

# STIGMA & COVID-19

VIRUSES DO NOT DISCRIMINATE

## 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](mailto: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](#).