



The Vietnamese Health Board – Ban Y Tế Cộng Đồng is working to respond to COVID-19 and the impact on Vietnamese communities. We know that communities of color are disproportionately impacted by the global pandemic. To help slow the spread of this disease, VHB co-produced a [video public service announcement](#) with local Korean artist and community leader Che Sehyun to convey the importance of hand washing, mask wearing, and social distancing in Vietnamese and English. Dr. Dat Giap, VHB Co-Chair says, “We are deeply concerned about the health and well-being of our community and felt the need to provide culturally appropriate health information. We must all do our part to protect our families and community.”

Social distancing is probably the hardest guideline to follow, especially when living with and caring for multiple generations. We center the video PSA around food as it the way Vietnamese-Americans express their love for one another and because it is essential for maintaining life. “It is important to take care of one another and we must take extra precautions when doing it. We will get through this pandemic with fewer lives lost if we only go out for essential activities such as getting food, medicine, and enjoying nature,” says Minh Nguyen-Wichman, Community Health Educator and Executive Producer.

The ultimate ramification of not following these health and safety guidelines can lead to death. We found that this is not a convincing argument for our refugee and immigrant community. A common response is, “everybody dies.” Nikki Châu, a Community Organizer says, “Everybody does die but COVID-19 is changing how we die and mourn for our families and communities.” Hospitals are currently not allowing visitors and people are dying alone in healthcare facilities. Moreover, communities cannot practice traditional burial rites because of the prohibition against funeral gatherings. For many Vietnamese, communal mourning and death rituals can provide therapeutic effect on grief, transitioning, and final closure. We need everyone to understand that and follow the basic safety guidelines outlined in the video PSA.

As the COVID-19 response changes, we believe that hand washing, mask wearing, and social distancing will remain important. Lan Nguyen, VHB member and Executive Producer says, “Our goal was to create a video that represents the lived COVID experiences of Vietnamese – Americans. We hope that the video also resonates with a wider audience, especially those who are struggling to find ways to effectively communicate safety protocols and what happens in a worst-case scenario.”

“We do this work for the Vietnamese diaspora and in solidarity with communities of color,” says Khanh Ho, Public Health Leader and Executive Producer. VHB is a proud member of the Community Health Board Coalition, a Black, Indigenous and People of Color-led organization that works to improve the health outcomes of communities of color in Washington State through policy and systems change.

Minh Nguyen-Wichman says, “I’m so impressed with our community. Many people are volunteering to sew masks, deliver food, call our elders to see if they are ok, and so much more!”

We are #InThisTogether. VHB believes that if you #DoYourPart, we can #ContainCovid. #WashYourHands #MaskUpCovidDown #StayHome #StayHealthy

**Please share this video PSA and like us on FaceBook. It can be viewed and shared via YouTube:**

<https://www.youtube.com/watch?v=LMs5e3BPvAY> and FaceBook:  
<https://www.facebook.com/vietnamesehealthboard/?ref=bookmarks>

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We are a group of health professionals and advocates aiming to promote health and wellness in our community. The Vietnamese Health Board’s Mission is to act as a trusted resource, bridging our community’s concerns related to health issues and the healthcare systems, while advocating for tools to enhance our community’s capacity to prevent illness, respond to emergencies and build a healthier community.