Protect Yourself and Your Families
COVID-19 Multilingual Social Media Toolkit

As we work towards increasing awareness for monolingual members of the Asian and Asian American community around the coronavirus pandemic and safety measures that we must continue to take, we greatly value your support in sharing this life-saving content through your social media channels.

Below, we have social media posts in English, Traditional Chinese, and Vietnamese for you to use and share with your networks. There are folders with graphics in each language linked below, and each graphic is shown in this document with a suggested corresponding caption above it. Your support will help ensure we reach a wider audience and keep more members of our community safe.

If you have any questions, please reach out to:
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Thank you for helping keep our community safe!

AAPCHO Social Handles
Twitter: @AAPCHOtweets
Facebook: @AAPCHO
Instagram: @aapchograms

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There are a lot of myths out there about COVID-19.

**Myth:** The vaccine is dangerous

**Here's the truth:** The COVID-19 vaccine will save lives.

**Myth:** Masks don't do anything to protect you.

**Here's the truth:** Masks help prevent the spread of COVID-19.
Want to help protect your loved ones from COVID-19? Here are few small steps you should take:

1. Wear a mask
2. Wash your hands frequently
3. Practice social distancing
4. Get tested
5. Get vaccinated
Post Copy: Wondering how to help prevent the spread of COVID-19? Here's one small step that can have a big impact.

TIP:
Make sure to wash your hands frequently – and make sure to scrub for at least 20 seconds.

Post Copy: Wondering how to help prevent the spread of COVID-19? Here's one small step that can have a big impact.

TIP:
Keep a safe distance from others when you're out. Social distancing saves lives.
Post Copy: If you're in the Seattle area, click here for resources on safely getting medical care: https://aapcho.org/covid19seattle/
有關新冠肺炎 (Covid-19) 有好多誤解。

誤解：疫苗係危險的，
事實係：COVID-19 疫苗可以拯救生命。

關於新冠肺炎 (Covid-19) 有好多誤解。

誤解：口罩無助於保護你，
事實係：口罩係有助於防止 COVID-19 的傳播。
你係唔係想幫助同保護你的屋企人免受Covid-19的傷害？下邊有幾個你應該採取的小步驟：

1. 戴上口罩
2. 勤洗手
3. 實行社交距離
4. 接受檢測
5. 接種疫苗
你係唔係想知道如何幫助防止Covid-19的傳播？這是可以產生重大影響的一小步。

提示：
一定要經常洗手，同埋要確保至少搓20秒。

提示：
出街時記得同其他人保持安全社交距離，因為安全的社交距離可以防止新冠病毒的傳播。
如果你現時在西雅圖地區，請點擊以下網址以取得有關醫療護理的資源：
https://aapcho.org/covid19seattle/

不要害怕：假如您感到不適，請尋求醫療照護。
Post Copy: Rất nhiều thông tin thất thiệt được lan truyền về COVID-19.
Bạn muốn giúp bảo vệ người thân trước dịch COVID-19 không? Đây là vài việc nhỏ bạn nên làm:

1. Đeo khẩu trang
2. Rửa tay thường xuyên
3. Thực hiện giãn cách xã hội
4. Đi xét nghiệm
5. Đi chích ngừa
LỜI KHUYẾN:
Nhớ hãy rửa tay thường xuyên – và bạn phải chắc chắn ít nhất 20 giây.

LỜI KHUYẾN:
Hãy giữ khoảng cách an toàn với mọi người xung quanh khi ra ngoài. Giảm cách xã hội cứu sống nhiều người.
Đừng sợ: Nếu bạn thấy không khỏe, hãy tìm dịch vụ chăm sóc y tế.