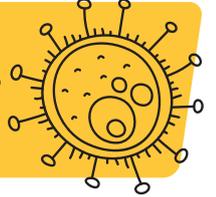




How to talk about the new coronavirus



Although it started in China at the end of last year, the epidemic caused by the new coronavirus (COVID-19) has spread worldwide, becoming a pandemic. **The new coronavirus can infect anyone, regardless of nationality, ethnicity, gender, religion or age.**



 It is normal to be worried about coronavirus, but fear worsens the situation. The words we use are very important and sometimes we can carry on false messages, which can hurt people or entire communities (for example, there may be people who will refuse testing, for fear of not being accepted at home or in their community).

The most important thing is to always check the information you receive and to be sure they are correct. In the case of COVID 19, the verified information on prevention, transmission, treatment, risk areas and number of cases come from the Ministry of Health and the National Institute of Public Health and the World Health Organization.



Here's how to talk with children, family members, friends or colleagues, to avoid stigmatizing certain categories of people:

 Talk openly about the disease caused by the new coronavirus (COVID-19). When your child asks you, do not avoid the discussion, but tell her/him, in simple words, what effects the virus has and how she/he can be protected. Emphasize the virus, not the people who carry it.

 Do not associate some places or ethnicities with this disease. Remember: viruses do not affect only certain populations, ethnicities or races. An Asian person is

not a carrier of the virus just because of his/her origin.

 Talk about „people who have COVID-19”, „people who are treated with COVID-19”, „people who recover after COVID-19” or „people who died after getting COVID-19”

 Do not refer to sick people as „victims” or „cases of COVID-19”

 Say about the affected people that they „contracted” COVID-19.

 Do not talk about people „transmitting COVID-19”, „infecting others” or „spreading the virus”, which may suggest that some intentionally transmit the infection or are guilty of getting sick.

 Talk about the risks and effects of COVID-19, relying only on verified

information and the latest official medical information.

 Do not repeat or spread unconfirmed rumors, avoiding using words that can generate fear, such as „plague”, „apocalypse”, etc.

 Use positive language and emphasize the importance of effective prevention measures, including hygiene. For most, it is a disease that they can overcome if we follow the simple rules that can protect us, our loved ones, including the most vulnerable.

 If a person wears a mask, it does not mean that he is ill. Although wearing masks is especially recommended for people with colds, to protect others, some people use it to have a sense of security. Or to avoid pollen or air pollution.