



COVID SAFETY FOR PROTESTS

from the People's CDC



WHY USE PRECAUTIONS?

COVID-19, like police violence, disproportionately harms Black, Indigenous, and other People of Color, especially those who are also disabled. Using COVID precautions makes the movement safer and more accessible and protects everyone from COVID's long term impacts. It keeps us in the fight, and it's the right thing to do.

TEST BEFORE YOU GO

Many cities still offer free testing. Stay home if you test positive or if you are feeling sick, even if you test negative. Tests aren't perfect, so if you test negative and aren't feeling well, continue with the following layers of protection.

1

WEAR A HIGH-FILTRATION MASK THAT FITS

2

The virus is airborne and moves through the air like smoke. Whether indoors or out, wear a high-filtration mask like an N95, KN95, KF94 that fits well. Omicron variants can be easily transmitted even while outside, especially in crowds.

SPREAD OUT

There is strength in the physical presence of a protest, even without folks shoulder-to-shoulder. Keeping your distance, especially as folks are chanting/yelling, keeps you safer, makes moving around easier, and makes crowds look bigger!

3

SEEK FRESH, MOVING AIR

4

Poor air quality increases the risk of COVID spreading. If a protest moves indoors, open as many windows as possible, and bring air filters (ex. HEPA filter, Corsi-Rosenthal box). Occupying a building entrance is safer than crowding inside.