

## A Response to COVID-19 Xenophobia

**From: SSG Research & Evaluation, CRDP API Technical Assistance Provider**

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It has now been almost two months since Governor Newsom issued the State order to “shelter in place” and stay home except for essential needs. While we are “flattening the curve” of COVID-19 infection, we know that incidents connected to xenophobia and ignorance are on the rise in Asian American, Native Hawaiian, and Pacific Islander (AANHPI) communities.

We are living in unprecedented times, full of uncertainty and fear, but we find comfort in knowing that we will get through this by choosing **solidarity, not stigma nor blame**.

We have been disheartened by the xenophobia against Asian American, Native Hawaiian, and Pacific Islander communities, especially the Chinese community. Hearing leaders refer to COVID-19 as the “Chinese virus,” “Wuhan virus,” or the “foreign virus” is yet another attempt to divide us as a country. Comments like these are racist and only aim to strike fear. The recent incidents of racism and discrimination against Asian Americans, Native Hawaiians, and Pacific Islanders also threaten our collective public safety.

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. We have heard stories of both children and adults afraid to leave their homes, not only for fear of the virus but also for fear of other people who might do them physical harm based on who they are and what they look like. Additionally, fear and anxiety from racist comments can compromise our mental health and well-being, increasing the need for mental health services in already underserved communities. This increased fear and anxiety may manifest in: changes in sleep or eating patterns; difficulty sleeping or concentrating; worsening of chronic health problems; and increased use of alcohol, tobacco, or other drugs, adding to the impact of COVID-19.

We encourage you to take care of yourself, your friends, and your family. Connect with others. Talk with people you trust about your concerns and how you are feeling and how you are coping with your stress. We know that there have been a lot of resources shared about COVID-19 in general and maybe a few about AANHPI communities and COVID-19 connected to hate incidents. We have included links to some resources tailored for AANHPI communities and general COVID-19 resources below. We welcome you to share resources that you have found helpful.

Each and every one of us plays a key role in slowing the spread of transmission, fighting xenophobia, and protecting each other and our communities. We all should do our part to stop COVID-19, by practicing **social distancing, wearing masks properly when around others,**

washing our hands, and practicing respiratory etiquette (i.e., coughing into your arm or elbow). But, we also all need to protect ourselves and each other by being aware, connecting to resources, and being an ally, when possible, to stop hate incidents connected to COVID-19 perceptions and stereotypes.

We must take this time to protect ourselves, our loved ones, and our communities.

**Coronavirus does not discriminate based on race or ethnicity.** Let's condemn xenophobia and ensure that the health, mental health, and safety of all are protected by coming together, working with our neighbors instead of against them.

In celebrating Asian American and Pacific Islander Heritage Month, we want to recognize all of the many AANHPI essential workers and frontline providers, and stand in solidarity to support and protect one another and meet the growing needs of our communities across the country.

#### ~RESOURCES~

**Asian American & Native Hawaiian/Pacific Islander In-Language Resources for COVID-19**  
Assorted crowd-sourced resources from the community in 41 different languages, updated by APIAHF

<http://bit.ly/AANHPI-COVID19-Resources>

**Asian Pacific Policy & Planning Council (A3PCON)**

*Reporting Hate Incidents:*

incident form available in: English, Chinese, Hindi, Hmong, Japanese, Khmer, Korean, Punjabi, Tagalog, Thai, Vietnamese

<http://www.asianpacificpolicyandplanningcouncil.org/stop-aapi-hate/>

*Resources for When Experiencing or Witnessing Hate Incident*

<http://www.asianpacificpolicyandplanningcouncil.org/covid-19-resources/>

**Hollaback!**

<https://www.ihollaback.org/>

*Guide to Bystander Intervention*

[https://www.ihollaback.org/app/uploads/2016/11>Show-Up\\_CUPxHollaback.pdf](https://www.ihollaback.org/app/uploads/2016/11>Show-Up_CUPxHollaback.pdf)

#### **OTHER AANHPI - RELATED RESOURCES:**

**Asian Americans Advancing Justice**

<https://advancingjustice-aaajc.org/covid19>

**Asian & Pacific Islander American Health Forum (APIAHF)**

*Community Care Package:*

latest on in-language resources, tools to support leaders and managers, and ways to sustain our connections with one another

<https://actnow.io/HPur416>

*COVID-19 Resources*

<https://www.apiahf.org/public-health-alerts/covid-19-resources/>

**Association of Asian Pacific Community Health Organizations (AAPCHO)**

tailored resources for community health centers, multilingual and culturally appropriate materials for Asian American (AA), Native Hawaiian (NH), and Pacific Islander (PI) communities, resources to address stigma related to COVID-19, public health considerations, webinar opportunities, and policy updates

<https://www.aapcho.org/covid-19/>

**GENERAL RESOURCES:**

**Bay Area COVID-19 Resource Guide, from One Degree**

<https://about.1degree.org/covid-19-sf-en>

**Los Angeles COVID-19 Resource Guide, from One Degree**

<https://about.1degree.org/covid-19-la-en>

**Los Angeles COVID-19 Community Resource Guide**

[https://docs.google.com/document/d/1mnpqkJRf4qoZG3f2VqUoHXSZJP84Ot\\_GdOxCooAqE2g/edit](https://docs.google.com/document/d/1mnpqkJRf4qoZG3f2VqUoHXSZJP84Ot_GdOxCooAqE2g/edit)

**Orange County COVID-19 Community Resource Guide**

[https://docs.google.com/spreadsheets/d/1QWKqlFjKZsXZaXvBeuaM9WkgwYXHW7VWWDo\\_jblhgZk/edit#gid=0](https://docs.google.com/spreadsheets/d/1QWKqlFjKZsXZaXvBeuaM9WkgwYXHW7VWWDo_jblhgZk/edit#gid=0)