



Western Cape
Government
Education



METROPOLITAN
Health

REDUCE THE STIGMA AROUND CORONAVIRUS (COVID-19) NOW

Since the outbreak of COVID-19, many people across the globe report being victimised or outcast either because they have the virus, have recovered from the virus or, because they come from a country where virus has affected many.

THERE IS NO NEED TO TREAT ANYONE BADLY AND HAVING THE VIRUS OR COMING FROM A COUNTRY THAT HAS THE VIRUS DOES NOT MAKE YOU ANY LESS HUMAN.



Did you know

Stigma happens when people believe that specific people are associated with something. This often happens with disease where some people believe – without having proof – that others are either responsible for or more likely to carry a disease.

People who are the victims of stigmatisation often face:



Social avoidance or rejection



Verbal abuse



Hate speech



Physical violence

THIS CREATES:



Anxiety



Depression



Stress

How do we stop this?



By knowing the facts, we can destroy any false beliefs that cause others harm and share our knowledge with our communities.



Ensure those who are in groups at risk of stigma are not outcast, verbally abused or physically abused. If you see this happening, call the police or if the situation allows, speak to the person doing wrong.



Speak to your family members and friends about showing kindness and care and not listening to things that are not true and are harmful to others.

If you face stigmatisation, here's what you should know:

- ! There is no need to feel bad about yourself, if you have or had Coronavirus (COVID-19). It is a disease that anyone can catch.
- ! Ignore what ignorant people say. Their ignorance is not your fault.
- ! If you feel unsafe or threatened, call the police immediately.
- ! If you feel anxious, depressed or stressed, help is just a call away. Call the Employee Assistance Programme and we will make sure you are supported.



Scan this QR code to see the video content
<https://myhealthtv.com/search?tags=covid19>

Remember!

For more information, support and advice feel free to reach out to us on:

NICD CORONA VIRUS OUTBREAK 24-HOUR HOTLINE NUMBER: 0800 029 999
DEPARTMENT OF HEALTH WHATSAPP: 0600 123 456

SOURCE: World Health Organisation, NICD, MyHealthTV.com