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## Chapter 1 - Introduction

The corona virus pandemic has meant that many, if not most, people have become interested in how viruses spread and the different attempts to influence the spread. In the present case most countries have attempted what is called a “lock down” method. The noted exception is Sweden and although both the authors of this book are Swedish citizens, one was born and raised in another country (Canada) and thus looks at the Swedish situation with a somewhat nonSwedish starting point.

As mentioned in the Prologue above, Bob carried out a study on Swedish orienteers during the 1990s after a series of sudden deaths among elite orienteers. Because of these deaths which were initially thought to be brought on by a virus, the Swedish Orienteering federation imposed a number of restrictions on competitions and gave relatively extreme recommendations concerning training. Because Bob’s interest in stress and stress reduction had become a major interest in the 1980s, he was very interested in how orienteers followed the recommendations of the Swedish federation. This, of course, explains why he was interested from the start in how people, especially Swedes, would react to the stress caused by the pandemic.

In the following pages we will try to explain a way to interpret the behavior of different populations, in particular the Swedish population, to the strategy used in their country. We call the Swedish strategy for an experiment since it appears to have been decided upon by the scientific health authorities. A comparison will be made to the Norwegian

strategy where the health authorities had recommended a strategy very similar to the Swedish, In Norway, however, this strategy was overruled by the politicians.

We are not interested in saying that the Swedish health authorities or the decision makers in other countries did not know how viruses tend to spread. Our major concern in the following is not in how viruses spread, but in how you get populations to inhibit the spread.

One doesn't need to be a scientist to know that the spread of Covid-19 caused a lot of stress for many people. We even propose that it caused some stress in, more or less, all people. Individuals under stress, especially extreme stress, react very differently and therefore, if one wants to influence their behaviour in a particular direction, one will probably have to use different methods.

In the following pages we will attempt to explain some of the "science" behind the spread of viruses, a little of the strategies used in different countries, a larger analysis of the Swedish experiment, and finally some suggestions as to how to change people's behaviour in such situations.