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

FEELING ILL OR SUSPECT EXPOSURE?

Stay engaged at home

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

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

Always listen, learn, and work toward anti-racism