Reduce stigma and fear save a colleague! Save someone! Safe a life! Fear, stigma, and lack of proper information from the right source can be very destructive. Fear and stigma makes people to keep away from other people, sources of correct information and help. Stigma and fear makes people hide a disease or signs and symptoms of a curable disease, thus preventing them from seeking help. Do not stigmatize anyone after quarantine, after diagnosis and treatment. Safe live!

DID YOU KNOW THAT FEAR & STIGMA DISABLESS AND KILLS PEOPLE?

Do talk about the new coronavirus disease (COVID-19). The official name for the disease was deliberately chosen to avoid stigmatization - the 'co' stands for Corona, ‘vi’ for virus and ‘d’ for disease, 19 is because the disease emerged in 2019.

Do speak accurately about COVID-19 risks, based on scientific data and the latest official health advice. Know your facts so you can correct information when needed. Share only facts and information confirmed by official health sources (see WHO myth-busters).

Do emphasize the effectiveness of prevention and treatment measures. There are simple steps we can each take to keep ourselves, our loved ones, and the most vulnerable safe.

Do speak to children in an age-appropriate way about COVID-19. Help parents learn how to speak to children about God and COVID-19. Make sure families have fun and stay fit during this time.

Do support families, caregivers and health care providers affected by COVID-19 with love and compassion without putting yourself or anyone else at risk. Find innovative ways to ‘meet’ with your family and faith community without physically being in the same place.

Do take physical distancing seriously. Follow the guidelines of your country, state or city. Social interaction, however, remains essential in this time.

Do talk about people ‘acquiring’ or ‘contracting’ COVID-19.

Do talk about ‘people who have/may have COVID-19’, ‘people who are being treated for COVID-19’, ‘people who are recovering from COVID-19’ or ‘people who died after contracting COVID-19.’

Do focus on our common humanity, as we all originated from one life giver.

Do come up with creative ways to exercise spiritual and religious rituals especially funerals*, while still following public health advice.

Don’t attach geographic locations or ethnicity to the disease. This can create negative feelings towards those locations or ethnicities. For example, don’t talk about the China virus or the Wuhan virus.

Don’t use hyperbolic language designed to generate fear, like ‘plague’ or ‘apocalypse.’

Don’t share links from sources that are not trusted or reliable.

Don’t encourage behavior that is contrary to government advice.

Don’t share ‘funny’ clips or photos with stigmatizing messages.

Don’t hide facts or use technical jargon. Be sensitive to what children see and hear.

Don’t allow people to become isolated. Those impacted need your compassionate support while maintaining physical distance.

Don’t stigmatize those recovered from COVID-19. They cannot infect anyone else.

Don’t talk about people ‘transmitting COVID-19’ ‘infecting others’ or ‘spreading the virus’ as it implies intentional transmission and assigns blame. Every one of us can contract and carrying the virus.

Don’t refer to people with the disease as ‘COVID-19 suspects,’ ‘COVID-19 cases’ or ‘victims’ which are ways to devalue and disrespect individuals.

Don’t use religious /cultural language that fuels fear like ‘punishment from God’ or ‘curse.’ COVID-19 is not either of these things.

Don’t focus on divisions and/or issue statements or expressions that are capable to drive misunderstanding, such as ‘if it was not for these people coming here, COVID-19 would not be killing us’.

Don’t enforce un adapted religious or cultural practices that cause more infections and possible deaths.

Need Help?
Please call: 0728 939 961 or 0793 484 333