



# COVID-19 LET US NOT TURN FEAR INTO STIGMA

We are facing an unprecedented situation. In a matter of months, a pandemic has transformed how we live. It is natural to feel fear and anxiety during these uncertain times. But to fight the disease we must make our best collective efforts against fear and stereotypes.

## WHAT WE SHOULD DO



Stick to the facts, do not fall for messages from unreliable and unverified sources.



Remind ourselves that practicing necessary preventive measures is the best defence.



Respect and support healthcare workers treating those affected by COVID-19.



Show compassion and respect for those who have symptoms or are recovering and their families.



Respect all frontline workers – including sanitation staff and providers of essential services.

## WHAT HAPPENS IF WE REJECT PEOPLE AFFECTED BY COVID-19 OR THOSE TREATING THEM



People tend to hide their symptoms from the health authorities and local administration.



Discourages people from seeking timely help and health support.



Diagnosing and containing the disease becomes even more difficult.

## WE MUST NOT LET FEAR COME IN WAY OF EMPATHY AND KINDNESS TOWARDS EACH OTHER.

Follow the latest guidelines issued by your local authorities and inform the COVID-19 helpline in case of any of the following initial symptoms: Cough, Fever, Shortness of Breath



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