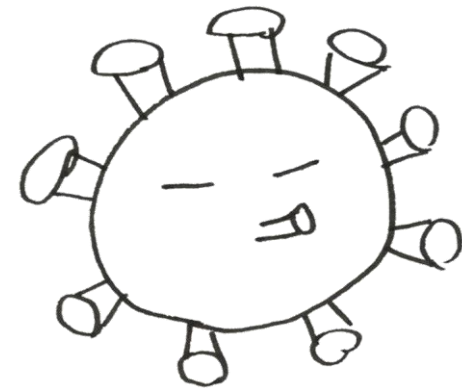
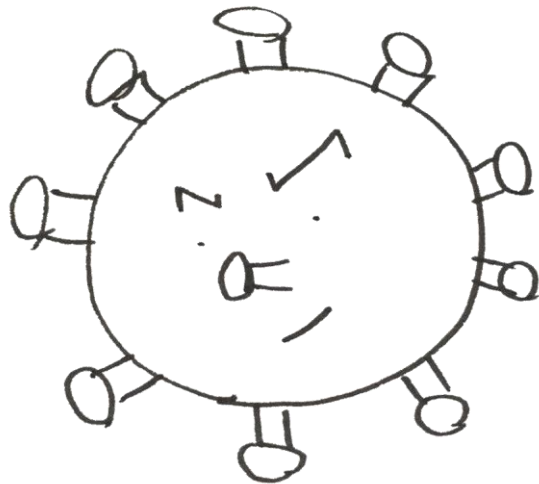


Three faces of the COVID-19 we must be alert to

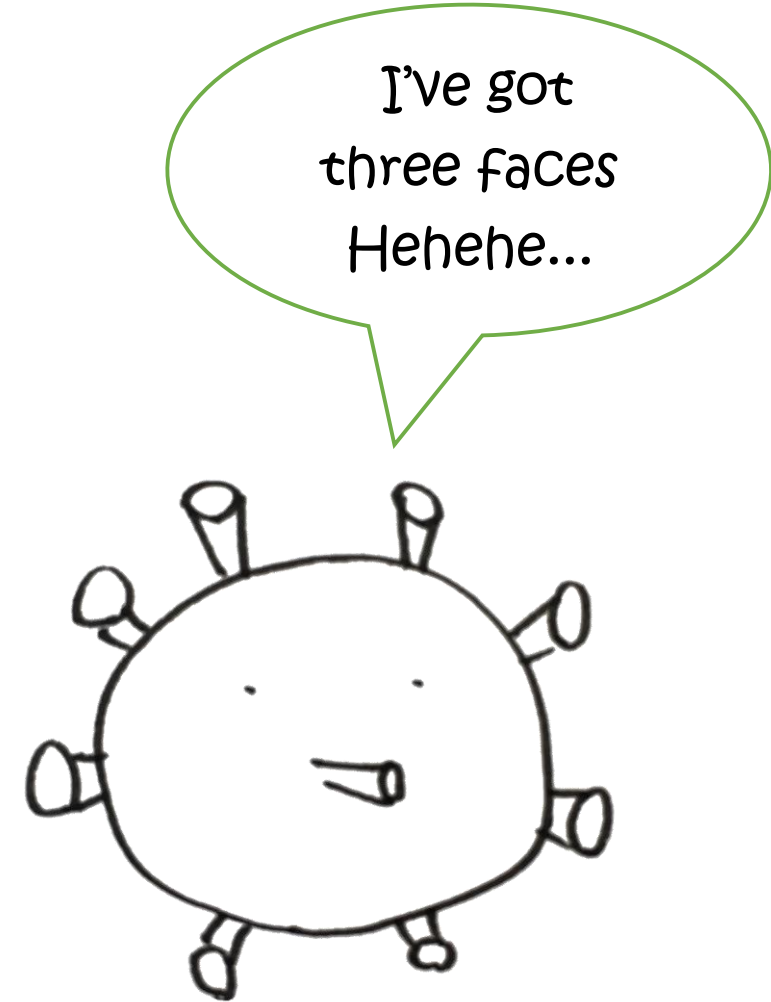
- A guide to breaking the negative spiral -



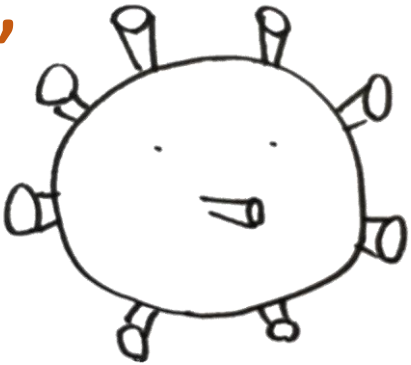
COVID-19 disease is spreading around us.

Few of us are aware that the virus actually has not one, but three different **“infectious features”**.

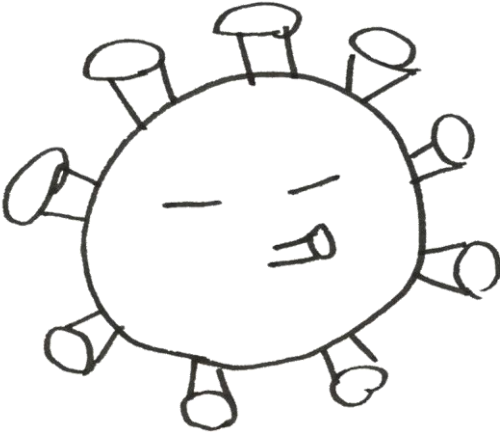
Did you know these features affect you before we are aware of them?



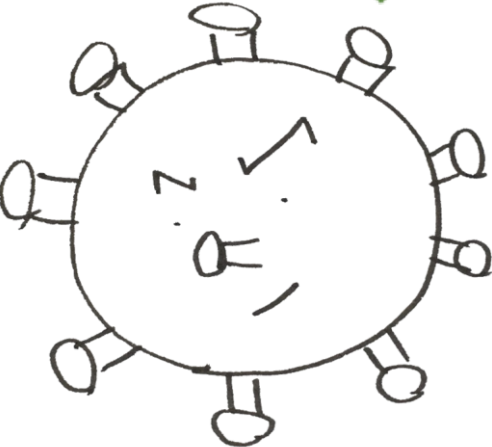
The three "infectious features"
compose a negative spiral.



The first feature
"sickness"



The second feature
"fear"



The third feature
"stigma"



"I can keep getting powerful if no one pays attention.."

The first feature is
sickness.

We know that the virus spreads through physical contact with infected people.

Once infected, we can have cold symptoms.

Worse, we may experience pneumonia.



The second feature is

fear.

This virus brings us strong **fear and anxiety** as it is invisible and no vaccines and drugs are available yet.

Uncertainty triggers fear that can be rapidly spread among us.

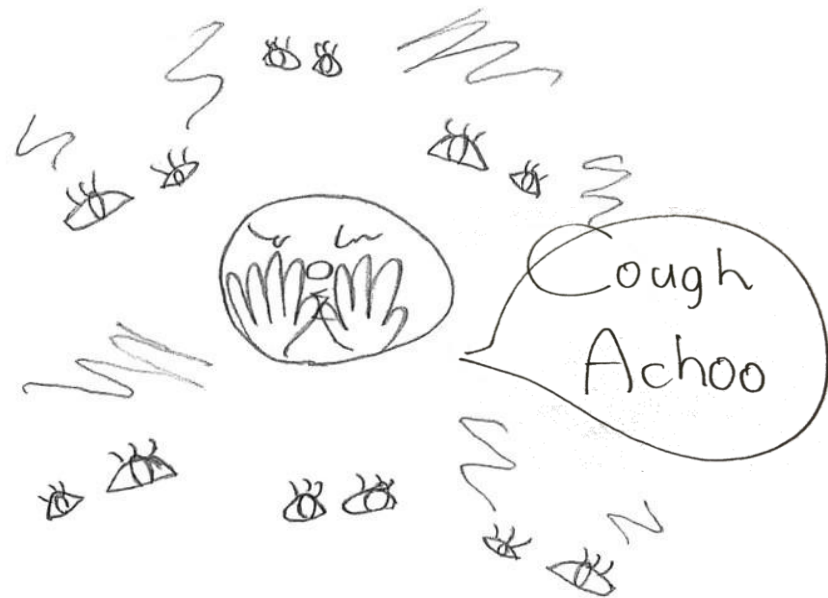
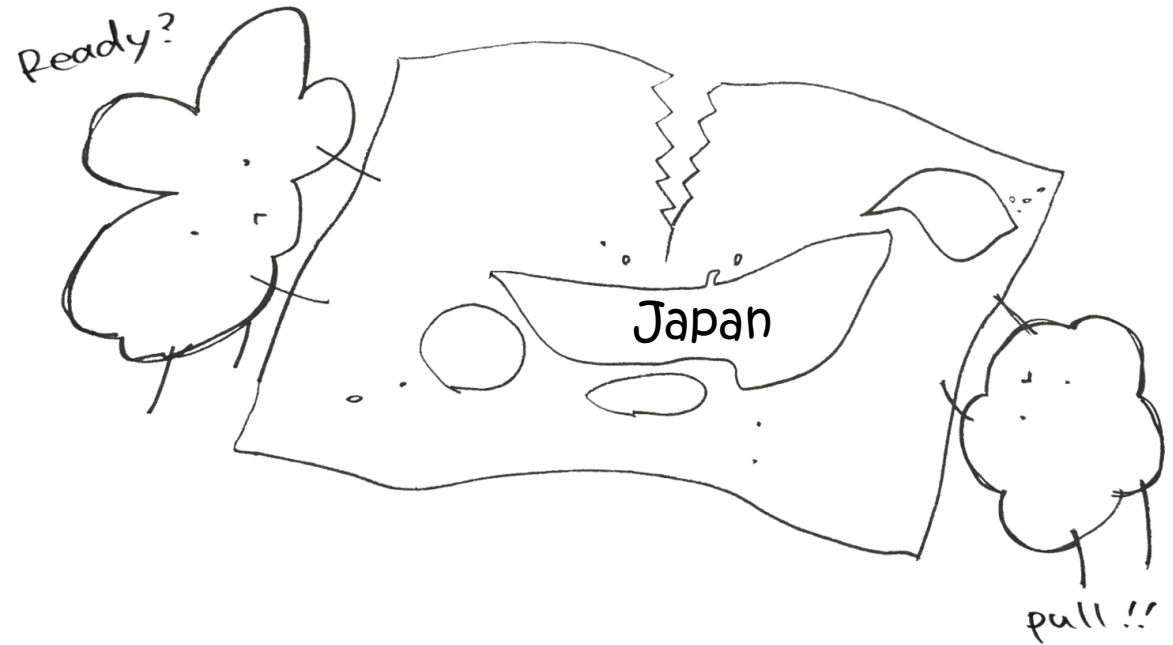
Building up in our minds, fear and anxiety weaken our ability to **look, listen, and link.**



The third feature is

stigma.

Fear and anxiety trigger
human survival instincts.



Because of that, we stigmatize the possibly infected person.

Stigma destroys our trusts and social ties by driving us to distance and discriminate against them.

Why do **we** stigmatize others?

Fear of the invisible enemies(virus)



Perceiving **a specific target** as an enemy that can be seen, and targeting them for **hate**



Feeling secured by **stigmatizing and distancing** targets of hate

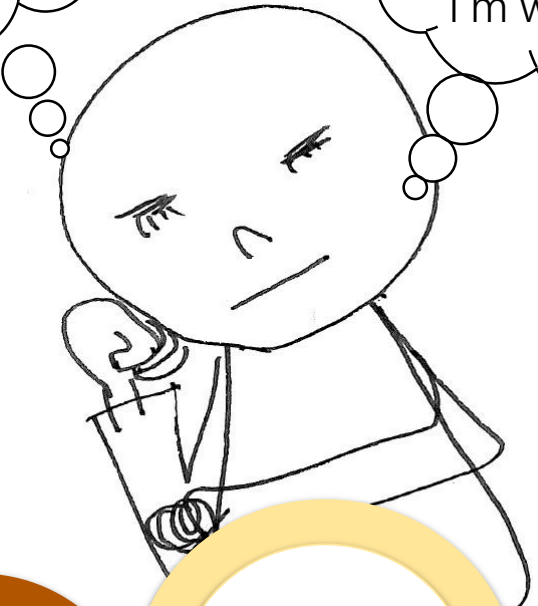
The enemy is the virus.

The enemy is substituted.

Ceasing to look at the real enemy

I said something I shouldn't have, but...

But those words could come back to me anytime... I'm worried...



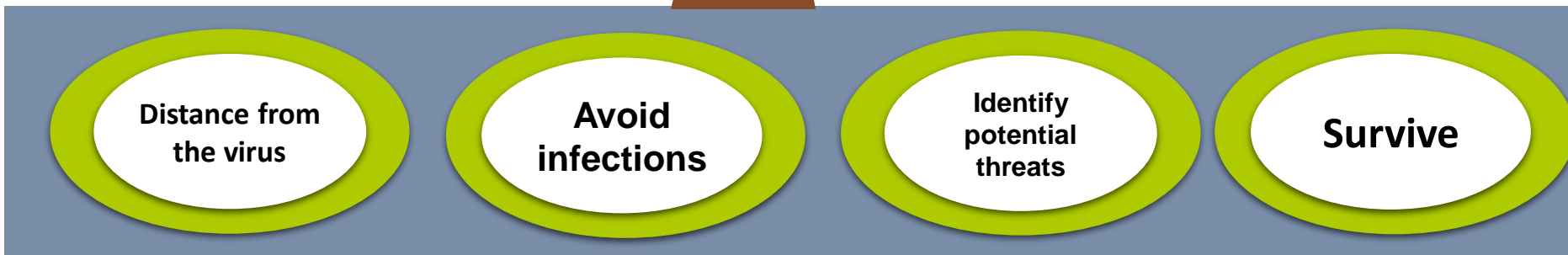
XX Area is contaminated.

That guy coughing.. must be corona.

They're from country XX. They must be dangerous.

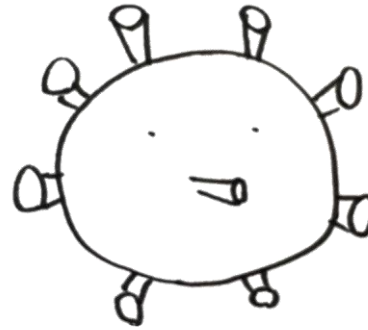


Stigma comes from our mindset of labeling “dangerous” and “germs” on specific group of people, residents of a certain area and occupations.



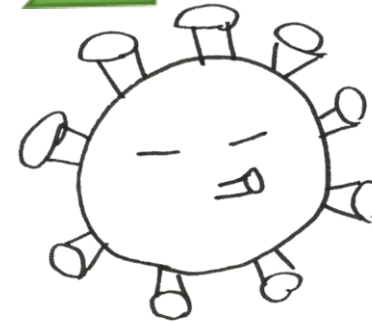
How do the three “infectious features” structure a negative spiral?

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



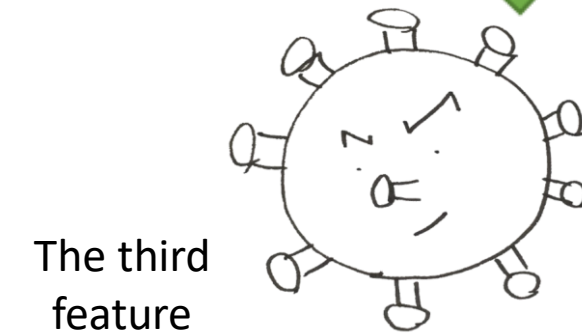
The first feature
“sickness”

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



The second feature
“fear”

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



The third feature
“stigma”

The virus grows power on us through a negative spiral.

Hey, don't we pay too much attention to bad news on the virus, or obsessively think of it?

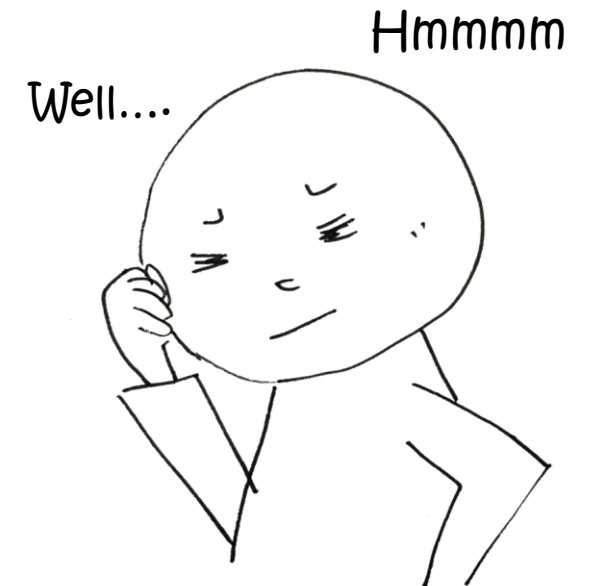
"That person is coughing... it's corona, isn't it?"

"Corona is spreading in that area, so let's not go buying stuffs from there anymore..."

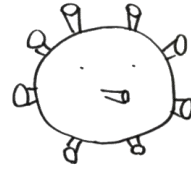
"I have a fever, but I'm not telling anyone about it because I'm scared..."

We are helping the virus spread by our thoughts and behaviors.

How can we stop it??



Against the first feature



Helping protect yourself from the virus by

“Washing your hands”

“Covering your cough”

**with tissue or an elbow*

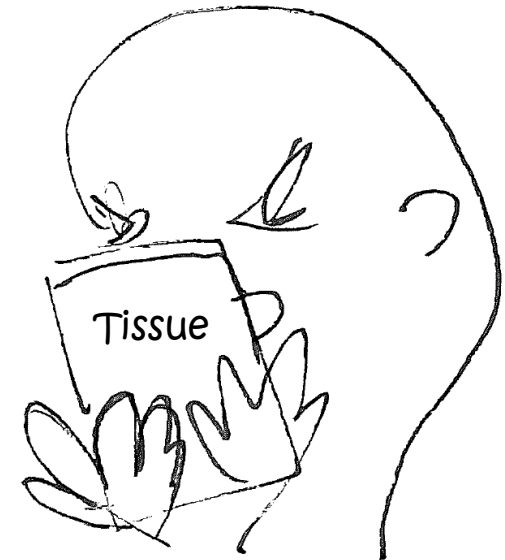
“Avoiding the crowds”

etc...

It is important to take action to fight against the virus not only for yourself but also for the people around you.



Wash your
hands
thoroughly



Against the second feature

Fear brings us blind and weakens our ability to

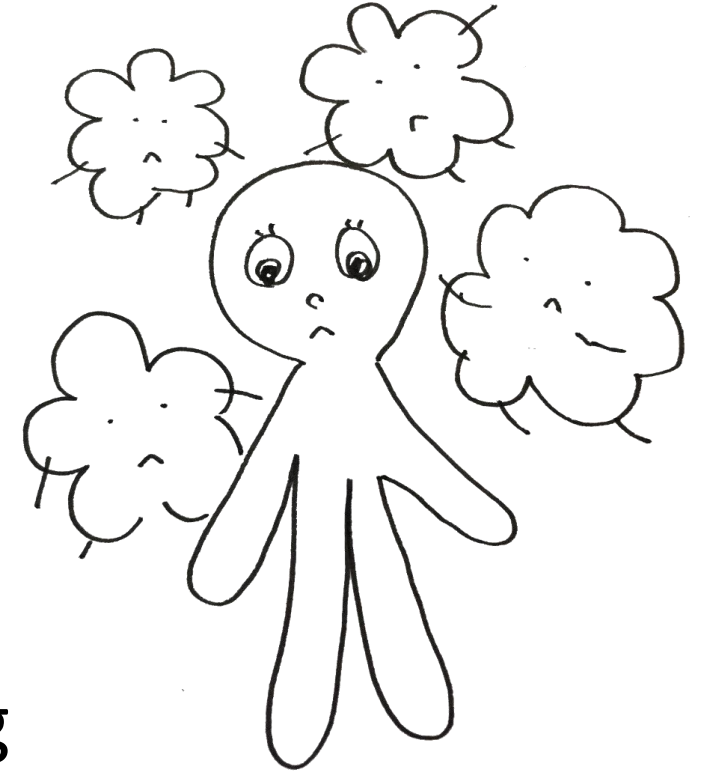
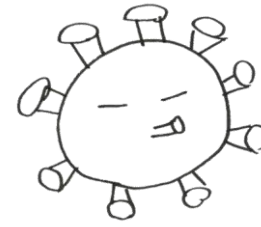
Look

Listen

and

Link.

Fear and anxiety are necessary for protecting ourselves, but they can make it difficult for us to act rationally.



Against the second feature

**Maintain our ability to
look at ourselves.**

Observe yourself from distance.

- Stop and take a break.
(Take a deep breath. Why not a cup of tea?)
- Try to sort out the current situation.
- See yourself from multiple angles.
(Thoughts, emotions, behaviors, etc.)



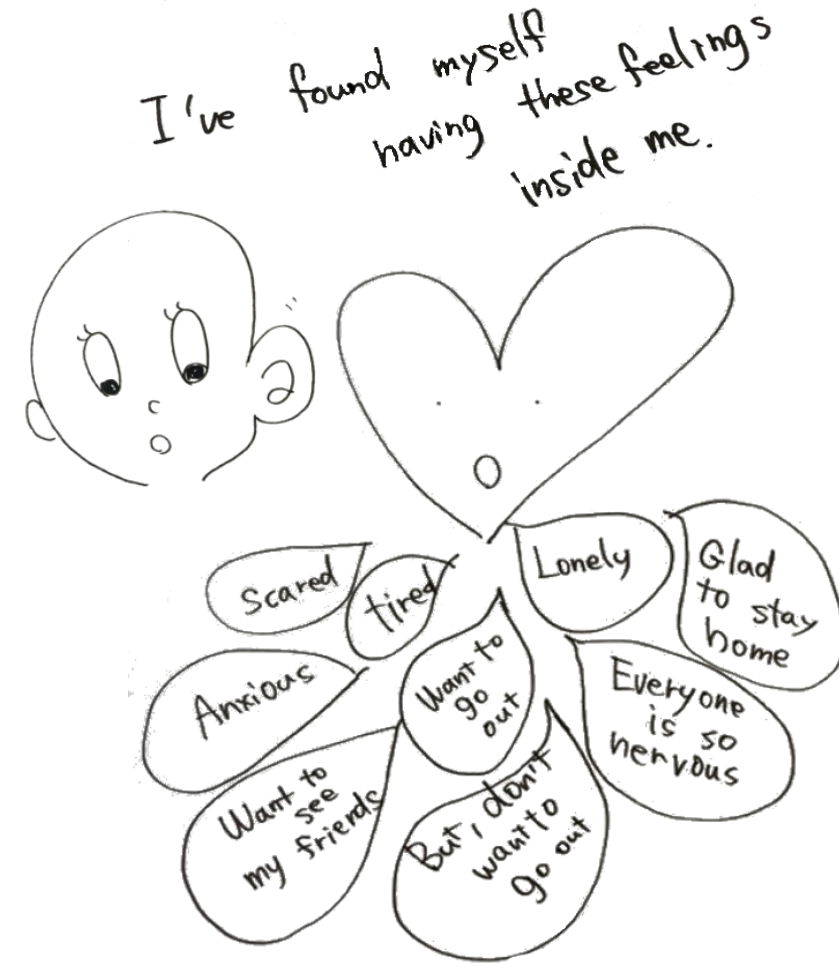
Against the second feature

Maintain our ability to **listen** to ourselves.

Do you find something different in yourself?

- Aren't you following just the bad news about the virus?
- Are you obsessed with the virus all the time?
- Are you spending less time on hobbies and connections with those close to you?
- Has your daily routine been disturbed?

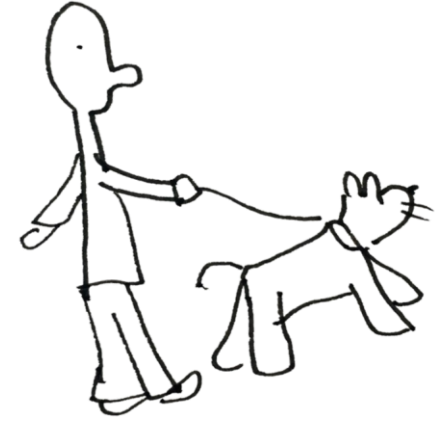
Is there anything you can keep doing as usual?



Against the third feature

Let's go for a walk!

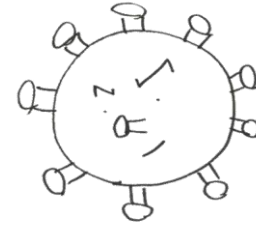
Maintain our ability to link ourselves to resources.



Make your decisions for your own safety and health.

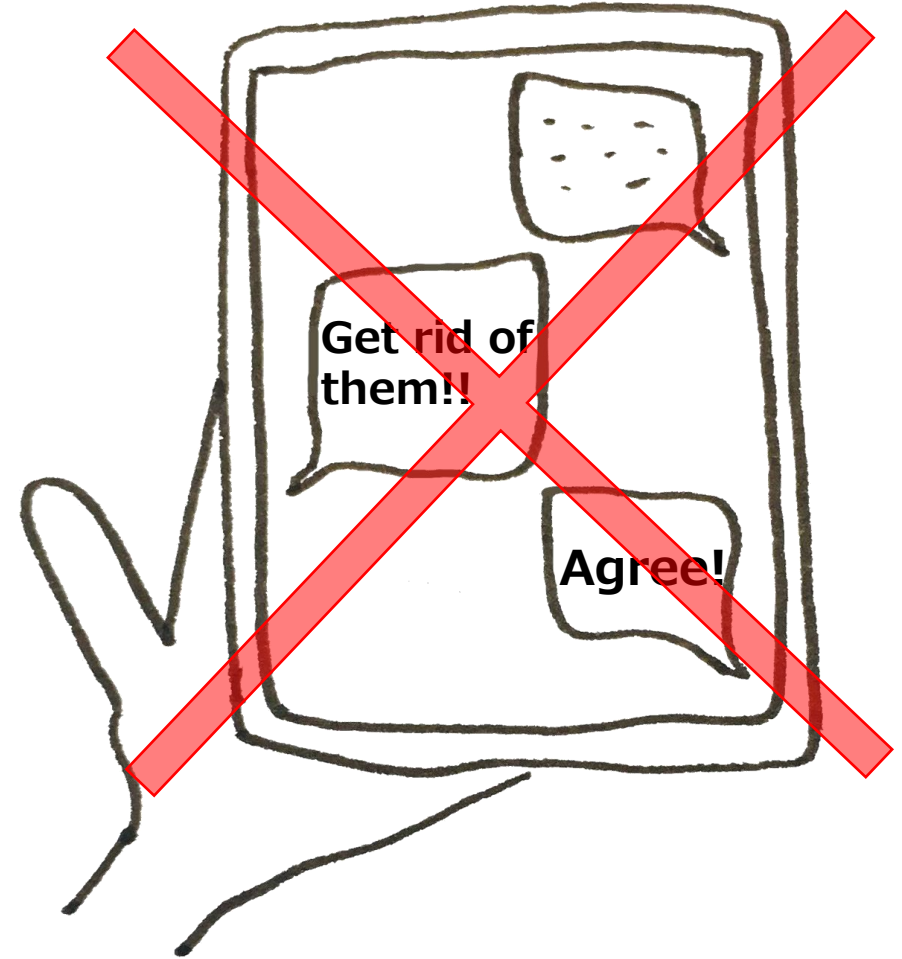
- Limit and distance yourself from information on the virus.
- Keep up with your regular routine of life.
- Create a comfortable environment.
- Acknowledge what you can do right now.
- Try to work on something that you can do in the given situation.
- Stay in touch with who you feel comfortable with.

Against the third feature



Fueling fear leads to stigma.

- Help spread credible information.
- Disengage from discriminatory language and behaviors.



Against the third feature

Appreciate and **respect** everyone responding to fight against the virus.

- families with small children
- elderly people
- those who are treated and their family
- those who are staying at home
- healthcare workers
- those supporting society through daily life

Of course, **we are all in this fight and can contribute to it.**

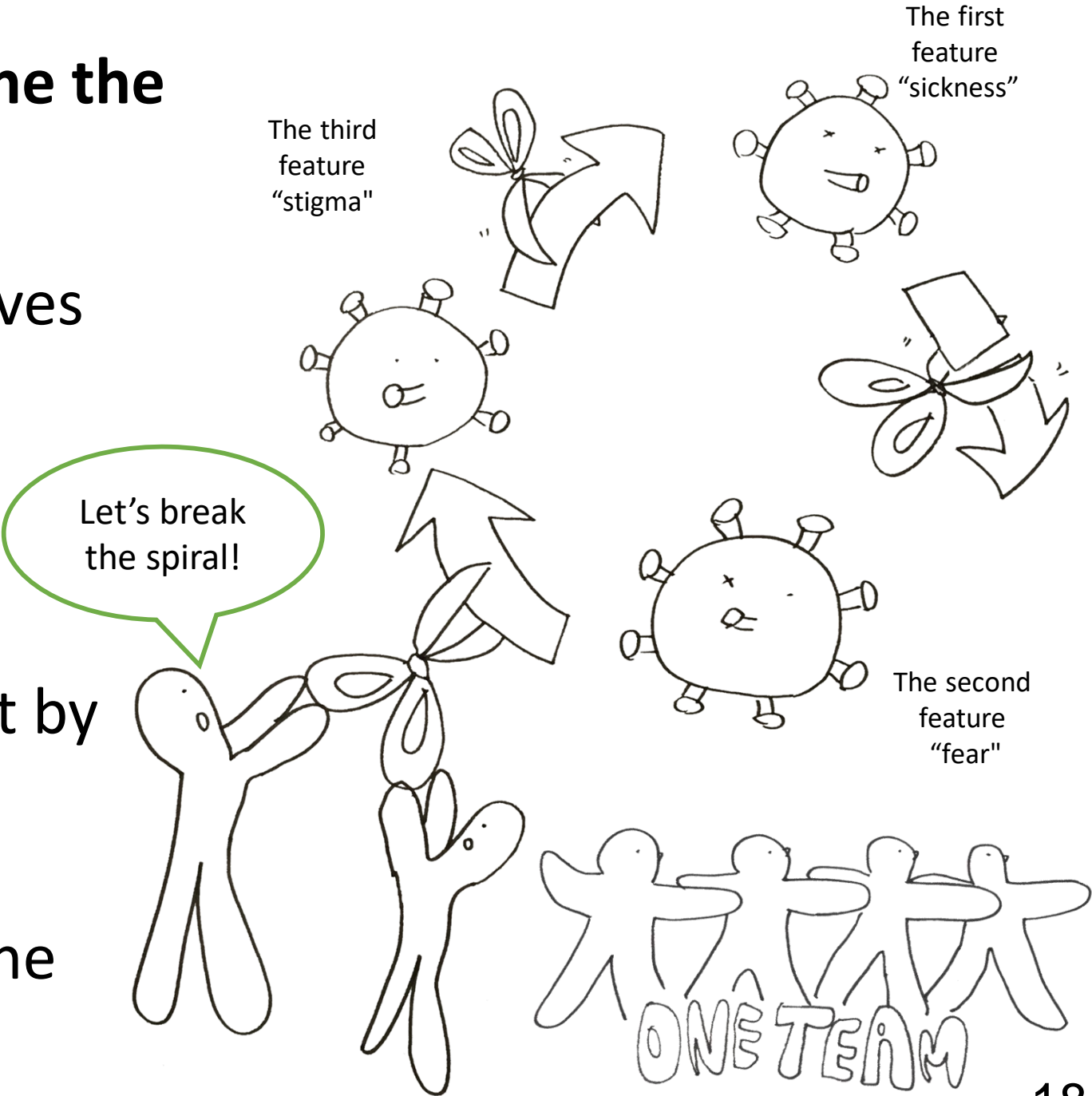
Summary: For us to overcome the COVID-19

The COVID-19 has affected our lives in the form of these three “infectious features”.

This fight against the virus may become a long one.

We all can contribute to this fight by doing our part.

Let us all in one and get free of the virus!



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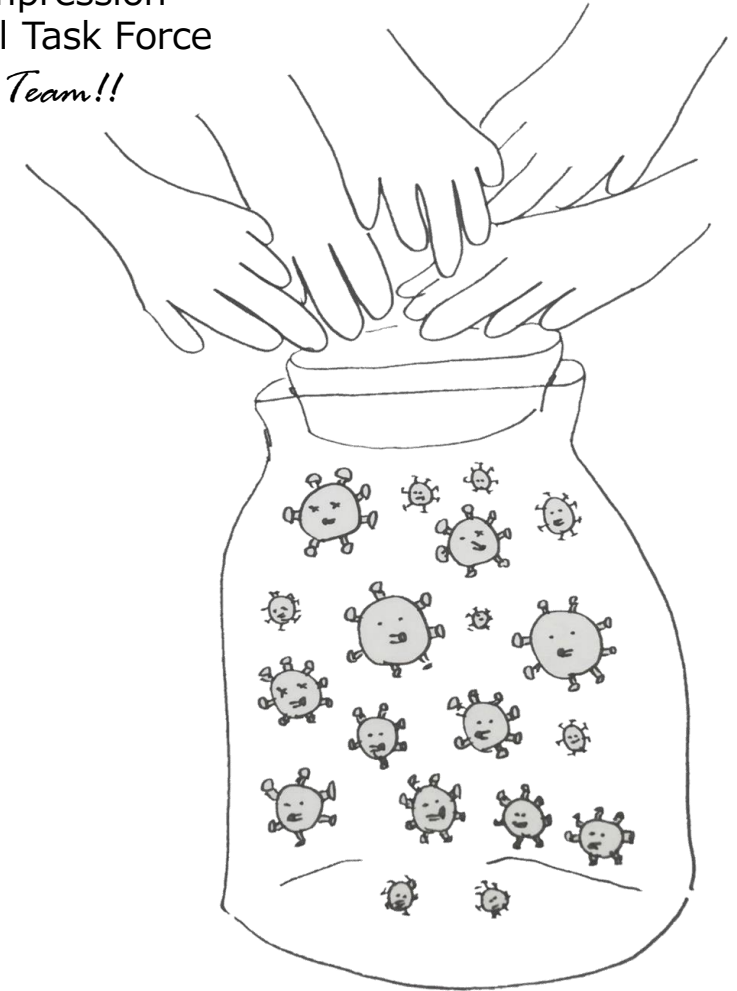
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