Impacts of Stigma

Stigma hurts everyone by creating fear or anger towards people instead of helping communities come together to combat the actual problem.

Busting Myths

- This virus does not target people from specific ethnicities, racial, or religious backgrounds.
- Although COVID-19 originated in China, being Chinese or Asian American does not increase the chance of getting or spreading COVID-19.
- Do not assume that someone wearing a mask has COVID-19.

How Can We Fight Stigma?

- Be cautious about the information you share, especially on social media to avoid spreading misinformation.
- Speak out against negative behavior and statements against others.
- Take precautions such as hand washing after interacting with all people, rather than only people from specific ethnicities, racial, or religious backgrounds.