Reducing Stigma

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and lead to social stigma toward people, places, or things. Stigma and discrimination can occur when people associate a disease, such as COVID-19, with a population or nationality, even though not everyone in that population or from that region is specifically at risk for the disease. Stigma can also occur after a person has been released from COVID-19 quarantine even though they are not considered a risk for spreading the virus to others.

Everyone can help stop stigma related to COVID-19 by knowing the facts and sharing them with others in your community. When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

For further information on stigma, please read the following information from CDC.