

# Stand Against COVID-19, Stand Against Hate

## 5 considerations if you experience hate

ADAPTED FROM A3PCON.ORG



### 1) Safety

If you feel unsafe, leave the area.



### 2) Stay Calm

Avoid eye contact, take a deep breath.



### 3) Speak Out

If you feel comfortable, firmly tell them their comments are not OK and to keep their distance.



### 4) Get Help

Ask bystanders for support.

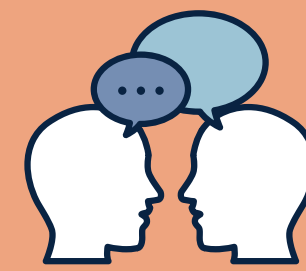


### 5) Emotional Support

Once you feel safe, talk to someone about what happened.



## Ways to support the AAPI community



**Speak up** if you see someone being harassed offer them help, invite the person to leave with you if the situation gets worse.



**Encourage** others who speak up, share their messages online.



**Buy from Asian businesses.**

## Report bias or racism to:

- [standagainsthate.org](https://standagainsthate.org)
- OR call the Seattle Office for Civil Rights' Anti-Bias hotline (206) 233-7100

