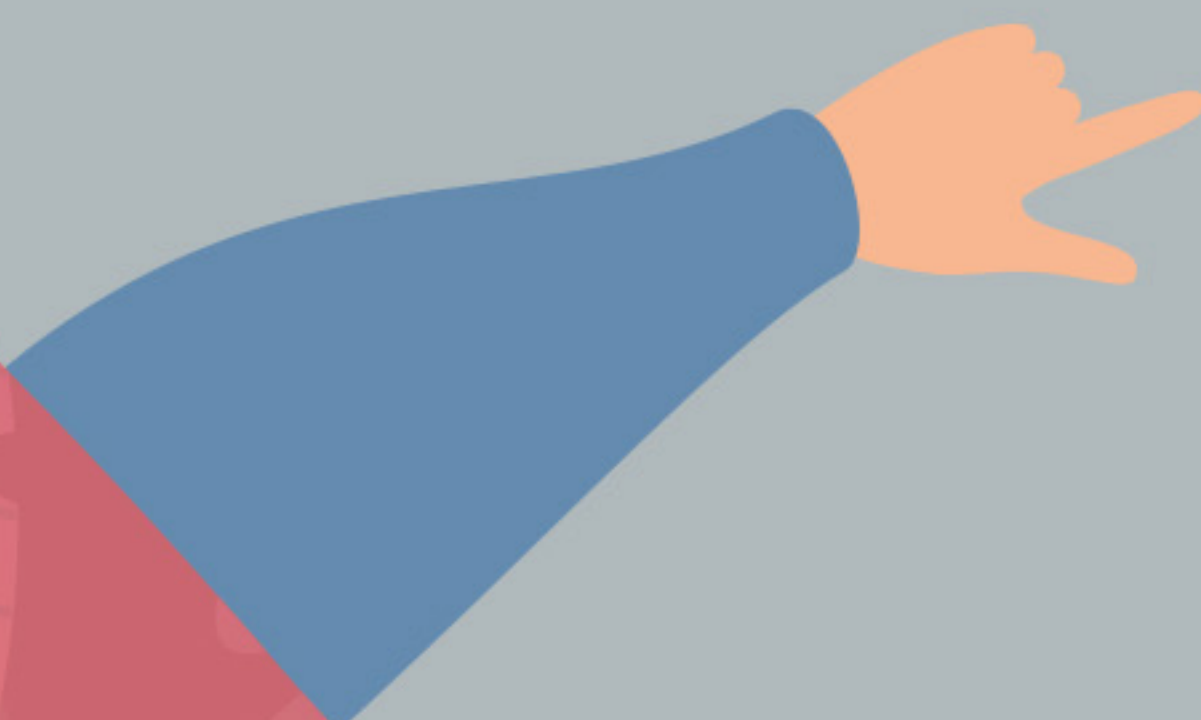


CHASING THE VIRUS, NOT THE PEOPLE: HOW TO DEAL WITH STEREOTYPES AROUND THE CORONAVIRUS?



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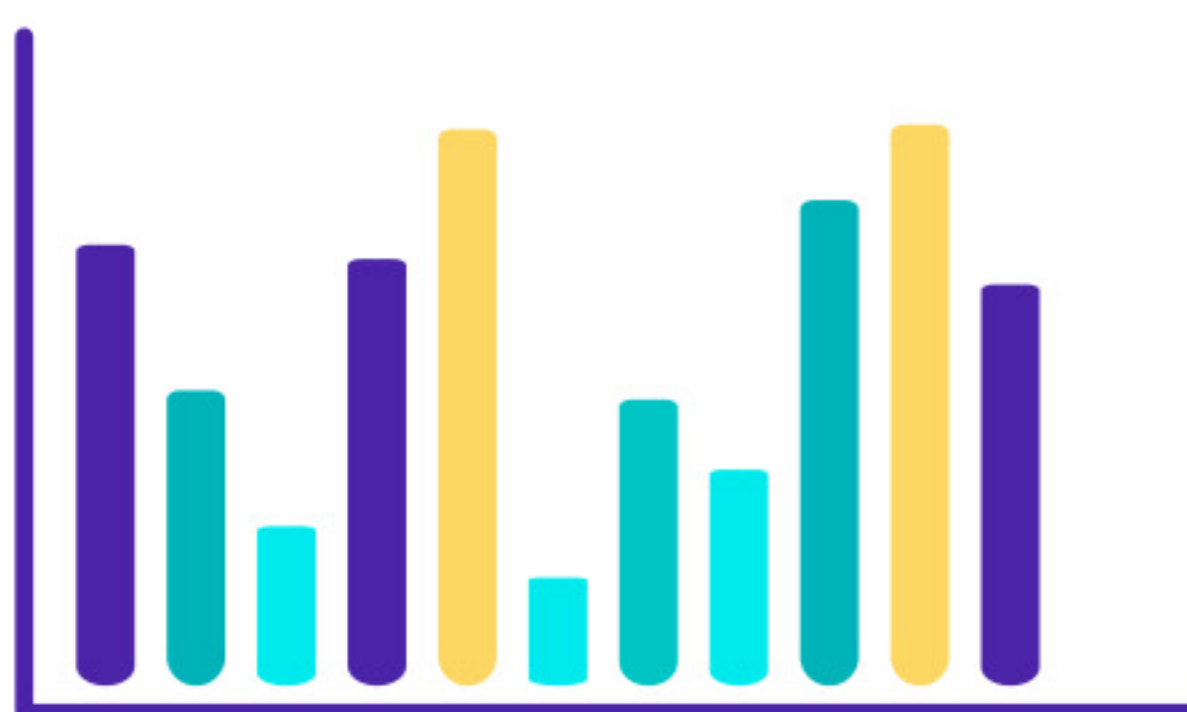


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Facts, not fears can help in the fight against the coronavirus



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Our fears stem from a lack of knowledge on how the new coronavirus can be transmitted, prevented and treated



Stereotypes and rumors can fuel stigma and discrimination against people affected by the coronavirus and thus hinder efforts to control its spread



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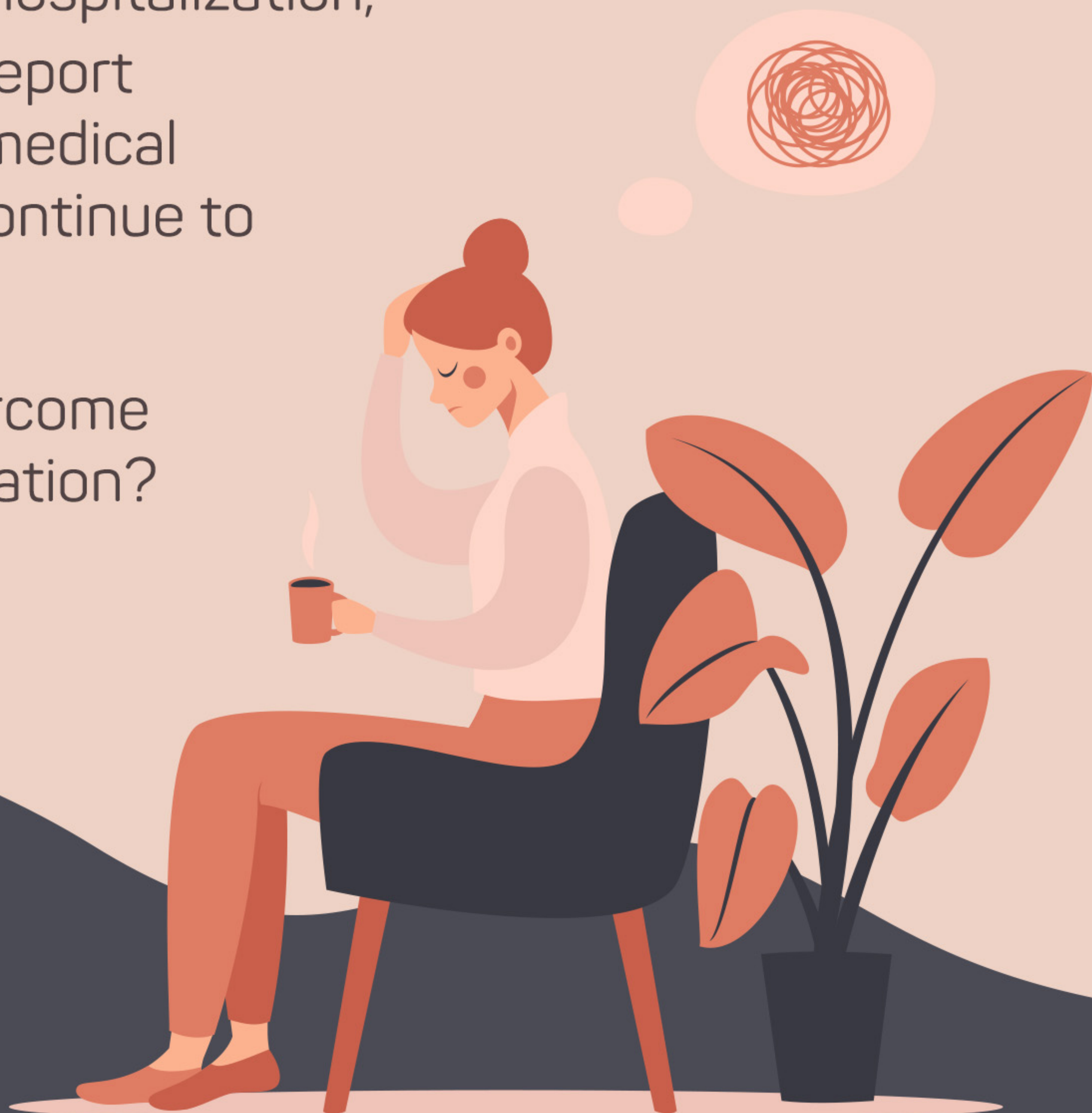


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How can stigma and discrimination hinder our response to the epidemic?

When people are afraid of being rejected by society or fear quarantine and hospitalization, they may refuse to report feeling ill or to seek medical attention and thus continue to put others at risk

But how can we overcome stigma and discrimination?



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Choose your words carefully

Avoid saying that nationals of a certain country (or residents of a certain area) are the source of the disease. Also avoid exaggeration and over-generalization

YES: disease caused by the new coronavirus, COVID-19; people affected by the coronavirus; a person with suspected coronavirus; a confirmed case of disease

NO: "Chinese/Wuhan virus," "new plague," "incurable, deadly," "victim of the virus," "virus spreader," "infecting others"



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Challenge myths

Try to explain calmly and politely why one should not believe myths about the coronavirus (its origins, routes of transmission, methods of treatment and prevention) and offer arguments with links to verified sources of information

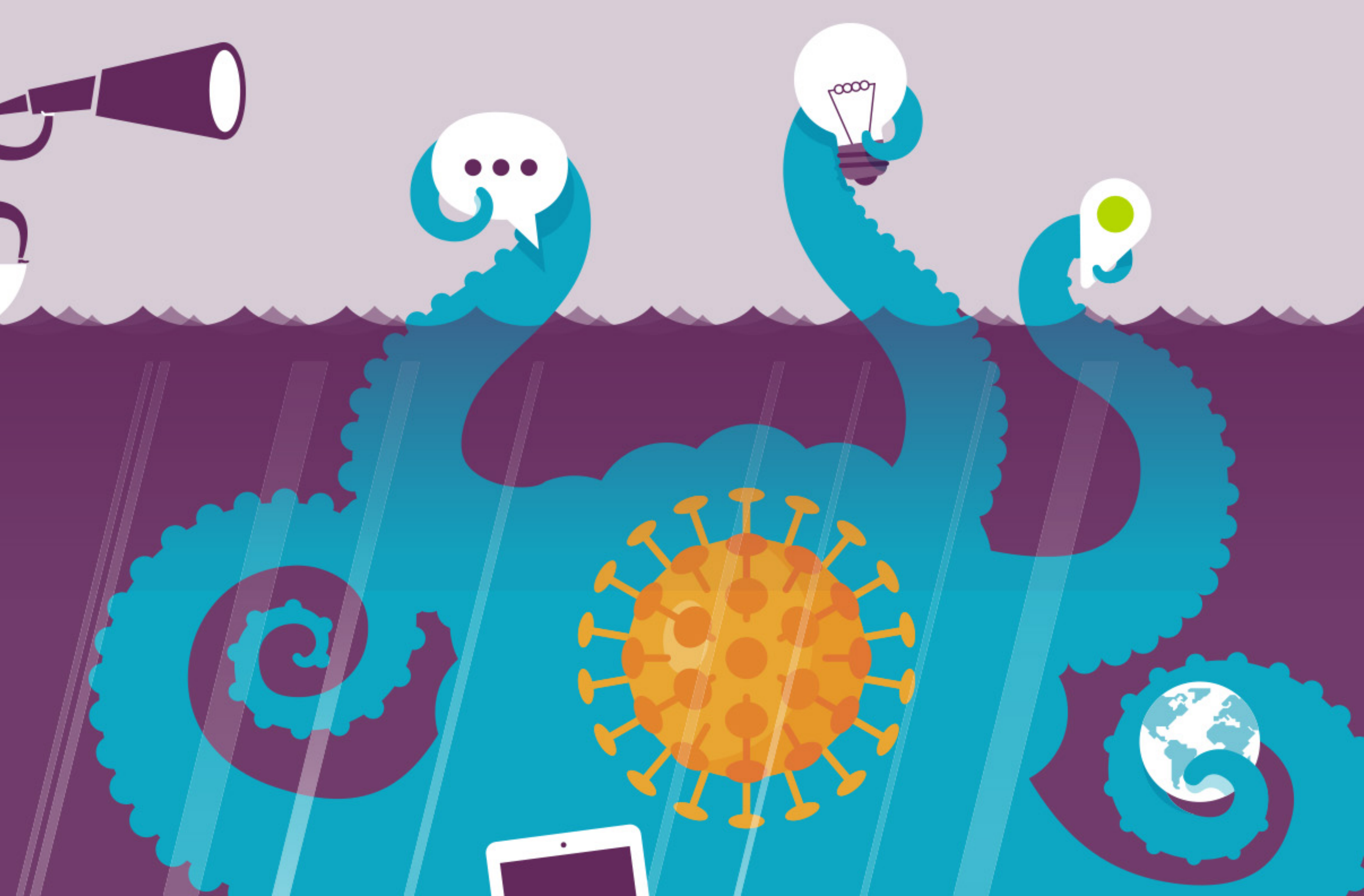
Avoid sophisticated medical terminology but try to make things simple and easy to understand



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Be kind

Avoid placing blame: searching for “patient zero” or criticizing a certain country/its nationals will not help fight the virus

Treat with respect and understanding those who continue to work amidst the pandemic to protect your comfort, health and safety



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Encourage people to take precautions

Talk to your family, friends and colleagues about responsible behavior during the epidemic:

discuss the rules of potential quarantine and demonstrate the right ways to wash hands, to sneeze and cough, and to act in crowded spaces.



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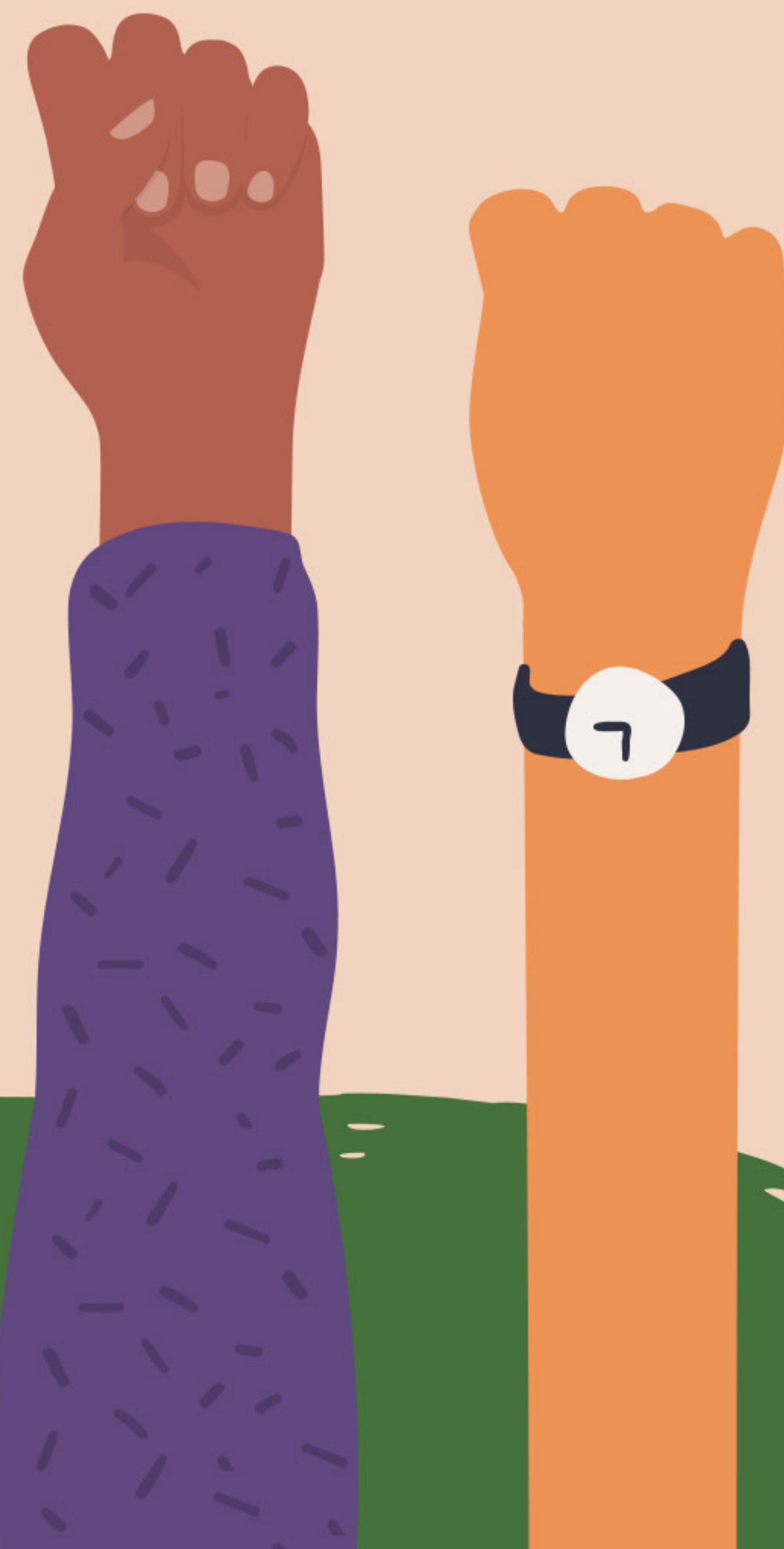
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We all have the right to health

The right of everyone to the highest attainable standard of physical and mental health is enshrined in the 1966 International Covenant on Economic, Social and Cultural Rights

This includes the right of every person, including those living with or affected by the coronavirus, to access prevention and treatment, to make decisions about their health and to be treated with respect and dignity without any discrimination



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