First Nations Health Authority
Health through wellness

Lateral Kindness and COVID-19 Testing:

General Lateral Kindness:

- This is a time for kindness and understanding.
- We will get through COVID-19 together.
- Please take care of yourself and each other.
- Let's have calm in our hearts and trust in each other.
- We respect each other by honouring privacy for everyone in our community.
- Speak out against negative behaviours, including negative statements on social media about groups of people.
- Thank and show support for health care workers and responders. They should be praised and not stigmatized for having been in contact with COVID-19 patients.
- Practising lateral kindness is an essential part of nurturing and maintaining public health.

COVID-19 and Testing:

- It is essential that we all feel safe and confident getting tested for COVID-19, and that those who test positive still feel supported in their recovery and are not discriminated against.
- Getting COVID-19 is not a matter of who didn't wash their hands long enough, who touched their face too much, or who didn't physically distance enough. You can do everything right and still become infected with COVID-19.
- The virus is the enemy, not the people with COVID-19.
- All people should feel safe and supported by their communities, especially when they're sick.
- Let's be kind to each other and thankful for all of the efforts and protective measures that individuals and communities are taking for the safety of us all.
- Anyone can get this virus, and no one should be stigmatized for it!
- Since any one of us could get COVID-19, regardless of how careful we are being, it is important to remember how we would want to be treated if we or our loved ones were to be affected.
- Support and show empathy for those affected! Phone, video call or text friends, neighbours and co-workers—especially those who have been sick—to check in on them.