

Reducing Risks While Protesting During COVID-19

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Introduction

At Planned Parenthood we *Respect and Honor All People*, and stand in opposition to racist violence against Black people. Structural racism and police brutality are long-standing public health issues that have contributed to many of the health inequities Planned Parenthood patients, supporters, and communities experience daily. This includes the disturbing, disproportionate impact of COVID-19 itself in Black communities. Just as we continue to innovate and provide sexual and reproductive health care during the COVID-19 pandemic, we must continue to address structural racism and violence. Planned Parenthood acknowledges that showing up, speaking out and protesting police brutality and violence is public health work that is needed to achieve health equity.

COVID-19 Specific Guidance for Protesting In Person

1. Stay home if you are not well or have reason to think you have COVID-19.
2. Assess your level of risk for severe illness if you contract COVID-19 and your risk tolerance for exposure from participating in a group protest or from being detained.
3. Wear a mask or face covering over your nose and mouth.
4. Protect your eyes
 - a. Wear goggles, sun- or safety-glasses to protect from coughs, projectiles, or other substances.
 - b. If you are concerned with being exposed to tear gas or pepper spray, avoid wearing contact lenses.
5. If you are exposed to tear gas or pepper spray, move away from the area. Do not rub your eyes, flush out your eyes with water. Remove contaminated clothing as soon as possible and shower with soap and water. Effects should wear off within 30 minutes.
6. Bring hand sanitizer and clean your hands frequently, particularly after touching any shared items or surfaces.
7. Avoid touching your eyes, nose, and mouth unless your hands are clean.
8. Maintain at least 6 feet of physical distance from other protestors and from law enforcement, particularly those not wearing face coverings, if at all possible.
9. Stay hydrated and wear sunblock.
10. If you have asthma or severe allergies, make sure you have your rescue medications with you in case of need.
11. Following the protest, monitor yourself for symptoms, contact your health provider if you have any health concerns, and continue to take recommended precautions to reduce risk of unwitting transmission of COVID-19 to others including:
 - a. Stay home as much as possible and wear a face-covering whenever you are in a public space

Response and Planning

- b. If you're able to and your community has a high rate of COVID -19, self-quarantine for two weeks post protest
- c. Reach out to local testing centers or your healthcare provider if you think you should be tested

Virtual/Physically Distant Protest

Protesting in person is not the only way to make your voice heard. If you are unable to participate in an in-person protest for any reason, you can participate in the following strategies.

- Car Protests
- Virtual Rallies
- Social Media
- Flying a banner from home