

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.

排外主义是指针对陌生人、外国人或任何被视为陌生或外国的事物的恐惧和仇恨。在新型冠状病毒（COVID-19）疫情蔓延时，亚裔和太平洋岛民（AAPI）社群遭受的微冒犯、种族歧视、仇恨犯罪事件有所增加。以下是有关如何应对排外主义的几点建议。

我们能做什么：

- 1) 首先确保自身安全；
- 2) 通过社交媒体或报告工具（例如：新冠疫情下针对AAPI种族主义事件报告网页tinyurl.com/qk458xv）记录并提高其他人的意识；
- 3) 正视排外主义行为，与对方展开建设性的对话。

身为AAPI的社群成员能做什么：

- 制定安全计划
 - 找一位紧急状况下能给你支持的伙伴
 - 告知伙伴你的下落
 - 识别安全空间
 - 安全空间外保持警觉
- 征募盟友：向旁观者求助
- 紧急情况下拨打911
- 关照自己的情绪和身体
 - 你可以感到愤怒。
 - 尊重自己的身体。反抗、逃跑或僵住都是我们面对威胁时的正常应激反应。
- 寻求情感支持
 - 向你信任的亲友倾诉
 - 寻找与你类似经历的社群*
- 寻求专业帮助**

身为AAPI的盟友能做什么：

- 隐性偏见自查：tinyurl.com/lg5m2xk（哈佛隐性偏见测试）
- 向你的AAPI朋友提供帮助
- 支持当地的AAPI小型企业

*社群资源：

- 免费参加每周一次的“应对排外主义”在线工作坊（4/11/20-5/16/20）注册页面：tinyurl.com/s9xqyak
- 免费参加每月第一个周五的CHI Zoom会议，时间是1:30-3pm（会议ID: 808 111 324）
- 在脸书上关注CHI：tinyurl.com/jj9ast5
- 圣马刁郡的新冠信息：smchealth.org/coronavirus

**专业帮助资源：

- CHI的社区转介热线：650-381-4078
- 圣马刁郡ACCESS健康专线：800-686-0101
- 圣马刁郡的心理健康资源：smchealth.org/bhrsservices
- 全国预防自杀热线：800-784-2433
- 如遇紧急情况，请拨打或发短信至911