



# PROTEST GUIDELINES TO REDUCE RISK


There are inherent health risks in taking direct action amidst a pandemic, but we know that the threats to workers' rights, public health, and democracy outweigh the dangers for many. If you choose to participate, here are some safe ways to do so.

» Note: Even if you are fully vaccinated, these measures remain important. As more transmissible variants spread quickly across the country, Covid-19 vaccines may have reduced efficacy against these variants. Measures to prevent and reduce transmission of the virus remain critical.


## BEFORE AND DURING THE PROTEST »


 **Stay home if you're sick** — It's important that you do a self-assessment on your general health status, especially if you have diabetes, high blood pressure, chronic lung disease, asthma, kidney or liver disease, severe obesity, or undergoing cancer treatment. If you have COVID-19 symptoms, stay home and rest, get tested and participate in the next direct action when you are well.


 **Wear a mask** — This can be used for source control. **Remember that a cloth or surgical mask may protect others from your respiratory secretions, but it does not protect you.** Loose-fitting cloth and surgical masks can reduce large respiratory droplets emitted by the wearer, but air carrying small infectious aerosol particles can still flow in around the sides or through the cloth. Wearing masks in combination with other measures (including physical distancing in an outdoor space) reduces risk of transmission.


 **Maintain physical distancing** — Keep at least six feet from other people. Keep your direct action outdoors to minimize risk of transmission.

 **Consider wearing eye protection** — Eye or sunglasses can help reduce the risk of infectious SARS-CoV-2 aerosol particles contacting the eyes.


 **Bring water** — Bring extra bottles of water and stay hydrated, especially if there is minimal shade around to prevent heat stress.


 **Dress for the weather** — Consider the weather for the day and prepare accordingly. If it is hot, consider light-colored, lightweight and loose-fitting clothing, which absorbs less heat from the sun's rays and allows air to circulate. Apply sunscreen to prevent sunburn. If it is cool, consider bringing extra layers to stay warm.

 **Bring hand sanitizers** — Avoid physical contact with others outside your household and use hand sanitizer, though soap and water is preferable.

 **Use megaphones, signs, and noisemakers** — Megaphones are good tools to use to amplify voices, though important to note, the megaphone should be used by one person only to reduce fomite transmission. Signs and noisemakers are also good alternatives to shouting, chanting and singing to reduce aerosol transmission.

## AFTER THE PROTEST »

 **Wash clothes and shower immediately** after the event.

 **Consider quarantining for 14 days** after the protest, especially if you were not able to maintain social distancing or protested in areas that have reopened.

#ProtectNurses. All Our Lives Depend On It.

