

Stop the infection of discrimination. Spread appreciation.

There are people who are sad and suffering from prejudice and discrimination caused by uneasiness toward this invisible virus.



He got infected with the COVID-19 and his condition got worse and worse. He received treatment while in a serious condition.

There are people supporting patients fighting against COVID-19 from morning to night.



He has recovered thanks to the support of many people. Now his family is full of smiles.

Nevertheless, some inconsiderate people say to him, "Don't get close to me. I don't want to be infected with your virus." Why does something like this happen?



To our great disappointment, infected people, their family members, and medical workers are suffering from unjust prejudice, discrimination, bullying, and inconsiderate messages on social media.

Why do such things happen?  
What should we do?

Prejudice and discrimination are absolutely unforgivable!

# "Fighting against the virus on the front line"

Mr. Kataoka Atsushi, a former head coach of a professional baseball team, Hanshin Tigers, described medical workers with these words. According to a newspaper article, he had been infected with COVID-19 and spent 17 tough days in the hospital. After leaving the hospital, he thanked medical workers for supporting him.

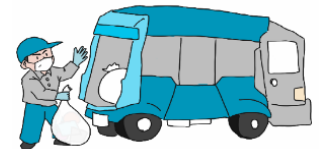


"Medical workers are fighting against the virus on the front line. I was saved by them." (The Asahi Shimbun, morning paper, Monday, May 18, 2020)



Now, in this very moment, there are people working hard for the sake of infected people and us, running a high risk of catching COVID-19. They are doctors, nurses, health office workers, and others who are fighting against and treating COVID-19. They are garbage collectors and others whose jobs are essential for maintaining a functioning society.

Let's appreciate the people who support our daily lives.



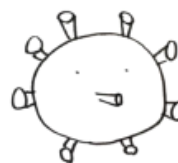
## To parents

Please read the following with your child(ren).

A frightening aspect of COVID-19 is that it brings uneasiness, which brings discrimination, which brings further spread of the disease. We must stop this vicious cycle.

### How do the three "infectious features" structure a negative spiral?

3. Fear of being stigmatized keeps us from getting medical attention even when needed, which ends spreading the disease.



The first feature "sickness"

1. Uncertainty and invisibility of the virus **create a strong sense of fear.**



The second feature "fear"

The third feature "stigma"



2. Human survival instincts tell us to **distance the suspected.**



The virus grows power on us through a negative spiral.

9

The above article is excerpted from the Japanese Red Cross Society's HP:  
Three faces of COVID-19 we must be alert to - A guide to breaking the negative spiral -