

# PROTEST GUIDELINES TO REDUCE RISK

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

## 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.



**Have an exit plan and practice situational awareness** — Be aware of your surroundings before and during the protest. Identify and evaluate your exit options in the event that you need to immediately move away from a tear gas cloud. Let someone who is not at the same event know where you are. Locate the nearest emergency room from the event and identify at least two different ways to get there on foot.



**Protest with a buddy** — Stay in contact with a buddy during the protest. Be ready, together. Make a plan for getting home and know each other's emergency contacts.



**Wear a mask** — This can be used for source control and for airway protection from tear gas exposure. **Remember that a cloth face covering may protect others from your respiratory secretions, but it does not protect you.** There is limited evidence to suggest that wearing cloth face coverings actually helps reduce the spread of SARS-CoV-2. Unlike surgical N95 respirators, cloth masks have neither the particle filtration mechanism nor the airtight face seal design to filter at least 95 percent of infectious particles.



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



**Wear eye protection** — Shatter-proof, tightly sealed goggles will provide protection from tear gas particles or rubber bullet projectiles. Do NOT wear contact lenses or eye makeup as these could trap tear gas particles in the eyes.



**Dress in layers with pants and long-sleeved clothing** — The toxic irritant powder from tear gas may cause chemical burns or induce contact dermatitis. Cover the skin as much as possible, removing any clothing that may have been in/directly exposed to tear gas.



**Bring hand sanitizers** — Avoid physical contact and use a hand sanitizer, though soap and water is preferable.



**Maintain physical distancing** — Keep at least six feet from other people.



**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, especially if you were exposed to tear gas.



**Quarantine for 14 days** after the protest, especially if you were not able to maintain social distancing.

#ProtectNurses. All Our Lives Depend On It.



California Nurses Association



National Nurses Organizing Committee



National Nurses United