

VIRUSES DON'T DISCRIMINATE

Neither should we

Uniting against COVID-19" means checking our own stigma and bias'

Stigma and discrimination can occur when people associate COVID-19, with a population, nationality, or a particular group, including those who have, or have had COVID-19, and the healthcare workers who are caring for us. Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease that is causing the problem. We each have a moral and social responsibility to be mindful of the stories that we engage with, and to make efforts to promote a culture of tolerance, public safety, and trust during this pandemic and thereafter.



Stop stigma by sharing accurate info

You can stop stigma by only sharing accurate information. Avoid sharing things where you're not sure where it came from (your Mum's mate Karen from Facebook doesn't count). Stay informed through reputable, trusted sources. For example: <https://covid19.govt.nz/> or, <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

Speak up if you, hear, see or read discriminatory comments

Speak out against negative behaviours, including negative statements on social media or chat groups. Gently correct the false information and remind the person the prejudiced actions make us all less safe.

Be Thankful, Be Kind



Thank healthcare workers, responders and people working in essential frontline roles like supermarkets, couriers and accommodation . Share the need for social support for people who have recovered from this virus.