatan di rumah sakit.

Untuk itu, Puja menghimbau kepada masyarakat dan Perwira Pertamina, khususnya penyintas COVID-19 yang sudah dinyatakan sembuh dan sehat, agar berpartisipasi mendonorkan plasma konvalesen.

“Bapak, Ibu semua, dengan kita menyumbang plasma tentunya juga akan dihitung sebagai ibadah, yang bisa mendapatkan pahala bagi kita semua,” ujar Puja. ▀

Previously, the man who serves as VP of Digital Enhancement & Technology has already known about the convalescent plasma donation from both mass media and social media.

“I was contacted by Arya, he said that there were our colleagues at Pertamina who were in need of plasma and invited me to donate blood today,” he said.

Ariestya also said that plasma donations were needed by COVID-19 patients. It is especially true for those who experience serious symptoms and have to receive special treatments in the ICU. He experienced it himself when he was still undergoing treatment at the hospital.

Therefore, Ariestya invites the public and Pertamina perwira, especially COVID-19 survivors who have fully recovered and are already healthy, to participate in donating convalescent plasma.

“Ladies and gentlemen, donating plasma can also be counted as a way of worship, which can be rewarded for all of us,” said Ariestya. ▀



Bapak, Ibu semua, dengan kita menyumbang plasma tentunya juga akan dihitung sebagai ibadah, yang bisa mendapatkan pahala bagi kita semua.

Ladies and gentlemen, donating plasma can also be counted as a way of worship, which can be rewarded for all of us.

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IKHTIAR DENGAN VAKSINASI

VACCINATION AS AN EFFORT TO HANDLE PANDEMIC

Sebagai seorang dokter, Reisa Kartikasari atau yang akrab disapa dr. Reisa Broto Asmoro sangat memahami vaksinasi COVID-19 merupakan salah satu cara melindungi diri dari penyakit yang mewabah selama satu tahun belakangan ini.

Karena itu, ia mendukung penuh program vaksinasi nasional yang digulirkan pemerintah. Bahkan ibu dua anak ini menjadi salah satu penerima vaksin tahap pertama setelah Presiden Joko Widodo bersama pejabat pemerintah lainnya.


Usai divaksin, dalam unggahan di akun instagramnya, ia mengatakan, vaksinasi menjadi salah satu ikhtiar, seperti juga protokol kesehatan 3M.

“Saatnya kita siap untuk divaksin karena vaksin sudah disediakan pemerintah. Sebagai tenaga kesehatan, saya berharap hal ini bisa menjadi inspirasi dan motivasi bagi teman sejawat lainnya,” ujarnya sembari mengajak semua pihak untuk mendukung program vaksinasi COVID-19. 

As a doctor, Reisa Kartikasari, or better known as Reisa Broto Asmoro M.D., really understands that the COVID-19 vaccination is one way of protecting ourselves from the disease that has caused the pandemic for the past one year.

Therefore, she fully supports the national vaccination program launched by the government. In fact, the mother of two is one of the recipients of the first phase of COVID-19 vaccination after President Joko Widodo along with other government officials.

After being vaccinated, in a posting on her Instagram account, she said that vaccination became one of the efforts to handle the pandemic, just like the required health protocol that is better known as 3M.

“It’s time for us to be ready to be vaccinated because the vaccine has been provided by the government. As a health worker, I hope that this can be an inspiration and motivation for my other colleagues,” she said while inviting everyone to support the COVID-19 vaccination program. 



GENOSE C19, DETEKSI COVID-19 DENGAN HEMBUSAN NAFAS ***GENOSE C19, TO DETECT COVID-19 BY BREATH***





Karya anak bangsa yang satu ini patut diacungi jempol. Alat yang sudah mengantongi ijin edar dari Kementerian Kesehatan Republik Indonesia itu mampu mendeteksi dan mendiagnosis seseorang terinfeksi COVID-19 hanya dengan hembusan nafas.

Alat tersebut ialah GeNose C19 yang mampu bekerja cepat mendeteksi *Volatile Organic Compound* (VOC) yang terbentuk karena adanya infeksi COVID-19 yang keluar bersama nafas seseorang.

Alat yang dikerjakan oleh para ahli Universitas Gajah Mada itu, merupakan inovasi pertama di Indonesia untuk mendeteksi COVID-19 melalui hembusan nafas. Hasil hembusan nafas tersebut kemudian diolah datanya dengan bantuan kecerdasan buatan (*Artificial Intelligence*) untuk pendeteksian dan pengambilan keputusan. Hasil analisa dari alat ini dapat muncul dalam 3 menit saja.

Selain unsur kecepatan, GeNose C19 didesain sangat *handy* sehingga dapat dioperasikan secara mandiri dan efisien.

This work of our nation's children definitely deserves a thumbs up. The tool, which has obtained a distribution permit from the Ministry of Health of the Republic of Indonesia, is able to detect and diagnose possible COVID-19 infection through a breath.

The tool is GeNose C19, which is able to rapidly detect Volatile Organic Compound (VOC) that is formed due to the COVID-19 infection that comes out with someone's breath.

The tool, which was developed by Gajah Mada University researchers, is the first innovation in Indonesia for the detection of COVID-19 through a breath. The results of the breath are then processed with the help of Artificial Intelligence for detection and decision making. The tool can show its analysis results in just 3 minutes.

Apart from the ability to give rapid results, GeNose C19 is designed to be very handy so that it can be operated independently and efficiently.



Aplikasi Genose C19 yang terhubung dengan sistem *cloud computing* bisa mendapatkan hasil secara *real-time*. Hebatnya, alat itu mampu bekerja paralel melalui proses diagnosis yang tersentral di dalam sistem sehingga validitas data dapat terjaga. Selanjutnya data yang terkumpul bisa dimanfaatkan untuk keperluan pemetaan, pelacakan, dan pemantauan penyebaran pandemi.

TAHAP UJI

GeNose C19 telah melewati serangkaian tes untuk mendapatkan kelayakan edar, antara lain *Profiling Test* atau kalibrasi dengan menggunakan 600 sampel data valid di Rumah Sakit Bhayangkara dan Rumah Sakit Lapangan Khusus COVID-19 Bambanglipuro di Yogyakarta. Hasilnya menunjukkan tingkat akurasi GeNose C19 sangat tinggi, yaitu 97 persen.

Selanjutnya adalah tahap uji diagnostik atau uji klinis yang dilakukan bertahap dan tersebar di sejumlah rumah sakit di Indonesia. Desain uji diagnostik ini berupa *cross sectional* dan *triple blinded*.

The Genose C19 application that is connected to a cloud computing system can get real-time diagnosis results. Remarkably, the tool is able to work in parallel through a centralized diagnostic process in the system so that data validity can be maintained. Furthermore, the collected data can be used for mapping, tracking and monitoring the spread of the pandemic.

TESTING PHASE

GeNose C19 has passed a series of tests to obtain marketing feasibility, including a Profiling Test or calibration using 600 valid data samples at Bhayangkara Hospital and Bambanglipuro COVID-19 Special Field Hospital in Yogyakarta. The results show that GeNose C19 has a very high accuracy rate of 97 percent.

Next is the diagnostic test phase or clinical trials which are carried out in stages and spread across a number of hospitals in Indonesia. The design of this diagnostic test is cross sectional and triple blinded.

Cross sectional merupakan salah satu metodologi penelitian sosial dengan melibatkan lebih dari satu kasus dalam sekali olah dan juga melibatkan beberapa variabel untuk melihat pola hubungannya.

Sedangkan *triple blinded* merupakan salah satu teknik randomisasi, selain subjek dan peneliti, tim monitoring penelitian juga tidak mengetahui ke dalam kelompok mana subjek dialokasikan. Kekuatan desain ini bisa meminimalisir faktor perancu yang dapat menyebabkan bias dalam hasil penelitian

Sementara itu, rekrutmen subjeknya adalah *multi-center consecutive* sampling yang artinya mengambil sampel dari seluruh subjek yang diamati dan memenuhi kriteria lalu dimasukkan dalam sampel hingga tercapai jumlah sampel berimbang antara kelompok positif dan negatif COVID-19.

Sambil dievaluasi akurasi, sensitivitas, dan spesifisitasnya maka diharapkan dapat ditingkatkan menjadi alat diagnostik COVID-19 yang setara dengan swab test/PCR.

PRODUKSI MASSAL

Kini GeNose C19 sudah mengantongi izin edar dari Kemenkes pada 24 Desember 2020 lalu. "Alhamdulillah, berkat doa dan dukungan luar biasa dari banyak pihak, GeNose C19 secara resmi mendapat izin edar (KEMENKES RI AKD 20401022883) untuk mulai dapat pengakuan oleh regulator, yakni Kemenkes, dalam membantu penanganan COVID-19 melalui skrining cepat," kata Ketua tim pengembang GeNose, Prof. Kuwat Triyana, Sabtu (26/12).

Cross sectional is a social research methodology that involves more than one case at a time and also involves several variables to see the pattern of the relationship.

On the other hand, *triple blinded* is one of the randomization techniques, in which the research monitoring team does not know which group the subject was allocated to, except for the subjects and the researchers themselves. The strength of this design can minimize confounding factors that can cause bias in the research results

Meanwhile, the recruitment of subjects is based on *multi-center consecutive* sampling, which takes samples from all observed subjects who meet the criteria and then including them in the samples until the number of samples is balanced between the positive and negative COVID-19 groups.



Kini GeNose C19 sudah mengantongi izin edar dari Kemenkes pada 24 Desember 2020 lalu.

GeNose C19 has now obtained a distribution permit from the Ministry of Health since 24 December 2020.

While being evaluated for accuracy, sensitivity and specificity, it is hoped that it can be upgraded to be a COVID-19 diagnostic tool that is equivalent to swab/PCR tests.

MASS PRODUCTION

GeNose C19 has now obtained a distribution permit from the Ministry of Health since 24 December 2020. "Alhamdulillah, thanks to the prayers and extraordinary support from many parties, GeNose C19 has officially obtained a distribution permit (KEMENKES RI AKD 20401022883) to start getting recognition from the regulators, which is the Ministry of Health, in helping the handling of COVID-19 through rapid screening," said GeNose development team leader, Prof. Kuwat Triyana, Saturday (12/26).



Kuwat juga menegaskan setelah mendapatkan izin tersebut, GeNose C19 akan segera diproduksi massal. Tim berharap bila ada 1.000 unit kelak maka akan mampu mengetes sebanyak 120 ribu orang sehari, dan bila ada 10 ribu unit (sesuai target di akhir bulan Februari 2021) maka Indonesia akan menunjukkan jumlah tes COVID-19 per hari terbanyak di dunia yakni 1,2 juta orang per hari.

“Dengan kemampuan mengetes sebanyak itu diharapkan akan menemukan orang tanpa gejala (OTG) dan segera diambil tindakan sehingga rantai penyebaran dapat segera terputus,” tutur Kuwat.

Ia menjelaskan nantinya biaya tes dengan GeNose C19 cukup murah hanya sekitar Rp15-25 ribu. Hasil tes juga sangat cepat yakni sekitar 2 menit serta tidak memerlukan reagen atau bahan kimia lainnya. Selain itu, pengambilan sampel tes berupa embusan nafas juga dirasakan lebih nyaman dibanding usap atau *swab*. ▀

Triyana also emphasized that after obtaining the permit, GeNose C19 would soon be mass produced. The team hopes that if there are 1,000 units in the future, they will be able to test as many as 120 thousand people per day, and if there are 10 thousand units (according to the target at the end of February 2021), Indonesia will then show the highest number of COVID-19 tests per day in the world, which is 1.2 million people per day.


“With the ability to test that many people, it is hoped that people without symptoms (OTG) can be found easily and immediate actions can be taken to break the chain of infection,” said Triyana.

He explained that later on, the GeNose C19 test would be pretty cheap, as it would only cost around Rp15-25 thousand. It will also give rapid results, which take about 2 minutes and do not require reagents or other chemicals. In addition, taking a test sample in the form of a breath exhalation is also believed to be ▀

THE CROODS: A NEW AGE, SERUNYA PETUALANGAN KELUARGA

***THE CROODS: A NEW AGE
– FUN FAMILY ADVENTURE***



 <https://www.dreamworks.com/movies/the-croods-2>

DreamWork Animation dan Universal Picture akhirnya bersepakat untuk melanjutkan proses produksi sekuel animasi *The Croods*. Meskipun Universal sempat memajukan jadwal rilisnya dari 23 Desember 2020 ke 25 November 2020, lebih cepat sebulan, namun hal itu tetap disambut baik oleh banyak penggemarnya.

The Croods: A New Age sendiri disutradarai oleh Joel Crawford (*Trolls Holidays* dan *Kung Fu Panda 3*) dan didukung oleh pengisi vokal aktor kenamaan, seperti Nicolas Cage, Catherine Keener, Emma Stone, Clarke Duke, Kailey Crawford, Cloris Leachman, Ryan Ronalds dan masih banyak lagi.

Film yang naskah ceritanya ditulis oleh Kevin Hageman dan Dan Hageman (*Scary Stories to Tell in the Dark*, 2019) bersama dengan Paul Fisher dan Bob Logan (*The LEGO Ninjago Movie*, 2017) ini masih berkisah

DreamWork Animation and Universal Picture finally agreed to continue the production of the sequel to animated movie *The Croods*. Although Universal moved the release date a month earlier from 23 December 2020 to 25 November 2020, the movie was still welcomed by many fans.

The Croods: A New Age itself was directed by Joel Crawford (*Trolls Holidays* and *Kung Fu Panda 3*) and supported by well-known voice actors, such as Nicolas Cage, Catherine Keener, Emma Stone, Clarke Duke, Kailey Crawford, Cloris Leachman, Ryan Ronalds and many more.

The movie, whose story script was written by Kevin Hageman and Dan Hageman (*Scary Stories to Tell in the Dark*, 2019) together with Paul Fisher and Bob Logan (*The LEGO Ninjago Movie*, 2017), still tells the story of



Title :
The Croods: A New Age

Genre :
Animasi, petualangan, komedi, Keluarga

Actors :
Nicolas Cage, Catherine Keener, Ryan Reynolds

Directors :
Joel Crawford

Release Date :
25 November 2020



<https://www.dreamworks.com/movies/the-croods-2>

<https://www.dreamworks.com/movies/the-croods-2>



<https://www.dreamworks.com/movies/the-croods-2>

tentang keluarga Crood dari masa prasejarah yang berisi sang ayah, Grug Crood (Nicolas Cage), sang ibu, Uggla Crood (Catherine Keener), putri tertua mereka, Eep Crood (Emma Stone), putera mereka, Thunk Crood (Clark Duke), bayi perempuan, Sandy Crood (Kailey Crawford), serta sang nenek, Gran (Cloris Leachman). Bersama dengan seorang pemuda bernama Guy (Ryan Reynolds) yang tengah menjalin hubungan asmara dengan Eep Crood, petualangan keluarga Crood dalam mencari lokasi untuk hidup menetap masih berlanjut.

Keluarga Crood berangkat menjelajahi dunia untuk mencari tempat yang lebih aman untuk disebut rumah. Setelah banyak melalui rintangan, akhirnya mereka menemukan tempat baru dan memenuhi semua kebutuhan hidup keluarga Crood.

Namun ada satu masalah, ternyata ada keluarga lain sudah tinggal di sana lebih dulu, yakni Keluarga Bettermans yang berisi Phil (Peter Dinklage) dan Hope Betterman (Leslie Mann) bersama putri mereka, Dawn Betterman (Kelly Marie Tran). Sebagai keluarga yang lebih modern, The Bettermans

the Crood family from prehistoric times which consists of the father, Grug Crood (Nicolas Cage), the mother, Uggla Crood (Catherine Keener), their oldest daughter, Eep Crood (Emma Stone), their son, Thunk Crood (Clark Duke), their baby girl, Sandy Crood (Kailey Crawford), and the grandmother, Gran (Cloris Leachman). Together with a young man named Guy (Ryan Reynolds), who is in a relationship with Eep Crood, the Crood family's adventure in finding a location to settle down continues.

The Crood family sets out to explore the world in search of a safer place to call home. After going through many obstacles, the Crood family finally finds a new place to make ends meet.

But there is one problem; it turns out that there are other families who have lived there first, which is the Bettermans family that consists of Phil (Peter Dinklage) and Hope Betterman (Leslie Mann) with their daughter, Dawn Betterman (Kelly Marie Tran). As a more modern family, The Bettermans has a greater tree



memiliki rumah pohon yang rumit, penemuan yang mengesankan, dan hasil bumi segar yang luas. Perbedaan gaya serta cara pandang hidup antara dua keluarga tersebut kemudian menimbulkan banyak konflik dalam keseharian mereka.

Ketegangan cepat meningkat di antara kedua keluarga, namun ketika ada ancaman mereka harus mengesampingkan perbedaan, menyatukan kekuatan dari satu sama lain dan menempa masa depan bersama.

Empat penulis naskah baru ternyata mampu memberikan garis kisah yang segar bagi *The Croods: A New Age*. Pengisahannya masih berada di seputar tema kebersamaan serta arti penting dari kehadiran sebuah keluarga.

Film ini secara perlahan menyelipkan tema pendewasaan diri pada alur ceritanya melalui kisah romansa antara karakter Eep Crood dan Guy maupun lewat hubungan kedua pasang karakter orang tua dengan anak-anaknya.

Memiliki cerita yang ringan dan begitu menyenangkan untuk diikuti, film ini sangat cocok ditonton bersama keluarga di rumah. ■

house, impressive finds, and extensive fresh produces. The difference in style and perspective on life between the two families then creates many conflicts in their daily lives.

Tension quickly rises between the two families, but when a threat comes up, they have to put their differences aside, unite the strengths of each other and build a future together.

*It turns out that the four new scriptwriters were able to provide a fresh story line for *The Croods: A New Age*. The story still revolves around the theme of togetherness and the importance of a family.*

This movie slowly slips in the theme of maturity into the storyline through the romance between the characters Eep Crood and Guy, and through the relationship between the two pairs of parents and their children.

With a light and fun story to follow, this movie is very suitable to watch with the whole family at home. ■

WASPADA DEMAM BERDARAH

Memasuki musim hujan, banyak sekali genangan air di tempat-tempat tak terduga yang menjadi sarang nyamuk. Siklus perkembangannya pun terbilang cukup cepat, termasuk *Aedes Aegypti*, nyamuk penyebab Demam Berdarah Dengue (DBD). Karena itu, tak hanya waspada COVID-19, kita juga wajib waspada DBD.





BEWARE OF DENGUE FEVER

*Entering the rainy season, a lot of puddles can be found in unexpected places, which can become mosquito breeding sites. They have pretty fast development cycle, including *Aedes Aegypti*, the mosquito that causes Dengue Hemorrhagic Fever (DHF). Therefore, not only COVID-19, dengue fever or DHF is also something that we must beware of.*

Dokter Spesialis Anak Rumah Sakit Pusat Pertamina (RSPP) Margareta Komalasari mengatakan, siapa pun memiliki risiko yang sama terjangkit penyakit DBD, mulai dari anak-anak hingga dewasa, tak memandang lokasi tempat tinggal.

“Siapa pun bisa terkena demam berdarah. Saya pernah mendapat pasien DBD berusia 1 bulan. Ini membuktikan siapa pun bisa saja terkena DBD. Biasanya orang yang tinggal di lingkungan yang ada genangan airnya, seperti terdapat kolam, berisiko lebih tinggi. Tempat penampungan air di belakang kulkas pun perlu diwaspadai karena bisa menjadi tempat tinggal nyamuk. Jadi harus sering dibersihkan,” ujarnya.

Menurut dr. Margareta, penyebab DBD adalah virus yang disebarkan oleh gigitan nyamuk *Aedes Aegypti*. Terdapat 4 virus dengue, yaitu virus DEN-1, DEN-2, DEN-3 dan DEN-4. Nyamuk tersebut membawa virus untuk menginfeksi darah manusia dengan gigitan dan mentransfer darah yang terinfeksi ke orang lain.

“Jika nyamuk itu membawa virus demam berdarah dan menggigit manusia, itulah yang menimbulkan penyakit,” katanya.

Perempuan yang akrab disapa dr. Ata ini menjelaskan DBD tidak menular langsung seperti penyakit batuk atau pilek karena penularan melalui gigitan nyamuk yang membawa virus.

The Pediatrician at Pertamina Central Hospital (RSPP), Margareta Komalasari, said that anyone, from children to adults, has the same risk of contracting DHF regardless of the location of residence.

“Anyone can get dengue fever. I have had a one-month old DHF patient. This proves that anyone can get DHF. Usually people who live around stagnant water, such as ponds, in their surroundings are at higher risk. The drain pan behind the refrigerator also needs to be watched out because it can be a place for mosquitoes to live. So it must be cleaned regularly,” she said.

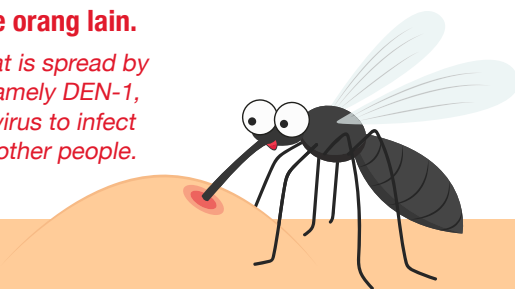
According to Komalasari M.D., the cause of DHF is a virus that is spread by *Aedes Aegypti* mosquito bites. There are 4 dengue viruses, namely DEN-1, DEN-2, DEN-3 and DEN-4 viruses. The mosquito carries the virus to infect human blood with its bites and transfer the infected blood to other people.

“If the mosquito carries the dengue fever virus and bites humans, that is what causes disease,” she said.

According to the woman who is better known as Ata M.D., DHF is not transmitted directly like cough or cold because it is transmitted through the bites of mosquitoes that carry the virus.

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Pertolongan pertama adalah memberikan obat penurun demam seperti paracetamol dan banyak minum air putih agar tidak dehidrasi.

The first aid for these symptoms is to consume fever-reducing medicines such as paracetamol and drink lots of water to avoid dehydration.



GEJALA DAN PENANGANAN DBD

Gejala DBD biasanya demam tinggi terus-menerus bahkan ada yang mencapai 40 derajat celsius dengan pola yang khas, yaitu seperti pelana kuda. Kondisi ini ditunjukkan dengan demam yang dirasakan terus-menerus selama tiga hari pertama, kemudian demam turun selama tiga hari.

Pada fase ini, mayoritas orang merasa tenang karena menganggap demam sudah dapat ditangani. Namun sebenarnya, tahap ini merupakan fase kritis yang membutuhkan pemantauan lebih. Setelah melewati fase tersebut, demam akan kembali naik selama tiga hari.

Demam tersebut biasanya diikuti gangguan pencernaan, seperti mual, muntah, sakit kepala, sakit perut, nyeri otot dan sendi, serta ruam. Jika sudah seperti ini, pertolongan pertama adalah memberikan obat penurun demam seperti paracetamol dan banyak minum air putih agar tidak dehidrasi.

DHF SYMPTOMS AND TREATMENTS

Symptoms of DHF are usually continuous high fever, and some can even reach 40 degrees Celsius with a distinctive pattern of fever, which is called the horse saddle cycle. This condition is indicated by fever that is felt continuously for the first three days and then goes down for the next three days.

In this phase, the majority of people calm down because they think that the fever has been treated. But actually, this stage is a critical phase that requires further monitoring. After passing through this phase, the fever will rise again for three days.

The fever is usually followed by indigestion, such as nausea, vomiting, headaches, stomach pain, muscle and joint pain, and rash. The first aid for these symptoms is to consume fever-reducing medicines such as paracetamol and drink lots of water to avoid dehydration.



dr. Margareta Komalasari
Dokter Spesialis Anak RSPP
Psychologist at Pertamina Central Hospital

Jadi obati dengan metode simtomatik, tingkatkan daya tahan tubuh, makan yang baik, minum yang baik. Jenis cairan yang masuk boleh apa saja untuk mengurangi risiko dehidrasi. Kalau sudah terlihat tanda-tanda kurang cairan dan dalam tiga hari demamnya belum turun segera dibawa ke rumah sakit untuk digantikan cairannya dengan infus.

So treat it with symptomatic methods, boost your immune system, eat well, and drink well. The patient can consume any type of fluid to reduce the risk of dehydration. If there are signs of lack of fluids and the fever has not subsided within three days, take them immediately to the hospital to receive infusion

“Jadi obati dengan metode simtomatik, tingkatkan daya tahan tubuh, makan yang baik, minum yang baik. Jenis cairan yang masuk boleh apa saja untuk mengurangi risiko dehidrasi. Kalau sudah terlihat tanda-tanda kurang cairan dan dalam tiga hari demamnya belum turun segera dibawa ke rumah sakit untuk digantikan cairannya dengan infus,” jelasnya.

MENCEGAH LEBIH BAIK

Sejatinya, DBD tidak hanya sering terjadi di musim hujan. Karena itu, dr. Ata mengimbau kepada masyarakat untuk selalu menjaga kebersihan lingkungan rumah. Terapkan pencegahan DBD dengan 3M, yaitu menguras bak mandi, menutup tempat penampungan air, dan mengubur barang bekas yang sudah tidak terpakai. Selain itu, bisa dengan menambahkan abate pada bak mandi untuk membasmi jentik-jentik nyamuk. Bila diperlukan, pakai lotion anti nyamuk di waktu tertentu serta gunakan kelambu sebelum tidur.

Sebuah penelitian mengatakan, *Aedes Aegypti* dapat tumbuh dewasa di dalam rumah dan dapat terbang sejauh 400 meter selama hidupnya. Inilah sebabnya seseorang yang terkena demam berdarah dapat mudah menular ke anggota keluarga dan tetangga di sekitarnya, hingga menjadi wabah.

“Kalau sudah ada yang demam berdarah segera diinfokan ke RT atau RW setempat supaya masyarakat menjadi lebih *aware* menjaga kebersihan lingkungan. Orang jadi lebih waspada dan gotong-royong membersihkan lingkungan serta melakukan *fogging* untuk membasmi jentiknya,” kata dr. Ata. ▀

“So treat it with symptomatic methods, boost your immune system, eat well, and drink well. The patient can consume any type of fluid to reduce the risk of dehydration. If there are signs of lack of fluids and the fever has not subsided within three days, take them immediately to the hospital to receive infusion,” she explained.

PREVENTION IS BETTER THAN CURE

Actually, DHF does not only occur frequently in the rainy season. Therefore, Ata M.D. recommends the public to always keep their home environment clean. Enforce DHF prevention by draining the bathtub, closing water reservoirs, and burying used items that are no longer used. In addition, you can spread Abate all over the bathtubs to get rid of mosquito larvae. If necessary, apply mosquito repellent lotion at certain times and use a mosquito net before going to bed.

*A study says that *Aedes Aegypti* can grow inside the house and fly as far as 400 meters during its life. This is why someone who has dengue fever can easily spread the disease to their family members and surrounding neighbors, until it becomes an epidemic.*

“If someone has dengue fever, immediately inform the local neighborhood so that the surrounding community becomes more aware of maintaining environmental hygiene. People will be more alert and will work together to clean the environment and do fogging to kill the larvae,” said Ata M.D. ▀

BEWARE OF **AEDES AEGYPTI** BREEDING SITES



Inside the House



1. Domestic containers or any object in the form of containers that are inside the house, such as glasses, plates, jars, bowls, buckets, cans, bottles, tray dispensers, and many others.
2. Pots or vases and trays for flowers or ornamental plants. Under the pot, there is usually a tray that is filled with stagnant water.
3. Ornamental containers or house decorations in the form of a container that can hold water.
4. Plants. Plants that grow above the soil also require supervision. Hard soil has the potential to have sunken spots where water will stagnate. Tree holes or grooves should also be checked to see if it is filled with water.
5. Kitchen sinks, hand sinks, and wet kitchen areas.

Outside the House

1. Domestic waste containers.
2. Closed drains.
3. Plants in the yard and around the house as well as the soil that surrounds them.
4. Large leaves that fall to the ground can also be water containers.
5. Sewers or gutters in front of or around the house.





CEGAH BANJIR DIMULAI DARI RUMAH

Setiap tahun, apalagi memasuki musim hujan, beberapa wilayah di Indonesia memang menjadi “langganan” banjir. Bagaimana cara mencegahnya?

FLOOD PREVENTION FROM HOME

Every year, especially during the beginning of the rainy season, floods have become the regular visitors in several areas in Indonesia. How can they be prevented?

Menurut Badan Nasional Penanggulangan Bencana (BNPB), bencana yang disebabkan oleh faktor hidrometeorologi ini selalu meningkat setiap tahunnya. Meskipun terkadang tidak menimbulkan banyak korban jiwa, banjir tetap saja merusak infrastruktur dan mengganggu stabilitas perekonomian masyarakat secara signifikan.

According to the National Board for Disaster Management (BNPB), the number of disasters caused by hydrometeorological factors is always increasing every year. Although it does not always cause many casualties, flooding still destroys infrastructure and significantly destabilizes the community's economy.



PENYEBAB BANJIR

Seperti dikutip dari www.liputan6.com, BNPB merilis, sedikitnya terdapat empat penyebab utama terjadinya banjir. *Pertama*, curah hujan yang tinggi. Jika hal ini terjadi terus-menerus, pasti akan berdampak pada meningkatnya debit dan volume air di daratan. Jika resapan air ke dalam tanah atau mengalir ke sungai tidak mencukupi, daerah yang berada di dataran rendah akan terkena banjir.

Kedua, membuang sampah sembarangan. Tanpa disadari, kebiasaan buruk seperti ini tidak hanya memberikan dampak buruk bagi kesehatan, tapi juga lingkungan sekitar. Sampah yang dibuang sembarangan, terlebih ke sungai akan menghambat aliran air.

Ketiga, penebangan hutan liar. Seperti diketahui, pohon sangat berperan dalam proses penyerapan air ke dalam tanah. Bisa dibayangkan apa dampaknya jika jumlah hutan berkurang akibat penebangan liar? Tak hanya banjir, penebangan pohon secara tidak bertanggung jawab juga bisa menyebabkan terjadinya tanah longsor. Hal itu disebabkan karena tanah tidak mampu menahan beban air.

Keempat, adanya bangunan di daerah resapan air. Peralihan fungsi tersebut akan memicu aliran air yang sangat kencang ketika terjadi hujan deras. Karena air yang seharusnya terserap atau tertampung tidak lagi mendapat ruang sehingga akan mengalir ke dataran rendah.

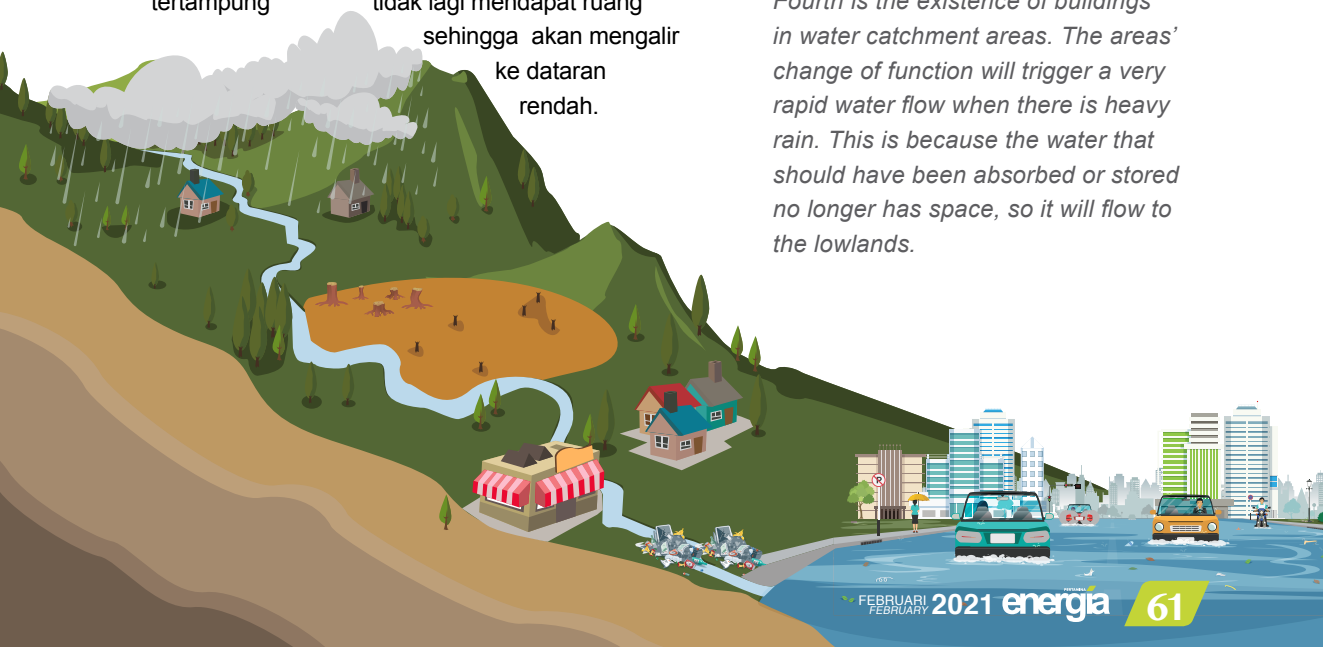
CAUSES OF FLOODS

As quoted from www.liputan6.com, BNPB released that there were at least four main causes of floods. *First is high rainfall. If this happens continuously, it will certainly have an impact on increasing the discharge and volume of water on land. If water can no longer infiltrate in the soil and rivers overflow their banks, lowland areas will be flooded.*

Second is littering. Without realizing it, a bad habit like this has bad impacts on not only health, but also the environment. Garbage that is dumped carelessly, especially into the rivers, will obstruct the flow of water.

Third is illegal logging. As is well known, trees play a very important role in the process of absorbing water into the soil. Can you imagine what the impact would be if the amount of forest is reduced due to illegal logging? Not only flooding, illegal logging can also cause landslides. This is because the soil is not able to withstand the load of water.

Fourth is the existence of buildings in water catchment areas. The areas' change of function will trigger a very rapid water flow when there is heavy rain. This is because the water that should have been absorbed or stored no longer has space, so it will flow to the lowlands.





LANGKAH KECIL, BERDAMPAK BESAR

Tak ada kata terlambat untuk mencegah atau menanggulangi banjir karena bisa dilakukan dengan cara sederhana. Hal tersebut diungkapkan oleh pakar hidrologi dan sumber daya air Universitas Jenderal Soedirman (Unsoed), Yanto, Ph.D. Menurutnya, hal ini bisa dilakukan dengan cara normalisasi saluran air, yakni membuat sumur resapan atau biopori.

"Normalisasi saluran air dilakukan dengan menggali dasar saluran hingga mencapai kedalaman awal atau membersihkan sampah yang teronggok di sepanjang saluran," jelas Yanto, seperti dilansir dari www.antaranews.com.

Selain itu, ada beberapa langkah pencegahan banjir yang bisa dilakukan secara individu atau berkelompok. *Pertama*, buanglah sampah pada tempatnya. Sering kali masyarakat Indonesia membuang sampah sembarangan, seperti ke sungai atau selokan. Tentu hal ini akan memberikan dampak buruk di kemudian hari. Karena sampah yang menumpuk bisa menyebabkan terjadinya banjir saat curah hujan sedang tinggi. Pengelolaan sampah yang tepat bisa membantu mencegah banjir.

SMALL STEPS, BIG IMPACTS

It is never too late to prevent or overcome flooding because it can be done in simple ways. This was revealed by an expert in hydrology and water resources at Jenderal Soedirman University (Unsoed), Yanto, Ph.D. According to him, this can be done by normalizing water channels, which is by making infiltration wells or biopores.

"Normalization of a water channel is carried out by digging the bottom of the canal until it reaches its initial depth or cleaning up the garbage that has piled up along the channel," Yanto explained, as quoted from www.antaranews.com.

In addition, there are several flood prevention measures that can be done individually or in groups. First, throw garbage in its place. There are still a lot of people in Indonesia who litter, throwing garbage into rivers or gutters. Of course, this will have a bad impact in the future. Because the accumulated garbage can cause flooding during heavy rainfall. Proper waste management can help prevent flooding. Second, clean the waterways regularly.

Kedua, rajin membersihkan saluran air. Perbaikan dan pembersihan saluran air tentu harus ada dan bisa dilakukan secara gotong royong. Penjagaan ini harus dilakukan secara berkala agar air tidak tersumbat sehingga mampu mencegah terjadinya banjir.

Ketiga, tanam pohon di sekitar rumah. Pohon yang ditanam akan menancapkan akarnya ke dalam tanah. Lubang yang dihasilkan akar tersebut menjadi jalur bagi air untuk masuk ke dalam tanah lebih jauh. Tanpa tanaman, air hujan kerap kali tidak menembus tanah secara dalam karena bebatuan yang menghalangi, sehingga jumlah air di permukaan semakin banyak dan meningkatkan potensi banjir.

Keempat, hindari membuat rumah di pinggir sungai karena menyebabkan banjir dan tatanan masyarakat tidak teratur.

Menurut Yanto, agar upaya pencegahan ini efektif, pemerintah harus terus menyosialisasikannya kepada masyarakat sebagai bagian dari mitigasi bencana. "Sosialisasi mengenai upaya pencegahan banjir harus dilakukan secara masif berkelanjutan untuk meningkatkan peran aktif masyarakat," tuturnya. ▀

Tanam pohon di sekitar rumah. Pohon yang ditanam akan menancapkan akarnya ke dalam tanah. Lubang yang dihasilkan akar tersebut menjadi jalur bagi air untuk masuk ke dalam tanah lebih jauh.

Plant trees around the house. The trees that are planted will stick their roots into the soil. The holes produced by the roots provide a path for water to further enter the soil.

Waterways should of course be repaired and cleaned, which can be done mutually with other people. This maintenance must be done periodically so the water is not clogged and able to prevent flooding.

Third, plant trees around the house. The trees that are planted will stick their roots into the soil. The holes produced by the roots provide a path for water to further enter the soil. Without plants, rainwater cannot deeply penetrate the ground because of the blocking rocks, increasing the amount of water on the surface and the potential for flooding.

Fourth, avoid building houses on the banks of rivers because they cause flooding and disorganized community structures.

According to Yanto, for these prevention efforts to be effective, the government must continue to disseminate the information to the community as part of disaster mitigation efforts. "The socialization of flood prevention efforts must be carried out massively and sustainably to increase the active role of the community," he said. ▀



SENSASI KULINER **BUMBU TALIWANG HAJI JENK**

Pernah menikmati ayam bakar dengan bumbu taliwang khas Lombok, Nusa Tenggara Barat? Cobalah sekali waktu singgah di rumah makan Haji Jenk yang terletak di bilangan Blok M, Melawai, Jakarta Selatan. Dijamin, sekali mencoba, pasti akan ketagihan.



HAJI JENK'S SENSATIONAL TALIWANG SPICES

Have you tried Lombok, West Nusa Tenggara's signature grilled chicken with Taliwang spices? Get the taste of it by visiting Haji Jenk's restaurant in Blok M, Melawai, South Jakarta. Once you try it, you will definitely come back for more.





Lombok memang tidak hanya dikenal karena keindahan alamnya, melainkan juga dikenal karena ragam kulinernya. Salah satu menu andalannya adalah ayam bakar taliwang. Ayam yang diolah dengan bumbu rempah khas Lombok ini memiliki cita rasa tersendiri.

Penasaran ingin mencoba? Tenang, Anda tidak perlu jauh-jauh pergi ke Lombok untuk dapat menikmati hidangan ini di masa pandemi COVID-19. Ada satu tempat makan sederhana di Jakarta yang menyajikan berbagai makanan khas Lombok, termasuk ayam taliwang.

Rumah makan yang sudah berdiri 29 tahun ini sudah sangat dikenal, terlebih bagi mereka penggemar ayam taliwang. Tak heran, jika banyak pesohor negeri ini yang rutin mampir ke Jalan Panglima Polim, Kebayoran Baru, Jakarta Selatan, tempat Haji Jenk berjualan sehari-hari.

Aside from its beautiful nature, Lombok is also known for its variety of culinary delights. One of the region's signature dishes is Taliwang grilled chicken. The chicken that is cooked with Lombok's signature spices has a special taste of its own.

Curious to try yourself? Don't worry, you don't have to go all the way to Lombok to be able to enjoy this dish during the COVID-19 pandemic. There is a modest restaurant in Jakarta that serves a variety of Lombok specialties, including Taliwang grilled chicken.

The restaurant, which has been in business for 29 years, is very well known, especially for those who are fans of Taliwang grilled chicken. Not surprisingly, there are many celebrities in the country who regularly stop by Jalan Panglima Polim, Kebayoran Baru, South Jakarta, where Haji Jenk opens his restaurant.





Di ruangan berukuran 6 x 6 meter persegi, Anda disajikan berbagai hidangan pilihan khas Lombok, seperti plecing kangkung, beberuk terung, dan ayam taliwang. Haji Jenk juga menyediakan sajian lain, seperti ikan gurami, nila, bawal, maupun baronang dengan bumbu taliwang. Semua menu tersebut bisa Anda nikmati dalam pilihan goreng atau bakar.

Menu favorit di tempat ini adalah ayam bakar taliwang, ikan gurame taliwang dan nila taliwang. Plecing kangkung dan beberuk terung juga menjadi hidangan pelengkap yang sering dipesan pecinta kuliner.

Soal urusan rasa, tak perlu ditanya. Salah satu pelanggan tetap, Novira mengaku ketagihan singgah ke rumah makan Haji Jenk karena sensasi pedas ayam bakar taliwang tidak ada yang menandingi. "Dari beberapa resto ayam taliwang di Jakarta yang sudah pernah saya coba, bumbu yang paling meresap dan enak hanya ada di sini. Pedasnya nampol," kata wanita berusia 34 tahun tersebut.

In a 6 x 6 square meter room, you will be served a variety of Lombok specialties, such as plecing kangkung (water spinach with plecing sambal), beberuk terung (eggplant salad), and Taliwang grilled chicken. Haji Jenk also serves other dishes, such as gourami, tilapia, pomfret, and rabbitfish with Taliwang spices. All of these dishes are available in a choice of fried or grilled for you to enjoy.

The restaurant's favorite dishes are Taliwang grilled chicken, Taliwang gourami and Taliwang tilapia. Plecing kangkung and beberuk terung are also some of the complementary dishes that are popular among culinary enthusiasts.

When it comes to the taste, there is no need to ask. One of the regular customers, Novira, admitted that she could not stop visiting Haji Jenk's restaurant because there was no other place that could beat the spicy sensation of his Taliwang grilled chicken. "Among the Taliwang grilled chicken restaurants that I have visited in Jakarta, this place has the most delicious spices and well-marinated grilled chicken. The spiciness of the sauce is no joke," said the 34-year-old woman.



Novira menuturkan, ayam gurih nan empuk yang dibakar, dipadukan dengan bumbu pedas, rempah, dan kecap, selalu berhasil membangkitkan selera makannya. Apalagi jika ditambah plecing kangkung dan tauge dengan sambal pedas. “Lezat banget,” ujarnya.

Menurut Haji Jenk, ia tidak memiliki rahasia dalam mengolah masakannya karena hanya mengandalkan bumbu khas Lombok yang berkualitas dan penyajian yang selalu *fresh*, termasuk bumbu taliwang andalannya.

Tak heran jika rumah makan ini terus dibanjiri pelanggan. Sedikitnya 150 ekor ayam kampung dan beragam ikan yang diolah dengan bumbu taliwang terjual habis setiap hari.

“Alhamdulillah kalau lagi ramai, keuntungan bisa Rp15 juta,” beber Hafidzin Jenk, nama lengkap pemilik dari rumah makan Haji Jenk, yang dibantu 9 karyawan dalam mengelola usahanya.

Ia mengakui, tak hanya kesabaran dan ketekunan, kunci utama usahanya tetap bertahan hingga saat ini karena kualitas bahan makanan yang diolahnya. “Kami teliti mana bumbu terbaik. Bumbu-bumbu pilihan kami sortir yang bagus,” ujar pria kelahiran Mataram, 1 April 1964 itu.

Novira said that the savory and tender grilled chicken, combined with spicy herbs, spices and soy sauce, always had its way to whet her appetite, especially when complimented with plecing kangkung and bean sprouts with hot chili sauce. “It’s really delicious,” she said.

According to Haji Jenk, his dishes have no secret recipes because he only relies on high quality Lombok spices and always serves freshly made dishes, including his signature Taliwang spices.

No wonder, the restaurant is always crowded with customers. Every day, it sells out at least 150 free-range chickens and various fish cooked with Taliwang spices.

“Alhamdulillah, when it’s crowded, the profit can reach Rp15 million (US\$1,069),” explained Hafidzin Jenk, the full name of Haji Jenk restaurant owner, who is assisted by 9 employees in managing his business.

He admitted that aside from patience and perseverance, his business could survive until today thanks to the quality of the food ingredients that he used. “We researched for the best seasoning and sorted only the best spices,” said the man who was born in Mataram, 1 April 1964.

“**Kami teliti mana bumbu terbaik. Bumbu-bumbu pilihan kami sortir yang bagus,**

We researched for the best seasoning and sorted only the best spices.”


Hafidzin Jenk
Pemilik dari rumah makan Haji Jenk





Namun ia tak menampik pandemi COVID-19 sempat membuat usaha rumah makannya menurun drastis. Apalagi selama masa Pemberlakuan Pembatasan

Kegiatan Masyarakat (PPKM), rumah makannya buka mulai pukul 11.00-19.00 WIB “Sekarang sehari bisa menjual 75 hingga 90 ekor ayam,” katanya. Tapi ia tetap optimistis bisnis kuliner perlahan akan bangkit lagi.

Harga di rumah makan ayam taliwang Haji Jenk terbilang ramah di kantong. Dengan cukup membayar mulai dari Rp50 ribu, Anda bisa menikmati seporsi ayam maupun ikan taliwang yang sangat menggugah selera. Bagi yang tidak suka pedas, pesanlah bumbu taliwang yang tidak pedas atau sedang. Selamat mencoba. 



However, he did not deny that the COVID-19 pandemic had made his restaurant business decline drastically. Especially

during the current Public Activity Restrictions (PPKM) period, the restaurant has to open from 11.00-19.00 WIB (UTC +7). “Now, we can sell 75 to 90 chickens per day,” he said. But he is still optimistic that the culinary business will slowly rise again.

In terms of price, the dishes at Haji Jenk’s Taliwang grilled chicken restaurant are fairly affordable. Starting from Rp50,000 (US\$3.56), you can already enjoy a very appetizing portion of chicken or fish a la Taliwang. For those who don’t like spicy food, you can also order the non-spicy or mild Taliwang spices. Enjoy! 



MELAYANG DENGAN PARALAYANG

Bosan dengan wisata yang itu-itu saja? Anda bisa menghirup udara segar dan menikmati pemandangan di kawasan wisata Puncak, Bogor, Jawa Barat dari ketinggian. Caranya, melayang dengan paralayang.

FLYING WITH **A PARAGLIDER**

Tired of the old, boring tourist activities? You can breathe fresh air and enjoy the panoramic views of the tourist area in Puncak, Bogor, West Java from a great height by paragliding.



**FOTO DIAMBIL SEBELUM PANDEMI COVID-19
PHOTOGRAPH WAS TAKEN BEFORE COVID-19 PANDEMIC

Pandemi COVID-19 memang belum berakhir, namun bukan berarti Anda tidak bisa *refreshing*. Dengan tetap mematuhi protokol kesehatan, ada banyak kawasan wisata yang dapat memberikan pengalaman seru dan tak terlupakan, salah satunya Puncak, Bogor, Jawa Barat.

Di antara hamparan kebun teh, sekitar 300 meter setelah Masjid At-Ta'awun Puncak Bogor, Anda bisa mencoba olahraga rekreasi dengan cara melayang dari tebing dengan menggunakan parasut termodifikasi atau yang biasa disebut paralayang. Di Bukit Gantole, Gunung Mas, Bogor, Anda bisa melayang sembari menikmati udara bersih pegunungan dan dimanjakan dengan pemandangan kebun teh dari ketinggian 1.300 meter di atas permukaan laut.

Meski menyenangkan, ada beberapa hal yang perlu Anda perhatikan sebelum mencoba paralayang, yaitu usia harus di atas 18 tahun, berat badan minimal 20 kilogram dan maksimal 85 kilogram, kondisi badan dalam keadaan sehat jasmani dan rohani, serta tidak memiliki riwayat penyakit jantung.

Kegiatan paralayang hanya dapat dilakukan jika kecepatan angin maksimal 20 kilometer per jam. Jika pada saat diukur kecepatan angin berada di bawah atau lebih dari itu, kegiatan paralayang dibatalkan atau diganti hari.

The COVID-19 pandemic is indeed not over yet, but that doesn't mean you can't refresh your mind. While still following the required health protocols, there are many tourist areas that provide exciting and unforgettable experiences, one of which is Puncak, Bogor, West Java.

In the middle of the tea plantation, about 300 meters away from At-Ta'awun Mosque Puncak Bogor, you can try recreational sports by flying off the cliffs using a modified parachute that is commonly known as a paraglider. At Gantole Hill, Gunung Mas, Bogor, you can fly while enjoying the clean mountain air and the views of the tea plantation from an altitude of 1,300 meters above sea level.

Even though it is fun, there are a number of things that you need to pay attention to before you try paragliding. You must be over 18 years of age, have a body weight of minimum 20 kilograms and maximum 85 kilograms, in a healthy state of mind and body, and do not have a history of heart disease.

Paragliding activities can only be done if the maximum wind speed is 20 kilometers per hour. If at the time the wind speed is measured below or more than the specified number, the paragliding activities will be canceled or postponed.

Salah satu wisatawan, Restu mengaku terpacu adrenalinnya ketika melayang di udara. “Dengan kecepatan angin 20 kilometer per jam, saya dibimbing untuk berlari ke ujung tebing untuk kemudian lepas landas bersama seorang instruktur dengan hembusan angin yang meniup payung parasut. Sensasinya luar biasa,” ujarnya.

Menurut Restu, ia bisa mengabadikan pemandangan dari udara dengan menggunakan kamera yang telah diikat ke tubuh sehingga tidak akan terlepas. “Sekitar 10 menit merasakan sensasi melayang di udara dan menikmati panorama menakjubkan Puncak Bogor rasanya masih kurang,” tuturnya.

Sensasi lain adalah ketika dibimbing untuk mendarat di *spot* pendaratan di tengah padang rumput yang begitu luas dan hijau di antara kebun teh. “Ini betul-betul pengalaman yang tak terlupakan,” ucap Restu.

Sejatinya, menikmati paralayang di Bukit Gantole bisa dilakukan malam hari jika cuaca mendukung. Wisatawan bisa menyaksikan kerlap kerlip lampu di sekitar kota Bogor yang terlihat sangat indah dari ketinggian.

Bagi yang ingin mencoba, Anda bisa memasuki Kawasan Paralayang Bukit Gantole Puncak dengan tiket masuk sebesar Rp13.000 per orang. Jika membawa kendaraan pribadi dikenakan tarif parkir sebesar Rp2.000 untuk motor dan Rp5.000 untuk mobil.

One of the tourists, Restu, admitted that she had an adrenaline rush when she flew through the air. “With a wind speed of 20 kilometers per hour, I was instructed to run to the end of a cliff to then take off with an instructor with a gust of wind blowing the parachute. The sensation was extraordinary,” she said.

According to Restu, she can capture the scenery from the sky by using a camera that has been tied to her body so that it will not come off. “10 minutes of feeling the sensation of flying in the air and enjoying the amazing panoramic views of Puncak Bogor is not enough,” she said.

Another sensation is felt when instructed to land on a landing spot in the middle of the vast green meadow between the tea plantation. “This is truly an unforgettable experience,” said Restu.

Actually, paragliding on Gantole Hill can be done at night if the weather allows. Tourists can watch the flickering lights around the city of Bogor that look truly mesmerizing from a height.

For those who want to try, you can enter Paragliding Gantole Hill Puncak with an entrance ticket of Rp13,000 (US\$0.93) per person. If you bring a private vehicle, you will be charged a parking fee of Rp2,000 (US\$0.14) for motorbikes and Rp5,000 (US\$0.36) for cars.

Anda juga harus registrasi terlebih dahulu sebelum penerbangan. Tarif untuk terbang paralayang terbilang masih terjangkau. Pengunjung dikenakan biaya sebesar Rp350.000 per orang bagi wisatawan lokal, sedangkan Rp400.000 per orang bagi wisatawan asing. Paralayang di Bukit Gantole ini buka pukul 08.00-17.00 WIB.

Agar tidak sia-sia datang ke sana, bagi perempuan yang mau mencoba paralayang harus menggunakan celana panjang dan pakaian yang nyaman agar kulit tidak tergores ketika terbang maupun mendarat. Selain itu, hindari penggunaan sandal jepit dan disarankan memakai sepatu.

Yang terpenting adalah *safety first*. Karena paralayang merupakan kegiatan berisiko tinggi, seluruh aspek keselamatan harus betul-betul diperhatikan dan dipatuhi. Piranti keselamatan seperti *harness*, *flight suite*, dan helm harus terpasang dengan baik di badan selama melayang dengan paralayang. ▀

You also have to register before flying. The price for paragliding is still affordable. Visitors are charged Rp350,000 (US\$24.97) per person for local tourists, or Rp400,000 (US\$28.54) per person for foreign tourists. Paragliding on Gantole Hill is open from 08.00-17.00 WIB (UTC +7).

For convenience, women who want to try paragliding must wear comfortable trousers and clothes so that the skin will not get scratched when flying or landing. In addition, avoid using flip-flops as you are advised to wear shoes.

The most important thing is safety first. Because paragliding is a high-risk activity, all aspects of safety must really be considered and followed. Safety equipment such as harness, flight suite, and helmet must be properly attached to the body while flying with a paraglider. ▀





**SAFETY
EQUIPMENT**

- Harnest
- Flight Suite
- Helmet
- Shoes



The Day in Pictures

TBS Priyo Widiyanto

📷 Priyo Widiyanto

MONITORING TIKET						
REG	ASSIGN					
	REACTIVE			PROACTIVE		
	TOTAL	TEKNIISI	TOTAL	TEKNIISI	TOTAL	
REG-1	0	0	0	0	0	0
REG-2	0	0	0	0	0	0
REG-3	3	2	94	18	97	
REG-4	0	0	0	0	0	0
REG-5	0	0	0	0	0	0
REG-6	0	0	0	0	0	0
REG-7	0	0	0	0	0	0
NASIONAL	3	2	94	18	97	

MONITORING TEKNIISI			
REG	TOTAL	AKTIF	LIBUR
REG-1	94	56	36
REG-2	112	66	46
REG-3	66	45	21
REG-4	75	70	5
REG-5	120	118	8
REG-6	47	45	2
REG-7	36	32	4
NASIONAL	556	434	122

PERTAMINA COMING CENTRE
MONITORING DIGITALISASI SPBU TOL

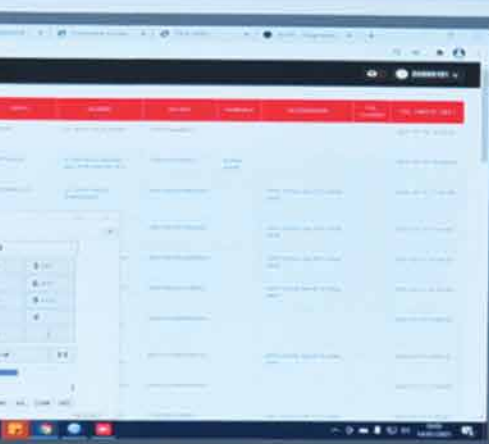
MONITORING DIGITALISASI SPBU TOL											
REG	SPBU	SERVICE AVAILABILITY						NETWORK AVAILABILITY			
		M2M & VSAT			FIBER OPTIC			ONLINE	UNSPEC	LOS	OFFLINE
		ONLINE	WARNING	OFFLINE	ONLINE	WARNING	OFFLINE				
REGIONAL 1	5	5	0	0	0	0	0	0	0	0	
REGIONAL 2	9	4	0	5	0	5	0	0	0		
REGIONAL 3	17	4	1	11	1	11	0	0	0		
REGIONAL 4	6	2	0	4	0	4	0	0	0		
REGIONAL 5	7	3	1	3	0	3	0	0	0		
REGIONAL 6	0	0	0	0	0	0	0	0	0		
REGIONAL 7	0	0	0	0	0	0	0	0	0		
NASIONAL	44	18	2	23	1	23	0	0	0		

MONITORING DIGITALISASI SPBU TOL				
REG	SPBU	SERVICE AVAILABILITY		
		M2M & VSAT		ONLINE
		ONLINE	WARNING	
REGIONAL 1	0	0	0	0
REGIONAL 2	9	2	0	0
REGIONAL 3	3	1	0	0
REGIONAL 4	1	1	0	0
REGIONAL 5	1	0	0	0
REGIONAL 6	0	0	0	0
REGIONAL 7	1	0	0	0
NASIONAL	15	4	0	0



1.

DIGITALISASI SPBU TOL



MONITORING DIGITALISASI SPBU (FIBER OPTIC)

REG	TOTAL	ONLINE	UNSPEC	NOT ONLINE	NOT ASSIGN
		UP	ETH OFF	LOS	OFF
REG. 1	482	482	3	0	0
REG. 2	450	449	0	0	1
REG. 3	584	582	2	0	0
REG. 4	480	479	1	0	0
REG. 5	991	988	0	1	2
REG. 6	763	750	1	1	1
REG. 7	320	320	0	0	0
ALL	4.110	4.100	7	4	0

MENGINTIP RUANG DIGITALISASI SPBU

**A PEEK INSIDE
THE PETROL STATION
DIGITALIZATION ROOM**

SPBU PLATINUM

KATEGORI	NETWORK AVAILABILITY				
	WARNING	ONLINE	UNSPEC	LOS	OFFLINE
0	0	0	0	0	0
7	0	7	1	0	0
2	0	2	2	0	0
0	0	0	0	0	0
1	0	0	0	0	0
0	0	0	0	0	0
1	0	1	0	0	0
11	0	10	3	0	0

REG	SPBU	ONLINE	UNSPEC	LOS	OFFLINE
REGIONAL 1	1.226	1.226	0	0	0
REGIONAL 2	825	825	0	0	0
REGIONAL 3	632	632	0	0	0
REGIONAL 4	830	830	0	0	0
REGIONAL 5	1.209	1.209	218	60	861
REGIONAL 6	373	373	129	38	165
REGIONAL 7	488	488	177	72	190
NASIONAL	5.583	5.583	1.498	431	3.202



Puluhan orang duduk berbaris tertata rapi, menghadap layar komputer yang berdiri di depannya, sesekali mereka berbicara dengan *microphone* yang melingkari kepalanya. Mereka bukan sedang bermain *game online* atau *chatting* di media sosial, namun mereka ditugaskan untuk memonitor Stasiun Pengisian Bahan Bakar Umum (SPBU) yang dimiliki Pertamina.

Melalui ruang Akses *Command Center* yang berlokasi di Legok, Tangerang inilah pemantauan SPBU yang berada di seluruh Indonesia dilakukan.

Sebanyak 5.518 SPBU sudah terintegrasi secara digital. Program digitalisasi SPBU merupakan transformasi digital yang dilakukan Pertamina bekerja sama dengan Telkom untuk meningkatkan kualitas pelayanan bagi pelanggan dan memonitor alur bahan bakar minyak (BBM) penugasan dari pemerintah agar tepat sasaran.

Adanya sistem digital seperti ini Pertamina dapat memantau langsung ketahanan stok BBM yang berada di SPBU secara *real-time* sehingga nantinya tidak ada lagi kelangkaan BBM di masyarakat.

Saat ini sebanyak 7,6 juta pelanggan telah terhubung dengan aplikasi MyPertamina, sehingga Pertamina dapat melakukan *profiling customer*-nya melalui jenis kelamin, umur, waktu pembelian, jenis kendaraan yang digunakan, dan produk yang dibelinya. Melalui metode Big Data inilah yang nantinya akan digunakan Pertamina untuk mengembangkan bisnis dan meningkatkan pelayanannya. ■

*D*ozens of people were sitting in organized lines, facing the computer screen in front of each of them, occasionally speaking through a microphone that was wrapped around their head. They were not playing online games or chatting on social media. Instead, they were assigned to monitor Pertamina petrol stations.

In this Command Center Access room located in Legok, Tangerang, the monitoring of petrol stations throughout Indonesia is carried out.

A total of 5,518 petrol stations have been digitally integrated. The petrol station digitalization program is the digital transformation carried out by Pertamina in collaboration with Telkom to improve the quality of customer services and monitor the flow of fuel oil assigned by the government so that it can be effective.

With a digital system like this, Pertamina can directly monitor the resilience of the stock of fuel oil at petrol stations in real-time, so that there will be no more fuel shortage in the community in the future .

Currently, 7.6 million customers are connected to MyPertamina application, so that Pertamina can carry out customer profiling by gender, age, purchase time, type of vehicle used, and products purchased. With the Big Data method, Pertamina will use it to develop its business and improve its services. ■

1. *Giant Screen* yang digunakan untuk memonitor stok BBM di SPBU seluruh Indonesia melalui program digitalisasi SPBU Pertamina di Gedung Telkom Akses Command Center, Legok, Tangerang pada Kamis (14/1).
The Giant Screen used to monitor fuel stock at petrol stations throughout Indonesia through Pertamina petrol station digitalization program at Telkom Access Command Center Building, Legok, Tangerang on Thursday (1/14).
2. Suasana Ruang Akses di Gedung Telkom Akses Command Center, Legok, Tangerang pada Kamis (14/1).
The atmosphere of the Access Room at Telkom Access Command Center Building, Legok, Tangerang on Thursday (1/14).
3. Deretan komputer yang digunakan untuk memonitor program digitalisasi SPBU Pertamina di Gedung Telkom Akses Command Center, Legok, Tangerang pada Kamis (14/1).
Rows of computers used to monitor the digitalization program of Pertamina petrol stations at Telkom Access Command Center Building, Legok, Tangerang on Thursday (1/14).

Akses



2.

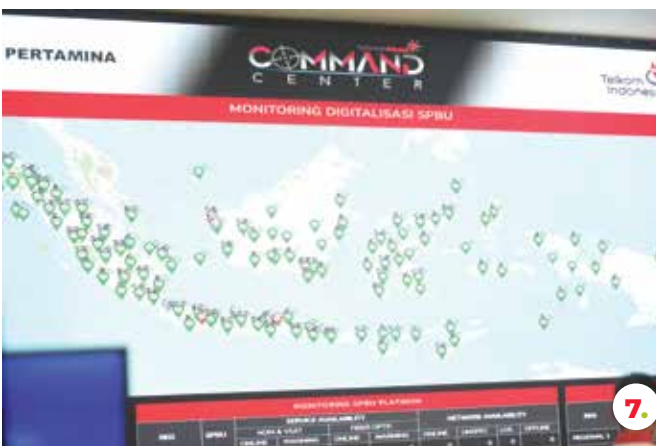
3.



- 4.** Perwakilan Pertamina dan Telkom serta Wartawan melihat tampilan *dashboard monitoring system* yang merupakan program digitalisasi SPBU Pertamina di Gedung Telkom Akses Command Center, Legok, Tangerang pada Kamis (14/1).
Representatives of Pertamina and Telkom as well as journalists were looking at the dashboard monitoring system, which is the Pertamina petrol station digitalization program at Telkom Access Command Center Building, Legok, Tangerang on Thursday (1/14).
- 5.** Seorang pengunjung melihat foto dokumentasi pemasangan program digitalisasi SPBU Pertamina di Gedung Telkom Akses Command Center, Legok, Tangerang pada Kamis (14/1).
A visitor was looking at a photo that documented the installation of Pertamina petrol station digitalization program at Telkom Access Command Center Building, Legok, Tangerang on Thursday (1/14).



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- 6. Direktur Penunjang Bisnis Pertamina M. Haryo Yuniarto bersama dengan CEO Sub-holding Commercial & Trading Pertamina Mas'ud Khamid melihat secara langsung program digitalisasi SPBU Pertamina di Gedung Telkom Akses Command Center, Legok, Tangerang pada Kamis (14/1).
Pertamina Director of Corporate Services M. Haryo Yuniarto, together with Pertamina CEO of Commercial & Trading Subholding Mas'ud Khamid, saw firsthand the Pertamina petrol station digitalization program at Telkom Access Command Center Building, Legok, Tangerang on Thursday (1/14).
- 7. Titik-titik SPBU yang tersebar di seluruh Indonesia dapat dimonitor secara langsung yang merupakan program digitalisasi SPBU Pertamina di Gedung Telkom Akses Command Center, Legok, Tangerang pada Kamis (14/1).
Petrol stations throughout Indonesia can be monitored directly as part of Pertamina petrol station digitalization program at Telkom Access Command Center Building, Legok, Tangerang on Thursday (1/14).
- 8&9 Sejumlah pekerja sedang melakukan monitoring program digitalisasi SPBU Pertamina di Gedung Telkom Akses Command Center, Legok, Tangerang pada Kamis (14/1).
A number of workers were monitoring the Pertamina petrol station digitalization program at Telkom Access Command Center Building, Legok, Tangerang on Thursday (1/14).



9.



10.

- 10.** Direktur Penunjang Bisnis Pertamina M Haryo Yuniarto bersama dengan CEO Subholding Commercial & Trading Pertamina Mas'ud Khamid melihat secara langsung program digitalisasi SPBU Pertamina di Gedung Telkom Akses Command Center, Legok, Tangerang pada Kamis (14/1). *Pertamina Director of Corporate Services M. Haryo Yuniarto, together with Pertamina CEO of Commercial & Trading Subholding Mas'ud Khamid, saw firsthand the Pertamina petrol station digitalization program at Telkom Access Command Center Building, Legok, Tangerang on Thursday (1/14).*

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Hematnya Energi, Hijaunya Bumi
Save Energy, Save Earth



HEMAT
SAVE
20%



HEMAT ENERGI
ENERGY SAVING



**HEMAT BIAYA
LISTRIK**
*LOWER
ELECTRICITY BILL*



RAMAH LINGKUNGAN
*ENVIRONMENTALLY
FRIENDLY*



PERTAMAX TURBO ***PERFECTION IN PERFORMANCE***



EURO 4

ECO-FRIENDLY

Pertamax Turbo has reached the EURO 4 standard with lower sulfur content (Max 50ppm). This specification can reduce particles causing health risks such as heart disease, lung disease, impotence, and autism.



IGNITION BOOST FORMULA (IBF)

Pertamax Turbo with Ignition Boost Formula is more responsive to combustion needs, therefore maximizing engine performance.



RON 98

Pertamax Turbo is suitable for engine compression 12:1 and the latest technology vehicle



EXCELLENT PERFORMANCE

Pertamax Turbo increases the vehicle's maximum speed and produces perfect engine acceleration.