

# 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. More transmissible, vaccine-resistant variants are spreading quickly across the country, and many public health protective measures are being removed. That makes the measures listed on this flyer to prevent and reduce exposure to the virus during protests 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 your own water bottle** — Staying hydrated is important, especially if it is hot. Make sure to bring your own water bottle to reduce any surfaces shared with others.



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



**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.



**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.



**No shared food or drink or other surfaces** — Please don't bring food, drink, or other items to share with people outside your household. If you need to bring a small snack for just yourself, make plans to eat it before the action or with a significant distance from others at the action. If you need to bring a chair or stool for your own use only, make sure to maintain at least 6 feet of distance from others and don't share your chair or stool with others outside your household..

## 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.**



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