

Viruses don't discriminate, Neither should we

CORONAVIRUS AND STIGMA



**share the latest facts and
avoid misrepresentation**



**Show solidarity with
affected people**



**Adopt practical measures
to stay safe**



**GRAND COUNCIL
TREATY #3**
THE GOVERNMENT OF THE ANISHINAABE NATION IN TREATY #3

Get accurate information about COVID-19 from trustworthy sources, such as [Canada.ca/coronavirus](https://www.canada.ca/coronavirus), your **local or provincial/territorial public health authority**, or a nursing station in a First Nation community

How to stop stigma

During COVID-19

1. Share Facts.

Stigma can be heightened by insufficient knowledge about COVID-19. Share accurate information from trustworthy sources about COVID-19.



2. Bust Myths

Misconceptions and misinformation contribute to discrimination and hamper the COVID-19 response.



3. Be Kind & Respectful

Stigma can harm people's health and wellness in many ways. Stigma can cause people to have feelings of shame, isolation and even abandonment. Let's be supportive and kind to one another.



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STOP THE SPREAD STOP THE STIGMA



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Social Stigma

Social Stigma is when society expresses their prejudices toward people with a condition, such as COVID-19. This often takes the form of fear, blame, and unfair treatment.

Stigma and Pandemics

The COVID-19 pandemic can cause stress on people and communities. It can lead to individuals experiencing social stigma, exclusion, marginalization, mental health issues and discrimination. Lack of understanding about COVID-19 has sparked feelings of fear or anger towards others and unfair treatment against a number of groups, including:

- people who have COVID-19
- health care, front-line and essential workers
- people from countries where the virus originated from
- people from communities, cultures, or industries where COVID-19 outbreaks have occurred

Stigma and Discrimination

Stigma and discrimination can be dangerous and harmful to individuals and communities by:

- exposing people to high levels of guilt and stress
- creating divisions within communities
- disempowering people who cannot control their living, working, or social circumstances
- causing people to delay or avoid health services and contacting health authorities
- making it harder to monitor, stop or slow outbreaks
- discouraging people from being tested or quarantined
- making it harder to trace and notify people who may have come into contact with COVID-19 (contact tracing)

Get Tested

Testing for COVID-19 helps protect our elders and communities. It is the only way to confirm if someone currently has COVID-19, and it is an important tool to:

- stop the spread of the virus and prevent community outbreaks
- detect and isolate people who have COVID-19
- follow up with close contacts of someone confirmed to have COVID-19 (contact tracing)
- better understand the virus

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Getting tested **will help** provide you with a positive or negative diagnosis of COVID-19. It will also assist with contact tracing, which is done confidentially by public health officials.

Getting tested **will not** put your personal health information at risk. Your identity, health status and other personal information is only shared with health care providers as required.