FAQs

STIGMA AND DISCRIMINATION associated with Covid-19

Let’s break down common myths and misconceptions causing stigma of patients, returnees, front line and essential workers.

IGNORANCE leads to fear, prejudice and discrimination.

LEARN the facts and share with others!

#NagalandAgainstCovid19

For more info you can visit the website
WWW.COVID19.NAGALAND.GOV.IN
The Covid-19 outbreak has provoked stigma & discriminatory behaviours against people of certain ethnic backgrounds as well as anyone perceived to have been in contact with the virus.

(e.g. people of Asian descent, travellers, health workers, police etc.)

**Ignorance**
Lack of knowledge

**Prejudice**
Negative attitudes

**Discrimination**
People behaving in ways that disadvantage the stigmatised person.
STIGMA AND DISCRIMINATION
THE IMPACT ON COMMUNITY

WORSENS mental health problems. and INCREASES fear.

Makes people HIDE SYMPTOMS.

DISCOURAGES people from seeking medical care.

Leads to COMMUNITY SPREAD of the disease.

LEARN THE FACTS & STOP THE STIGMA

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Can a person who has completed Quarantine SPREAD THE VIRUS? — NO

Someone who has completed Institutional quarantine (14 days) without symptoms does not pose a risk of infection to other people.

For precaution they are advised to follow the Nagaland Government guideline of:

- Home quarantine for 14 days
- Practice social distancing and
- Practice good hygiene

Stigma can also occur after a person has been released from Covid-19 quarantine.

Stop the stigma by sharing these facts with your community.
Is an infected person **RETESTED** before discharge? **YES**

Nagaland Government Discharge Policy for Covid-19 confirmed cases ensures that all covid patients are retested until their result is negative.

Those who test negative and do not show any symptoms for 3 days are sent for 14 days of Home Quarantine.

While they do not pose a risk of infection to other people, for precaution - a person who has recently completed Institutional Quarantine is strictly advised to follow:

- Home quarantine for 14 days
- Practice social distancing and
- Practice good hygiene

You can help stop the stigma by sharing these facts with your community.
HOW CAN I HELP
stop social stigma?

Know the facts and share them with others in your community.

Be cautious about images or messages that you share. Make sure they do not reinforce stereotypes or cause fear or panic.

Speak out against negative behaviors, including negative statements on social media about groups of people, or exclusion of people who pose no risk from regular activities.

Public health emergencies are stressful times for people and communities. Learn about coping with stress. You can call the Nagaland COVID helpline if you need to speak to a counsellor.

Be a responsible citizen!
What you need to know about FRONTLINE WORKERS

Doctors, nurses, police, drivers and other frontline workers do not pose any increased risk if YOU maintain your personal protection measures.

Front line workers are regularly updated on personal safety measures as prescribed by WHO, ICMR and Government of India.

Not all front line workers come in direct contact with infected people.

High risk front line workers on Covid-19 duty use prescribed PPE. For additional safety they regularly get tested for Covid-19 and undergo quarantine before they are sent home or back to duty.

We should extend support and help to frontline workers who are keeping us safe.
Front line workers

They are performing a valuable service to everyone by helping make sure this disease does not spread further.

They work long hours, undergo regular quarantine and do not meet their families for weeks or months.

Let’s extend our support and help to front line workers who are keeping us safe.
What you need to know about COVID-19 PATIENTS

80% or more will have mild symptoms or will not show any symptoms and only need isolation and basic care. Many states in India and around the world have started treating such patients at home.

In Nagaland, Covid-19 patients are kept in Covid Hospital/Care Centers. After they recover, test negative and do not show symptoms for 3 days - they are discharged for 14 days Home Quarantine.

Covid-19 is not a death sentence. There is no cure, however most patients recover with basic care and proper nutrition.

Till date, the overall fatality rate of Covid-19 in India is around 2 to 3% and these patients were mostly older people with pre-existing medical conditions.
Covid-19 patients

They deal with depression and guilt of infecting others, fear of death and face many more challenges. The psychological trauma is more than the actual disease.

After recovery they do not pose a risk of infection to other people if they are responsible and follow precautionary measures. However they deal with stigma and their families are also alienated by the society.

Let’s be compassionate and stop the discrimination.
What you need to know about QUARANTINE INTERNEES

Quarantine is for persons who are NOT ILL but who are believed to have been exposed to infection - travellers, front line workers etc).

The purpose of Quarantine is to prevent them from potentially spreading the virus by separating them from other people long enough to know whether or not they are infected (14 days).

If infected, a person will show symptoms like fever, cold, difficulty in breathing mostly by 5 or 6 days and almost ALL cases will show symptoms by the 14th day. So they are kept under observation for 14 days.

In some rare cases, symptoms can develop even after 14 days and so an additional 14 days Home quarantine is also enforced by the Government of Nagaland.
Quarantine internees

People who have completed quarantine do not pose any increased risk if they are responsible and follow all precautionary measures.

However, after completing quarantine they continue to face social rejection. Ignorance about Covid-19 causes unfounded fear.

Let’s stop this stigma by sharing facts with our communities.
How can I be a RESPONSIBLE CITIZEN?

The public and the community is the first line of defense.

Handwashing, masks, social distancing, and good hygiene are the most lethal weapons against Covid-19 till a vaccine is discovered.

Help stop the spread of Covid-19 by following directives of the government. Guidelines and advisories will change frequently as the Covid-19 pandemic is a rapidly evolving situation. Stay updated.


Do not spread panic, hate and unverified news in the society which could have devastating consequences.
end the stigma

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