

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## Are you facing bullying or stigma after COVID-19?

Some people might experience bullying or feel stigma going back to work or school after COVID-19. This is when others treat you badly or blame you for getting sick. If this happens to you, get help. Your workplace or school needs to support you in your recovery.

This virus has spread around the world because of our global economy. No one person, group, or country is to blame.

It's important to know the facts so that we don't hurt people by stigmatizing them. Stigma can lead to social rejection, trouble getting healthcare, job loss, and even physical violence.

If the spread of COVID-19 has shown us anything, it's how connected our world is. We are all in this together. We can find ways to support each other and push back against stigma.

- Speak up. Don't be silent if you hear people repeating negative stereotypes. Challenge social media posts that blame people or groups.
- Provide good information. People who are blaming others may be getting their ideas from unreliable sources and social media. Point them to trustworthy sources like Alberta Health Services, the Government of Canada, the U.S. Centers for Disease Control and Prevention (CDC), and the World Health Organization (WHO).
- Be careful what you share online. Be sure that images and posts don't fuel negative thinking about countries or groups of people.
- Be kind. Reach out to people who have been stigmatized. Let them know they are not alone. Tell doctors, nurses, and emergency responders that you appreciate how hard they are working to keep us all safe.