

SAFER PROTESTING

IN THE TIME OF COVID-19

COVID-19

- Stay home if you have any symptoms
- Consider doing online support or protesting from cars
- Stay at least 6 feet away from others whenever possible
- Wear your cloth face covering or mask
- Wear shatter-resistant eye protection like goggles or safety glasses
- Sanitize your hands frequently
- Remember, yelling, shouting, and singing increase COVID-19 spread

WHAT TO BRING



- A friend! Protesting is easier and safer with someone you trust
- Water in a squirt bottle for drinking and rinsing eyes
- Snacks like energy bars or trail mix
- Phone number of someone you can call if arrested written on your arm in permanent marker
- Needed prescriptions in original containers (Don't forget your inhaler!)
- Hand sanitizer

WHAT TO WEAR

- Comfortable close-toed shoes you can run in
- Clothes that cover all your skin - long sleeves, long pants, and a hat
- Avoid things easy to grab like ties, jewelry, or loose hair
- Don't wear contact lenses, which can make teargas worse
- Don't use oil-based sunscreen or moisturizers



DEALING WITH TEARGAS AND PEPPER SPRAY



- Try to stay calm and breathe slowly. Panic makes it feel worse
- Move away from the source
- Blow your nose, cough, rinse your mouth & spit. Try not to swallow
- Flush your eyes with clean water
- Consider people around you who may need help

DURING AND AFTER

- Stay aware: keep an eye on police and counter-protesters
- Stay healthy: monitor your body and emotions, eat and drink, take breaks, know locations of water, snacks, shade, and medical
- Aftercare
 - Change clothes and shower when you get home
 - Seek medical and legal services if needed
 - Process your experience with someone supportive and caring
 - Quarantine for 14 days if you can

