



# Eliminating the **Stigma of COVID-19**

Public health emergencies, such as the outbreak of coronavirus (COVID-19), are stressful times for people and communities. Fear and anxiety about a disease can lead to social stigma toward people, places, or things. Education and understanding are the best ways to eliminate the stigma associated with COVID-19.



## **ANYONE CAN GET COVID-19**

The novel coronavirus (COVID-19) that is currently sweeping the globe does not discriminate. It can affect anyone: young, old, male, female, people of any nationality or geographic location. Any one can contract this virus, which is why it's so important that we support one another and fight any stigma that may arise due to COVID-19.



## **FIGHT STIGMA BY GETTING THE FACTS**

Don't spread rumors or hearsay about COVID-19. Get the appropriate information from one of these trusted organizations:

- Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))
- World Health Organization ([www.who.int](http://www.who.int))
- Doctors Without Borders ([www.doctorswithoutborders.org](http://www.doctorswithoutborders.org))



## **HELP CURB FALSE INFORMATION**

If you hear someone spreading rumors about COVID-19, engage with that person in a civil manner and explain to them why that information is incorrect. Point them in the direction of trustworthy sources so they can get legitimate information for themselves.



## **WELCOME TEAM MEMBERS BACK TO WORK**

Whether they tested positive for COVID-19 or simply went on precautionary self-isolation or quarantine, team members can be stigmatized when returning to work even though they are not considered a risk for spreading the virus to others. Show compassion and empathy by openly accepting these team members back into the organization.



## **BE A FRIEND TO THOSE WHO HAVE BEEN STIGMATIZED**

If you see someone who has been a victim of COVID-19 stigma, reach out to that person and let them know that you support them. If you see this type of harassment yourself, report it to your HR representative.