

VIRUSES DON'T DISCRIMINATE. NEITHER SHOULD WE.

Social stigma is labelling, discriminating against and stereotyping of individuals because they are seen to be linked to COVID-19. Stigma can drive people to hide their illness to avoid discrimination and prevent people from seeking appropriate healthcare. Stigma isolates individuals and has a detrimental impact on their mental health.

BREAK THE STIGMA SURROUNDING COVID-19:



DON'T spread names or the identify of those affected or under quarantine

DON'T stigmatise those who have recovered from COVID-19

DON'T label those affected as "COVID-19 cases or victims"

DON'T spread fear and panic



DO show solidarity with affected people by showing support and care in safe ways

DO tell the stories of people who have experienced the virus with respect

DO talk about "people who have or has recovered from COVID-19"

DO share news only from reliable and official health sources

TOGETHER WE WILL FIGHT COVID-19!

Centre for Student Counselling and Development



Student Affairs
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