

Viruses don't discriminate, and neither should we

Coronavirus and Stigma



Coronavirus doesn't recognize race, nationality, or ethnicity.

2019 novel coronavirus started in Wuhan, China. That's just geography. Having Chinese ancestry – or any other ancestry – does not make a person more vulnerable to this illness.



Wearing a mask does not mean a person is ill.

People wear masks for a variety of reasons, including to avoid pollen and air pollution and for cultural and social reasons. We should not judge someone for wearing a mask or assume they are sick.



You can interrupt stigma. Start by sharing accurate information.

Avoid spreading misinformation. Stay informed through reputable, trusted sources:

- Centers for Disease Control and Prevention
- Oregon Health Authority's COVID-19 website



Speak up if you hear, see, or read misinformation or harassment.

Gently correct the false information, and remind the speaker: prejudiced language and actions make us all less safe. If a serious harassment occurs, consider reporting it.



Show compassion and support for those most closely impacted.

Listen to acknowledge and with permission, share the stories of people experiencing stigma, along with a message that bigotry is not acceptable in your community.

Find links to resources on the COVID-19 OWL
<https://www.oregon.gov/DHS/Pages/COVID-19-Communications-Toolkit.aspx>

You can get this document in other languages, large print, braille or a format you prefer. Contact Melissa Gomez at 503-947-2689 or email melissa.gomez@dhsosha.state.or.us. We accept all relay calls or you can dial 711.