

Protesting

Protect Yourself:

Wear eye protection and heat resistant gloves



- **Goggles** help to protect against droplets, tear gas, and pepper spray
- **Gloves** can protect your hands from hot tear gas canisters and scrapes and cuts.

Carry water, hand sanitizer, and bandages



- **Water** to stay hydrated and rinse eyes
- **Hand Sanitizer** and **Bandages** for sanitizing and treating cuts and scrapes

Stick with your buddies to reduce unknown contacts



- **Protest buddies** can help keep you safe and reduce exposing yourself and others

Protect Others:

Use noisemakers, like drums and air horns



- **Noisemakers** can reduce droplets produced by shouting and singing.

Wear a mask



- **Masks** shield others from droplets that you produce and can help reduce tear gas irritation

AFTER Protesting

PROTECT YOURSELF

Clean up and care for yourself



- **Shower** to wash off any potential germs or remnants of tear gas/pepper spray
- **Wash** the clothes you were wearing
- **Disinfect** your personal belongings
- **Hydrate & Rest** your body
- **Care** for your mental health

PROTECT OTHERS

Quarantine to keep others healthy



- **Consider** a 14-day quarantine
- **Ask** friends who participated with you to do the same
- **Monitor** yourself for COVID-19 symptoms



FEELING ILL OR SUSPECT EXPOSURE?

Stay engaged at home



- **Get Tested**
- **Stay Home**
- **Participate** virtually to support Black-led organizations and movements

Always listen, learn, and work toward anti-racism