

HERE ARE SOME QUICK STEPS TO TAKE TO STOP THE SPREAD OF ANTI-ASIAN RACISM:

1

BE CAREFUL WITH WORDS.

Language has power. COVID-19's scientific name is coronavirus. The easiest way to fight xenophobia is with facts and accuracy. By using inaccurate names for this pandemic, you're furthering misinformation and putting Asian/Chinese individuals at risk by scapegoating them.

2

BE SENSITIVE ABOUT YOUR JOKES.

This pandemic is scary, and while humor can be a coping mechanism for some, it can also advance stereotypes and misinformation about populations and individuals related to this pandemic. So, before you make a joke or post a meme, evaluate whether it'll cause humor or hatred.

3

LEARN MORE.

The best place to start fighting against xenophobia is education. By educating yourself more about xenophobia, you're able to build a set of knowledge that you can apply when speaking with and teaching others about the impacts and consequences of xenophobia. You can find accurate and up-to-date resources by clicking this [link](https://www.quaranteensagainstxenophobia.com).

4

REFLECT.

Everyone makes mistakes – and that's OK! If you made a joke that you're not proud of, or you made an insensitive comment, what's important is that you're able to learn and grow from these experiences. By acknowledging (and, when necessary, apologising for) your mistakes, you're able to be a better ally and friend to those in the Asian community.

LEARN MORE:

[WWW.QUARANTEENSAGAINSTXENOPHOBIA.COM](https://www.quaranteensagainstxenophobia.com)

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