

# SHOWING COMPASSION DURING COVID-19

## STIGMA REDUCTION

Community Health Engagement and Outreach would like to share research-based information and resources that may help reduce stigma related to COVID-19, Novel Coronavirus.

Misinformation about Coronavirus can create fear that leads to social stigma and stereotypes that may jeopardize the health of certain groups of people and increases risk in our community. According to the Centers for Disease Control and Prevention (CDC), "Stigma hurts everyone by creating more fear and anger towards people instead of the disease that is causing the problem." There are three main factors that influence stigma related to COVID-19: 1) this is a new virus with many uncertainties; 2) we are fearful of what we do not know; and 3) it is easy to associate fear with other groups. Stigma can discourage people from seeking treatment, delay them from getting screened sooner, and prevent them from adopting healthy behaviors that may put others at risk.

Race, ethnicity, or nationality does not make a person more at risk for COVID-19. When speaking about Coronavirus, using negative language may cause hostility against certain groups of people and fuel stigmatizing attitudes and perceptions. Sharing inaccurate information from social media or rumors may lead to stereotypes or assumptions about certain groups of people, including health care workers and first responders. The World Health Organization encourages the use of people first language that is inclusive and empowers people in all channels of communication.

If a person is wearing a mask, it may not mean they have COVID-19. If a person has symptoms of COVID-19 or has been confirmed with the disease, a face mask should be worn while around other people. People wear masks for multiple reasons. Whether or not masks are effective depends on several variables such as the type of mask, the disease or substance being shielded, and the way the wearer uses the mask. (see video)

Share information from credible sources like the CDC and the Missouri Department of Health and Senior Services (DHSS) that will have the most up-to-date and accurate information. Show compassion to people who may have confirmed COVID-19 by offering support via phone or text. If a person is self-isolated, they are doing the right thing in reducing risk in our community. It is important to avoid hostility and judgement as we are all in this together.

# WHAT YOU CAN DO TO HELP

## REDUCE RISK



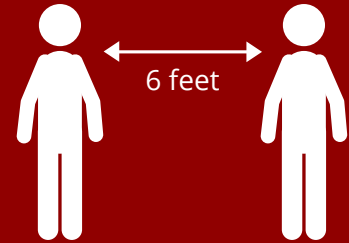
### WASH HANDS

Wash hands often with soap for 20 seconds



### STAY HOME

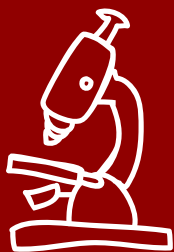
Stay home if you feel sick



### SOCIAL DISTANCE

Practice Social Distancing

## REDUCE STIGMA



### KNOW THE FACTS

Share trusted sources of information



### SPEAK UP

If you hear, see or read misinformation



### SAY THANK YOU

Thank health workers & those on front lines

# RESOURCES:

American Psychological Association: [Reducing Fear and Stigma](#)

Centers for Disease Control and Prevention: [Reducing Stigma](#)

Centers for Disease Control and Prevention: [Share the Facts \(PDF\)](#)

Missouri Department of Health & Senior Services [24-hour hotline](#) at 877-435-8411

University of Utah Health: [Will Face Masks Protect from COVID-19?](#)

Washington Department of Health: [Anti-Stigma Resources](#)

World Health Organization: [Social Stigma Guide](#)

## References:

Centers for Disease Control and Prevention (2020, March 21). Reducing Stigma. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html>

Centers for Disease Control and Prevention (2020, March 16). Share facts about COVID-19 (PDF). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

University of Utah Health (2020). Will Face Masks Protect from COVID-19? Health Feed Blog Retrieved from <https://healthcare.utah.edu/healthfeed/postings/2020/03/coronavirus-face-masks.php>

World Health Organization (2020, Feb 24). Social stigma associated with COVID-19 (PDF). Retrieved from <https://www.who.int/docs/default-source/coronaviruse/covid19-stigma-guide.pdf>

World Health Organization (2020). Coronavirus disease advice for the public: When and how to use masks. Retrieved from Coronavirus Disease Advice for Public: When and How to Use Masks