Especially stand up against the denigration of anyone in our Asian community at this time.

- 3. **Call it by its name**Use the correct term for the virus, "novel coronavirus" (or "SARS Ca") and for the disease, COVID19. No other names are acceptable
- 4. Affirm others.

- 1. Physically distance, yet socially connecten as we create the physical gaps that slow this virus, we must in fact remain sociallyconnected Recreate your social life virtually. Checkin with one or two people each day, especially anyone you know who is alone or undergoing hardship. Create social video chatsext someone a thank you.
- 2. **Be an ally or "upstander**"nd invite others to join you: Stand up to racist, downhistle, ageist, xenophobic, classist or other speech that divides our community into "us" and "them." We are all valuable and have a role taypl