

**How to  
Minimize  
COVID-19  
Transmission  
During Protests**

# **BEFORE THE PROTEST**

## **Things to Pack:**

- Hand sanitizer (70+% alcohol)**
- Extra masks**
- Snack and water bottle**
- Disposable bags to store used masks and other potentially-contaminated items**

**Prepare a bleach solution to disinfect surfaces you touch when you return home.**

# DURING THE PROTEST

- Wear a mask and/or face shield and eye protection
- Physical distance (6+ feet) when possible
  - Avoid others without a mask on
  - Frequently apply hand sanitizer
  - Do not touch your face
- Limit yelling: use signs & noise makers instead
  - Stick to a small group
- Do not shake hands, hug, or have long, face-to-face conversations
  - Drink water to stay hydrated

# AFTER THE PROTEST

- Wash your hands
- Remove clothes and wash them immediately (or ASAP)
- Disinfect surfaces you touched with bleach solution
- Self-quarantine for 2 weeks
- Get COVID-19 testing 5-7 days after protest (if available)

# COVID-19 SYMPTOMS

The following symptoms may appear 2-14 days after exposure:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

If you develop symptoms, stay home and call your healthcare provider.

# MORE RESOURCES

[www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

[www.who.int/health-topics/coronavirus](https://www.who.int/health-topics/coronavirus)

[www.publichealth.lacounty.gov/Coronavirus](https://www.publichealth.lacounty.gov/Coronavirus)