

Being Kind Amid the COVID-19 Pandemic

Anxiety, fear, and stress can lead to stigma or poor treatment toward others. As we face the COVID-19 pandemic, this can include Asian Americans or people of other nationalities or ethnicities, people from other states, people who are or have been sick, and others who may have been exposed to the disease.

Be wary of misdirecting fear at neighbors instead of at the disease itself. Ask yourself how you can help. Remember, we are all in this together.

Use the below information and guidance to help fight stigma and provide social support.

- No ethnicity, race, or descent increases the chances of contracting or spreading COVID-19. Viruses cannot target people from specific populations, ethnicities, or racial backgrounds.
- People who have COVID-19 or suspected COVID-19 are instructed to take measures to keep the disease from spreading further. This can be mentally and emotionally challenging. Please provide these people with social support as you are able.
- Also provide other supports to people who are ill by dropping off mail, food, medication, or other necessities at their door. Offer to take care of their yardwork or gardening, take their trash to the curb, or care for their pets. Do this safely, keeping distance and washing hands immediately after touching objects.
- Consider other ways of support, including video chats, phone calls, or letters, or having items to help pass the time, such as books, magazines, or games, delivered. Perhaps you can offer encouragement from a window or by sharing unique talents, such as music or art, from a distance.
- Rely on and share only trusted, accurate sources of information.
- Speak out against negative behaviors, including negative statements on social media, or exclusion of people.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

CORONAVIRUS DISEASE 2019 **Ohio** | Department of Health

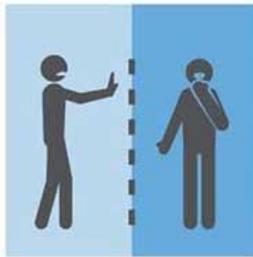
Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME



PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

For more information, visit: coronavirus.ohio.gov