With the recent outbreak of COVID-19, fear and anxiety about the virus has lead to social stigma toward certain people, places, and things. According to CDC.gov, some groups of people who may be experiencing stigma because of COVID-19 include: persons of Asian descent, people who have traveled, emergency responders or healthcare professionals. Stigma hurts everyone by creating fear and anger toward others. Stigma also affects the emotional or mental health of stigmatized groups and the communities they live in. Stopping stigma is important to making communities and community members resilient. We can help by knowing the facts and sharing them in our communities. Let’s work together to stop social stigma.

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