STIGMA & COVID-19

WHAT IS STIGMA?

According to the World Health Organization, “Social stigma in the context of health is the negative association between a person or group of people who share certain characteristics and a specific disease. In an outbreak, this may mean people are labelled, stereotyped, discriminated against, treated separately, and/or experience loss of status because of a perceived link with a disease.”

As COVID-19 has spread, so has stigma, bias and discrimination against anyone believed to have contact with the virus. Discrimination against Asian and Asian Americans, in particular, is surging at an alarming rate.

REMEmber:

HAVING A PARTICULAR RACE, ETHNICITY OR NATIONAL ORIGIN DOES NOT MAKE A PERSON MORE OR LESS VULNERABLE TO THE VIRUS.

HOW CAN I HELP?

- **DO** share information about the virus from reputable sources, like the World Health Organization, the CDC and UIC Today on social media and with your friends and loved ones.

- **DO** refer to the virus as the Novel Coronavirus or COVID-19.

- **DON'T** use terms that suggest that the virus has a race or ethnicity (i.e. the "Wuhan Virus" or the "Chinese Virus").

- **DO** speak up if you see, hear and/or read false and/or discriminatory and biased information about COVID-19. You can correct false information and offer factual information about the virus: how it spreads, how we can care for one another, and how this knowledge helps us all to stay safe.

- **DO** offer compassion and support to yourself and those who have been impacted by the spread of COVID-19 and the rise in discrimination and bias.

WHAT SHOULD I DO IF I OR SOMEONE I KNOW EXPERIENCES BIAS OR DISCRIMINATION AT UIC?

You can report instances of bias that occur at UIC to the Office of the Dean of Students. Please email dos@uic.edu and someone will get back in touch with you.

Made in collaboration with the UIC Asian American Resource and Cultural Center, the Office of International Services, the Women’s Leadership and Resource Center and the Office of the Dean of Students.

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