

# Do not bully or discriminate against anyone affected by COVID-19

Sometimes discrimination is passive, indirect, or done unintentionally.

Please be aware of the impact caused by negative labels, and do our best to be sensitive and considerate.

- Do not assume that people who have COVID-19 were infected because they did something wrong. The coronavirus is very contagious and can infect anyone anywhere.
- Do not accuse people of having COVID-19 if they are simply feeling unwell. A person can be sick in any number of ways that are unrelated to the coronavirus. For example, they may have a cold or allergies.
- Do not blame other people for spreading the coronavirus or make accusations such as “the whole class/office had to shut down because of you.”
- Do not post rumours on social media; or share information that can lead to the identification of someone who has COVID-19.

Living in a pandemic is stressful for everyone, and fear of being labelled or discriminated against could lead to people refusing to get tested and hiding their infection until it's too late. It could also lead to severe mental health issues. We don't know what others are going through in their private lives, so always be kind and supportive.

If you feel discriminated against, or know someone who is struggling with discrimination, please contact one of the counselling centers below for guidance.

## On campus consultation

Center for Counseling and Disability Services

Tel 022-795-7833 (English /Japanese)

Open: Weekdays, 9:30 am - 5 pm

<http://www.ccds.ihe.tohoku.ac.jp/>

## Off campus consultation

- Foreign Language Human Rights Hotline

Tel: 0570-090-911 ( Multi-language )

Open: Weekdays, 9 am - 5 pm

<http://www.moj.go.jp/JINKEN/jinken21.html>

- COVID-19 Mental Health Hotline

Tel: 050-3628-5672 \*Japanese only

Open: April 20 - December 31, 2021, Monday -Saturday, 10 am - 1 pm

<https://www.jacpp.or.jp/news/wp-content/uploads/2021/01/covid16telcounsering.pdf>



## Contact:

Public Relations Office

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