

Safely Protesting: Tips for before, during, and after

Protesting during the COVID-19 pandemic can be tricky. To help, we've gathered a few tips for protesting safely.

Updated: July 8, 2020

BEFORE YOU GO

- Hydrate
- Pack light
- Check weather
- Charge your cell phone
- Evaluate travel plans, and know multiple routes to/from your location
- Determine an emergency contact, and inform them of your plans from the point you leave to the point you [intend to] get home
- Write down emergency and legal assistance contact information (not only in your phone)

WHILE YOU'RE THERE

- Wear a mask!
- Stay away from large public containers (e.g., trash cans, mailboxes, dumpsters, news stands)
- Practice physical distancing
- Use the water, snack, and hand sanitizer you packed
- Reflect on your role, your purpose, your goal(s) and their alignment with the collective role, purpose, and goal(s)

WHAT TO BRING

- Water (with a squirt top to drink and wash with)
- Hand sanitizer
- Snack(s)
- Identification
- Emergency contact information (write it down in case your phone dies)
- Enough money to a pay phone, public transit, food
- Required medication
- Tissues or wet wipes
- Basic first aid supplies
- Paper, pen, or other materials for documentation and reflection
- External/portable battery
- If you're menstruating, pads instead of tampons

WHEN YOU'RE HOME / BEFORE YOU GO AGAIN

- Clean off and wash your hands/body
- Revisit the "what to bring" list
- Reflect on your values, actions, behaviors, and goals
- What role have you played?
- How do you feel about the role you played?
- What, if anything, will you strive to change next time?
- What, if anything, will you strive to maintain next time?

WHAT TO WEAR

- A mask/bandana
- Comfortable, protective shoes
- Clothing that covers your skin
- Shatter resistant eye-protection
- A hat

WHAT NOT TO WEAR

- Vaseline, mineral oil, oil-based sunscreens or moisturizers
- Contact lenses
- Loose hair, jewelry, clothes

REFERENCES

https://www.amnestyusa.org/pdfs/SafelyDuringProtest_F.pdf

<https://www.hrc.org/blog/tips-for-protesting-peacefully-and-safely>

<https://www.cnn.com/2020/06/02/us/how-to-protest-safely-know-your-rights-wellness-trnd/index.html>

<https://www.npr.org/sections/health-shots/2020/06/10/874021507/protesting-heres-how-to-help-keep-your-family-safe-from-covid-19-when-you-go-home>

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