

Policy Note

Community resilience is the key factor to overcome COVID-19 disease

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Accepted for publication: 27 Jan 2020

Cite this article as: Dehghan N, Ebrahimi Fard Z, Dehghan S. Community resilience is the key factor to overcome COVID-19 disease. SDH. 2020;6(1).e11. DOI:<https://doi.org/10.22037/sdh.v6i1.29988>

Community resilience can be defined as having the ability to cope with hardships and displaying flexible responses to daily life pressures which can vaccinate us against all types of tensions and stresses of life (1).

A resilient individual can stand strong in the face of social difficulties by utilizing his own biological- psychological balance. Enhancing this resilience can lead to huge progress in one's self care and psychological skills. On the other hand, the resilience of urban communities forms the main foundation of societies' solidarity in the face of crises and unexpected incidences (2).

To acquire this skill, we are highly dependent on variables such as encountering uncertainty, flexibility, degree of risk hiding, and factors that can influence individuals' vulnerability (3).

In addition, communities and individuals who rely on only one socio-economic resource will have less resilience than those with a variety of resources (1).

In recent years, with the expansion of globalization, urbanization, and aging, human efforts to adapt and overcome all kinds of dangers and hardships have increased drastically all across the globe (4).

On the other hand, Disease prevention is accomplished through a series of clinical

skills including screening and behavior modification. Prevention is also important on a population-basis: population factors (also known as health determinants) are the chief predictors and influences on the health status of individuals. These determinants include income, housing, education, and health behaviors (5).

As the coronavirus (COVID-19) pandemic sweeps across the world, it is causing widespread concern, fear and stress, all of which are natural and normal reactions to the changing and uncertain situation that everyone finds themselves and has revealed the importance of another concept called social resilience, which dominates human psychosocial processes (6). This has led to serious concerns for citizens in all countries, even in societies without a confirmed outbreak. The sense of disappointment especially among the younger generation, heralds how our societies are vulnerable in facing hazards (7).

WHO takes the impact of the crisis on people's mental health very seriously and is monitoring the situation together with national authorities, while providing information and guidance to governments and the public (6).

This interaction can be manifested in the form of appropriate behaviors towards

family members, peers, and the elderly inside and outside the home.

Defeating the Corona transmission chain requires the expansion of this interaction and the development of this intelligent coexisting experience.

Another significant point is that apart from the urgent topic of self-care, we have to try to institutionalize taking care of others in our perspective and lifestyles, and through empathy, mutual trust and solidarity, we can repair and enhance our social Capital more than before and try to overcome this newly emerged disease safely.

Along the way, this outbreak reminds us how current societies are vulnerable both biologically and mentally. We have to improve the resilience not on the biologic basis but also at the mental, community, and spiritual level (7).

Societies are experiencing rapid shifts in the 21st century due to accelerating technological change, shifting cultural norms, and greater inclusion and equity. At the same time, deepening threats from climate change, migration, and violent conflict can pose significant challenges to societies and require solutions beyond typical political or economic policies. Effective policymaking in the next century will require looking at issues through new lenses, taking into account all segments of society, and the unique challenges they will need to confront (8).

the role of civil institutions, including scientific associations, and non-governmental organizations, as the main centers fighting this disease, has become truly fundamental, and these centers can help the societies pass this crucial stage

through cooperating with governmental and nongovernmental sectors (9).

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