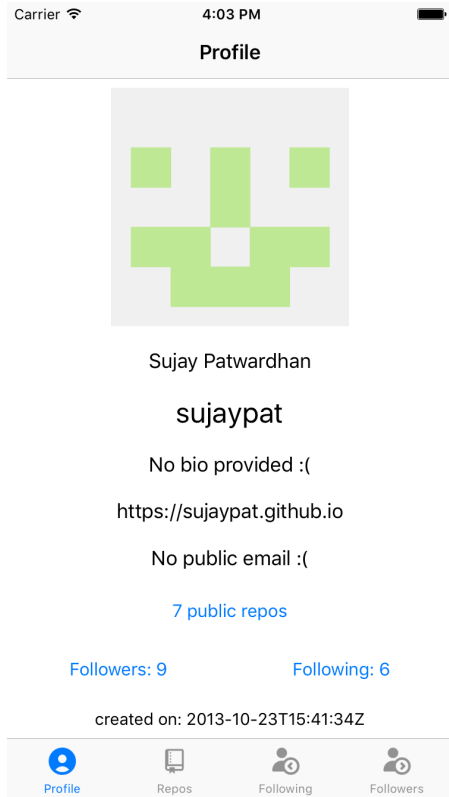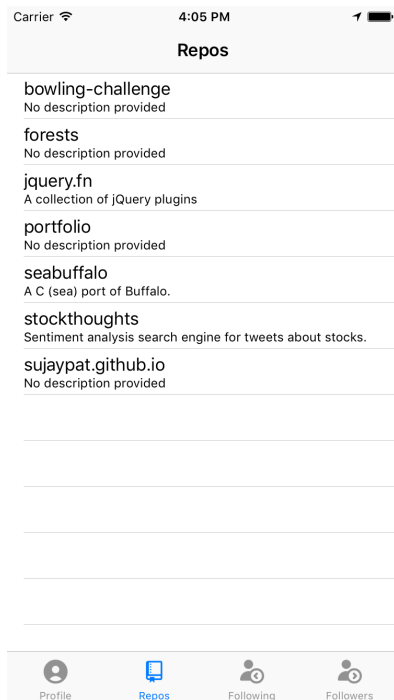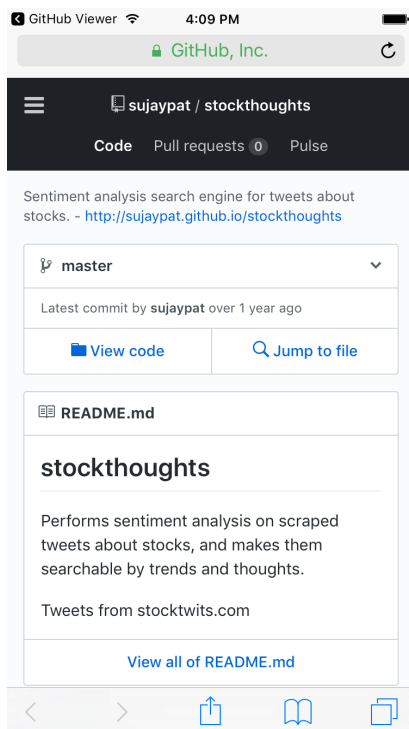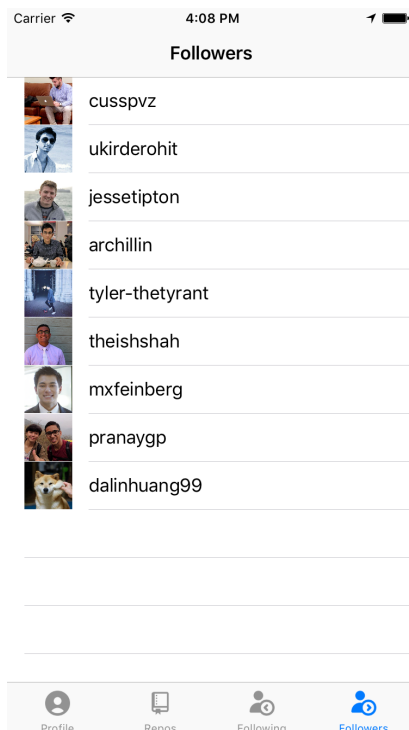Open the app.

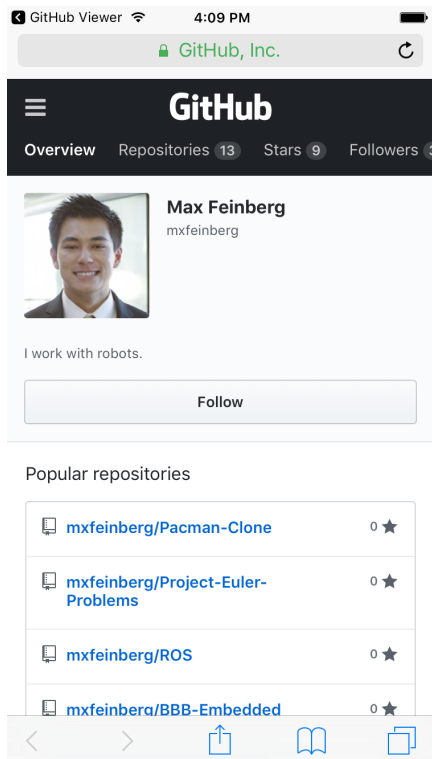Tap "X public repos" or the "Repos" tab at the bottom:

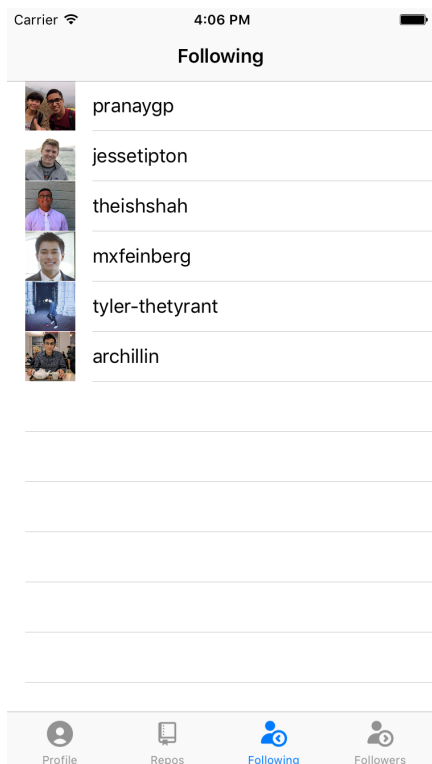Tap on any repo, in this example "stockthoughts":

Go back to the profile view and tap "Followers: X" or the "Followers" tab at the bottom:

Tap on any user, in this example "mxfeinberg":

Go back to the profile view and tap "Following: X" or the "Following" tab at the bottom:

Tap on any user, in this example "tyler-thetyrant":