BÖLÜM 1

Pandemi ve Stres: Toplum Ruh Sağlığı Üzerine Etkisi

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Pandemi, kelimesi eski Yunancada tüm anlamına gelen 'pan' ile insan anlamına gelen 'demos' kelimelerinin bir araya gelmesi ile oluşmuştur. Dünya Sağlık Örgütü'nün tanımlamasına göre, üç farklı koşulun bir araya gelmesi ile pandemi başlamış olur. Bunlar:

1. Daha önce maruz kalınmamış bir hastalığın ortaya çıkması,
2. Ortaya çıkan bu hastalığın diğer insanlara bulaşıcı bir özelliğinin olması ve bulaşan hastalığın tehlikeli sonuçları olması,
3. Ortaya çıkan hastalığın kolayca ve sürekli olarak diğer insanlara da bulaşması (1)

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