Avoid Harmful Biases Around COVID-19

**Be cautious** of the images you share regarding COVID-19. Evaluate whether they may reinforce stereotypes or single out specific communities.

**Speak up** if you hear, see, or read misinformation or witness or experience harassment or discrimination.

You can interrupt myths and stigma by **sharing accurate information**.

**Wearing a mask** does not mean a person is ill.

**Viruses do not** target people from specific populations, ethnicities, or racial backgrounds.

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