Covid-19: Share FACTS *not* FEAR

BE KIND

Anyone *can get* it. Anyone *can spread* it.

It's normal to have feelings of uncertainly, fear, & anxiety. This can lead to harmful stereotypes & discrimination.

Stigma can:

- Make people feel they need to hide their illness or symptoms.
- Prevent people from seeking health care in a timely manner.
- Discourage people from healthy behaviours & coping skills.

Let's NOT turn fear into stigma. BE KIND & support each other.

We can:

- Learn more about COVID-19, build trust in health services, & show empathy for those affected by the disease.
- Be mindful when talking about COVID-19 to create a *safe space* for people to speak openly about the virus & it's impact. *Words matter.*
- Use 'people first' language that is respectful of individuals. Use *"people who are being treated for COVID-19" & "people who have recovered from COVID-19".*
- Give *facts* from reliable sources. Avoid sharing rumours.
- Correct misconceptions. Promote the importance of prevention, early screening & treatment.
- Show support for healthcare workers, volunteers, & community leaders.

Reach Out.
We're Here to Help.

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