

# How to Protest Safely During COVID- 19

## Before Protesting

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- Consider who is in your household and their health. Remember there are other ways to do anti-racist activism if you are concerned about exposing yourself or others.
- Know your rights when it comes to getting stopped by the police:  
[aclu.org/know-your-rights/stopped-by-police](https://www.aclu.org/know-your-rights/stopped-by-police)
- Use the buddy system by asking a friend to go with you and let someone know where you are going.
- Items to bring:  
water (helpful in flushing eyes if exposed to tear gas), sunglasses, mask, hand sanitizer, tissues, first aid kit, snacks, hat

Adapted and compiled from:

NAACP at UT Austin, Frontline Medics, Students for Sensible Drug Policy

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- Dress in long sleeves (or bring an outer layer) and wear pants to protect your skin from chemical agents. Wear your hair up and out of your face.
- Do not wear contact lenses, eye makeup or jewelry. Fully charge your phone and consider bringing an extra battery pack or charger.
- Write two emergency contacts, with phone numbers onto your hand or arm in permanent marker in case you are arrested.
- Take care of yourself physically and mentally. Nourish your body with food, stay hydrated and get enough sleep. Stay connected to your support systems and practice self-care.

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- Stay focused and aware of your surroundings at all times. Do not share images of protesters on social media to protect their identities. Wear a mask and avoid touching your face. Stay at least 6 feet apart from others.
- Document injuries caused by police with photos and note the time and location. Turn off Face ID and Touch ID, switch to Airplane Mode and disable data. Enable a passcode on your phone.
- Stay hydrated. Don't shake hands, hug, share drinks or engage in long face-to-face conversations. Cover your cough and sneeze into your elbow.
- If your eyes are exposed to pepper spray or tear gas:
  - Do not rub them
  - Tilt head sideways and rinse each eye with water
  - Do not flush with milk, the goal is to flush, not neutralize

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# How to Protest Safely During COVID- 19 After Protesting

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- Change your clothes as soon as possible, shower and disinfect your belongings.
- Consider a two week self isolation. It is possible to transmit SARS-CoV-2 without showing any symptoms.
- Continue to take care of yourself mentally, physically and emotionally.
- Know the COVID- 19 testing resources in your community. If you show signs of illness, keep track of your symptoms and consult a physician.  
[cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)

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