



Safety Guidelines for Protesting:

Make a Plan

There will be a lot of people and a lot of emotions. Have a plan for what to do if the situation escalates. Identify a location away from the area where you and your group will meet if you get separated and have to leave quickly.

Know Your Rights:

The ACLU has a [comprehensive website](#) about your rights as a protester in both English and Español. Amnesty International has a [visual guide](#) for other things to consider, plus information on how to deal with tear gas, if that is used by police

What to Bring

- **A buddy**
You should always bring someone with you.
- **Mask and Hand Sanitizer**
It is important to follow health and safety guidelines related to COVID-19. Wear a mask, and bring hand sanitizer. Follow social distancing guidelines to protect your health and the health of others.
- **A backpack, fanny pack or bag with the following:**
Identification; credit card; cash (\$10+ recommended); paper and pen; any medical supplies that you might need (epi pen, inhaler, etc.); a card with emergency contacts on it, and declaring any medical conditions; charged cell phone and an extra battery bank if you have it; snacks, and a bottle of water.

During the Demonstration

- Avoid activity that infringes on the rights of others, such as blocking and preventing the movement or access of others.
- Be calm and focused.
- React to danger or warning signs sooner, not later.
- Watch for signs of physical and mental problems in yourself and others.
- Leave the area where others are engaging in illegal activities and acts of violence.

Mitigating the Risk of COVID-19 While Protesting:

- Wear a face mask, gloves, and even cover your hair. For further protection, cover as much visible skin as possible without hindering your vision.
- Demonstrate consistently alongside close contacts and moving together as a group, rather than extensively intermingling with multiple groups.
- Wash hands frequently
- Avoid touching your face.
- Avoid touching objects and surfaces that others have touched.
- Carry hand sanitizer and use it often, especially before or after touching anyone. Consider bringing enough to share with fellow protestors.
- Stay at home when sick, and use other platforms to advocate your position.