

Xenophobia is the fear and hatred of strangers, foreigners or of anything that is perceived as strange or foreign. Under Novel Coronavirus (COVID-19), there are increased incidents of microaggressions, racial profiling, hate crimes in Asian American & Pacific Islander (AAPI) communities. Here are a few tips on how you can respond to xenophobic offenses.

WHAT WE CAN ALL DO:

1) Ensure your safety first; 2) Document and increase awareness for others through social media or reporting tools, such as Coronavirus Anti-AAPI Racism Incident (tinyurl.com/qk458xv); 3) Confront and start a constructive conversation.

TO OUR AAPI COMMUNITY MEMBERS:

- Make a safety plan
 - Identify an emergency support buddy
 - Inform your buddy on your whereabouts
 - Identify safe spaces
 - Be vigilant when out of your safe spaces
- Enlist allies: Ask a bystander for help
- Call 911 in emergency situations
- Take care of yourself
 - It is okay to feel angry.
 - Honor to your body. Fight/flight/freeze is our body's normal reaction under threat.
- Seek social-emotional support
 - Talk to someone you trust (e.g., friend or family)
 - Find your community where your experiences can be validated*
- Reach out for professional help **

TO OUR ALLIES:

- Check your implicit biases: tinyurl.com/lg5m2xk (Harvard Implicit Bias Test)
- Reach out to your AAPI friends and offer support
- Support your local AAPI small businesses

*COMMUNITY RESOURCES:

- Free weekly workshop "Coping with Xenophobia" from 4/11/20-5/16/20. Register at tinyurl.com/s9xqyak
- Attend CHI meeting every first Friday of the month from 1:30-3pm on Zoom (ID: 808 111 324)
- Follow CHI on Facebook: tinyurl.com/jj9ast5
- Info on coronavirus: smchealth.org/coronavirus

**PROFESSIONAL HELP:

- CHI Community Referral Line: 650-381-4078
- San Mateo County (SMC) ACCESS Line: 800-686-0101
- Behavioral Health Services in SMC: smchealth.org/bhrsservices
- The National Suicide Prevention Lifeline: 800-784-2433
- If you are experiencing an emergency call or text 911.