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@dhsoha.state.or.us. We accept all relay calls or you can dial 711.

Adapted from Seattle and King County Public Health

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