

# SAY THIS, NOT THAT

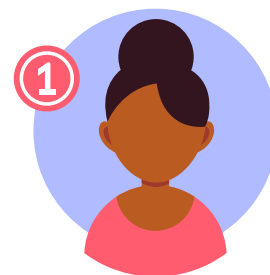


**Make a commitment to stop using words that stigmatize, dehumanize, and harm others.**

How we speak and the words we put out into the world affect the perceptions and attitudes of people around us. Someone's health conditions and the challenges they face can be invisible.

## Use Person-First Language

Person-first language puts the person before the diagnosis. Rearranging words is a powerful way to not let the medical condition or disability define the person.



### Don't Say...

Addict

Oxy Baby

Crazy

The Disabled

HIV Positive

The Homeless

Premie

Welfare Mom

Zika Baby



### Do Say...

Person with a substance use disorder

Infant exposed to substances before birth

Person living with a mental illness

Person with a disability

Person living with HIV

Person experiencing homelessness

Infant who is born prematurely

Person who is receiving social assistance benefits

Infant infected with Zika virus