

COVID-19 & Racism: Stop the Spread!



Be an informed advocate

It's critical that we all understand that just because COVID-19 started in China does not mean people of Chinese ancestry - or any particular ancestry - are more susceptible to the disease than anyone else. The disease does not recognize race, ethnicity, or nationality.



Think twice before sharing content

Misinformation about COVID-19 and its connection to race is widespread. For reliable information about the disease, stick to trusted sources such as:

- [Centers for Disease Control and Prevention](#)
- [Colorado Department of Public Health & Environment](#)
- [Your local public health agency](#).



Recognize how news sources can influence implicit bias

Footage and images of people of Asian descent in surgical masks have dominated the media space. This is just one example of how communications have reinforced implicit bias against these communities. Awareness of this bias can help us counteract its discriminatory effects.



Show compassion to those most affected

A sense of community is very important during this difficult time. If you know someone who has been a target of racism because of misinformation about COVID-19, take the time to reach out to them. Even if you are just offering emotional support, showing that you care can have a huge impact.



Learn from our history

The reaction to people of Asian descent as a result of COVID-19 is part of a larger pattern in America's history. It is the same reaction experienced by Muslims during 9/11, the LGBTQ community during the AIDS outbreak, and Japanese-Americans during WWII just to name a few. We must come to terms with our history of blaming marginalized groups in times of uncertainty. **Xenophobia and racism only makes the situation more dangerous for everyone.**



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