

Prevent the SOCIAL STIGMA OF COVID-19



- ✓ COVID-19 has caused social stigma and discriminatory behaviours against people who may have been in contact with the virus, and who are tested positive
- ✓ Confusion, anxiety, and fear often fuels these harmful stereotypes
- ✓ Labels, stereotyping and discrimination can negatively affect those who are COVID-19 positive, as well as their family, friends and communities

WHY IS COVID-19 CAUSING SO MUCH STIGMA?

- It is a disease that's new and for which there are still many unknowns
- We are often afraid of the unknown
- It is easy to associate that fear with 'others'

WHAT IS THE IMPACT OF STIGMA?

- Affects the emotional or mental health of the affected person
- Drives people to hide the illness to avoid discrimination
- Prevents people from seeking health care immediately

WHAT CAN YOU DO?

- ✓ Know the facts and share them with others in your community
- ✓ Encourage people to seek help from our BRPM Clinic if they are unwell or display symptoms
- ✓ Offer support to those infected, especially once they have recovered and are back at work
- ✓ Show empathy with those affected
- ✓ Practise good hygiene and safety measures