

THE DIVERSE NATURE OF COVID-19

A Virus That Has Impacted Us All In Various Ways



UIS Strategic Compass 2018-2028

UIS on Diversity & Inclusion: We embrace diversity in all its forms as both an intellectual commitment and a social responsibility, and we foster an inclusive culture that recognizes the needs and contributions of every individual.

We are committed to having a campus that celebrates diversity, and recruits diverse talent, making every student feel included and welcome.

Some groups of people who may be experiencing stigma because of COVID-19 include:

- Persons of Asian descent
- People who have traveled
- Healthcare professionals

Stigmatized groups may be subjected to:

- Social avoidance or rejection
- Denials of healthcare, education, housing or employment
- Physical violence¹

Such treatment can negatively affect those with the disease, as well as their caregivers, family, friends, and communities.

Stigma can:

- Drive people to hide the illness to avoid discrimination
- Prevent people from seeking health care immediately
- Discourage them from adopting healthy behaviors²



COVID-19 & Its Diversity Impact

Social stigma in the context of health is the negative association between a person or group of people who share certain characteristics and a specific disease. In an outbreak, this may mean people are labelled, stereotyped, discriminated against, treated separately, and/or experience loss of status because of a perceived link with a disease.²

Stigma & Its Many Effects

Remember, people – including those of Asian descent – who **do not live in or have not recently been in an area of ongoing spread** of the virus that causes COVID-19, or **have not been in contact with a person who is a confirmed or suspected case** of COVID-19 are **not at greater risk** of spreading COVID-19 than other Americans.¹



COVID-19 & Those Most at Risk

Older Adults

High rates of related deaths & hospitalizations in adults 65+
80% of all COVID-19 related deaths
31%-70% of all COVID-19 related hospitalizations³

People with Chronic Conditions

People of any age who have serious **chronic or long-term illnesses** might be at higher risk for severe illness from COVID-19. Examples: **diabetes, chronic lung disease & heart disease.**³

Black/African Americans

Black/African American persons were **MORE THAN TWICE** as likely as white persons to die of COVID-19. Race and ethnicity data were from New York City.⁴

People with HIV

Trans people are **5x** more likely to be living with HIV compared to the general population, and therefore may have a compromised immune system.⁵

Marginalized populations seem to have the most negative effects.

COVID-19 & Mixed Barriers

COVID-19 pandemic seems to deepen **inequality** that may become a multiplier on the coronavirus's spread and deadliness.⁶

COVID-19 & Violence Survivors

REACTION

Every survivor responds to the traumatic experience of violence differently.

RETRAUMATIZATION

Retraumatization is a conscious or unconscious reminder of past trauma that results in a re-experiencing of the initial trauma event.

RESILIENCY IN TIMES OF TRAGEDY

Survivors can build on this resilience by seeking out support during difficult times.

SELF-CARE TECHNIQUES DURING THE CRISIS

7 Ways to Practice Self-Care: Call a friend; Take a shower; Move around; Guided meditation or yoga; Distract yourself with a project; 5-4-3-2-1 exercise; Seek support.⁷

Violence survivors and their families may be experiencing **increased isolation** and danger caused by social distancing measures during the Coronavirus pandemic.⁸

Get Support! National Domestic Violence | 1-800-799-7233

Get Help! National Sexual Assault | 1-800-656-HOPE (4673)

WHAT SHOULD I DO IF I OR SOMEONE I KNOW EXPERIENCES BIAS OR DISCRIMINATION AT UIS?
You can report the information to the Associate Chancellor for Access and Equal Opportunity at aeo@uis.edu.

The Dean of Students is the prime campus resource for student welfare, and can be reached at deanofstudents@uis.edu for assistance.

Want to Learn More or Stay Connected?



Diversity Center



Women's Center



Counseling Center



Gender Sexuality Student Services



University of Illinois Non-Discrimination Statement

SOURCES

- ¹<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html>
- ²[https://www.unicef.org/media/65931/file/Social%20stigma%20associated%20with%20the%20coronavirus%20disease%202019%20\(COVID-19\).pdf](https://www.unicef.org/media/65931/file/Social%20stigma%20associated%20with%20the%20coronavirus%20disease%202019%20(COVID-19).pdf)
- ³<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>
- ⁴<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/racial-ethnic-minorities.html>
- ⁵<https://transequality.org/covid19>
- ⁶<https://www.nytimes.com/2020/03/15/world/europe/coronavirus-inequality.html>
- ⁷<https://www.nsvrc.org/blogs/seven-ways-survivors-sexual-violence-can-practice-self-care-when-retraumatized-during-tragedy>
- ⁸<https://www.futurewithoutviolence.org/get-updates-information-covid-19/>

GRAPHS

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