



Fighting Ebola ... AND Stigma

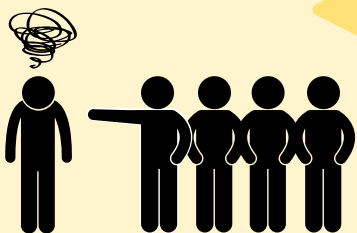
Ebola is a scary disease. Many people have gotten sick and died from it. It's normal to feel worry and fear when something is unknown or not well understood. In outbreaks like these, we can use our fear to learn how to help instead of hurt.

Many people have been the target of stigma during the Ebola outbreak

- ◆ People who traveled to West Africa to help fight the outbreak
- ◆ People from Africa or of African descent
- ◆ People who look African



What does stigma look like?

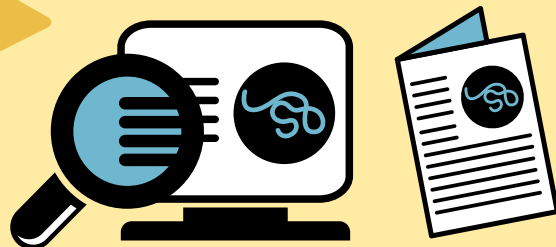


Once you know what stigma looks like, you can help to fight it. Stigma means:

- ◆ Making negative comments about a group of people and Ebola
- ◆ Not letting people go to school or work because of fears about Ebola
- ◆ Avoiding family, friends, or neighbors (or others) who have recently returned from West Africa
- ◆ Treating people of African descent differently, or assuming they must have or can spread Ebola

You can fight stigma by

- ◆ Knowing the facts about Ebola and correcting rumors when you hear them
- ◆ Raising awareness about Ebola without increasing fear
- ◆ Relying on information from credible sources only
- ◆ Being respectful of people who have traveled to West Africa
- ◆ Showing support for people who have been affected by Ebola



Know these facts about Ebola



Ebola is caused by a virus, not a person.



Ebola isn't spread through casual contact (hugging, shaking hands, sitting near someone).



Ebola is not spread through the air, by water, or by food legally grown in the U.S.



Ebola is spread by direct contact with infected blood and body fluids.

It's also important to remember ...

- ◆ People from West Africa are not more likely to get Ebola than anyone else. Viruses cannot target a specific group of people.
- ◆ Just because a person traveled to West Africa, it doesn't mean they were exposed to Ebola.
- ◆ People who have recently traveled to West Africa are screened when they get here and watched for symptoms for 21 days.
- ◆ Africa is a big continent, and only three West African countries have had large outbreaks of Ebola.



If you are worried or have questions, educate yourself by using trustworthy sources of information. You can learn about Ebola on CDC's website: cdc.gov/Ebola.