

# PROTESTING SAFELY

## WHAT TO WEAR



Nondescript, solid color, layered clothing; cover identifying tattoos



Goggles & mask



Emergency contacts written down



Heat resistant gloves



Tie your hair up

## WHAT TO BRING



Water for drinking & tear gas



Snacks



Cash/change & ID



Washcloth



Bandages & first aid supplies



Ear plugs



Protest signs



## ~~DON'T BRING~~



Cell phone without first turning off Face/Touch ID, going on airplane mode, and disabling data.



Jewelry

Anything you don't want to be arrested with



Contact lenses



# Before a Protest

*Know Your Risks and Be Prepared*

## Tips for protesters during COVID-19

Before joining peaceful protests it is important to consider the overall risk of infection to yourself and others. Be aware of the caseload in your community and wear protective clothing including eye and face protection. When possible coordinate with your group to share contact information ahead of time.



## Research risks, tips, and support systems

Study the case load in your community and where you are protesting. Know hours/locations of testing centers.

Map out the protest route and know where medical volunteers are stationed before you begin the route.

Know your rights – study how other protests in your area have gone, your legal rights and support systems if arrested, as well as how to protect your privacy and information if injured or exposed to COVID-19 while protesting.



## Pack for preparedness

Make signs and noisemakers to send your message, rather than yelling.

Pack spare clothes and, when possible, masks in Ziplock bags. Wet masks are not effective. Adding a nylon layer of fabric could boost masks' protection.

Cover as much of your face and neck as possible, including eye protection. Do not wear contacts. Tie your hair back to avoid trapping of tear gas particles in your eyes or hair.

Bring water, snacks, and rescue medication.

## Preserve your safety

If possible, avoid crowded public transport.

Stay at home if you are sick or been in contact with someone who is sick. Find effective ways to get involved online, like donating and signing petitions.

Look after your mental health. Take breaks when you need them.

Gather the regular/emergency contact information for everyone you attend the protest with.



# During a Protest

*Protection does not prevent participation*

## Tips for protesters during COVID-19



It is important to keep yourself and others protected while demonstrating. Wear protective equipment, protest in smaller groups, stay outdoors and keep moving.

## Watch what you touch

Don't touch your face or eyes.

Avoid sharing phones, water bottles, food or other personal items.

Do not share or handle signs, placards and other materials from other protesters.



## Maintain physical distance

Try to stay in smaller groups as much as possible - six feet apart is the ideal.

Stay mobile and avoid prolonged exposure to the same group of people outside those you travel with.

**Wear face masks** and eye protection properly. Make sure your eyes, face, and nose are fully covered with a strong seal.

Remain outdoors.



## If you are tear gassed or pepper sprayed,

1. Go to a less crowded area.
2. Find EMS or medical tents, if available.
3. Flush your eyes with water.
4. Strip off your outer layer of clothing and mask.
5. Place clothes and mask in a sealed bag.
6. Do not wear a wet mask, it is not effective.

If you need to call 911, or seek medical care try to move away from the protest if possible



# After a Protest

*Stay safe, stay informed, continue to support*

## Tips for protesters during COVID-19

Take precautions to protect members of your household and close contacts.



## When you get home,

Wash your hands, shower, and change clothes.

If you were exposed to tear gas, do not use hot water in your shower, as it will re-activate the gas.

Make sure to rest and re-hydrate.



## Over the next two weeks,

Stay in touch with other protesters, in case some later turn out to be sick.

Stay conscious of how you feel, especially if you begin to develop a fever or respiratory symptoms.

If you have roommates or family members who are high-risk, consider self isolation.

Get a COVID-19 test.



## In the long run,

Get those who can to donate to bail funds and legal support teams. Encourage local policymakers to reduce jail capacity to reduce transmission among incarcerated people.

Look after your mental health. Exposure to violence at protests and constant consumption of media regarding the Black Lives Matter cause and movement can be taxing and even traumatic. Reach out to other protesters and activists if this begins to take a toll or if you notice others struggling.



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