

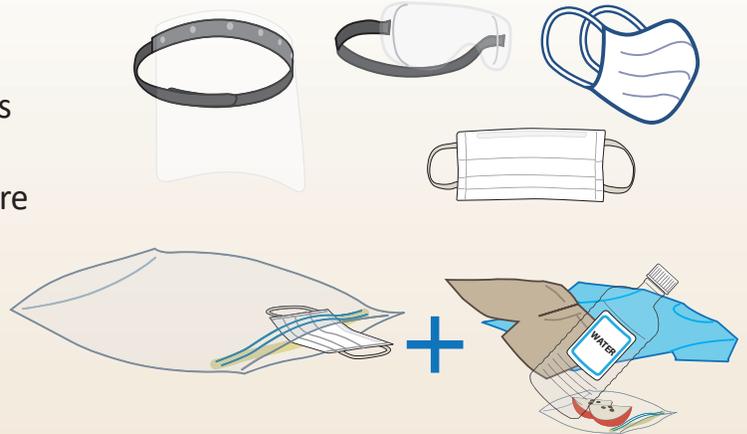


# COVID-19 & Protesting: How To Stay Safe

**COVID-19 can spread in large groups. Here are some steps you can take to keep each other safe.**

## Before the Protest:

- Are you feeling sick? Stay home and get tested
- Know where you're marching. Find escape routes and areas to rest
- Go with a group. Share contact information before you go. Make sure phone is fully charged
- Bring an extra mask. Pack water and snacks
- Avoid taking crowded transportation



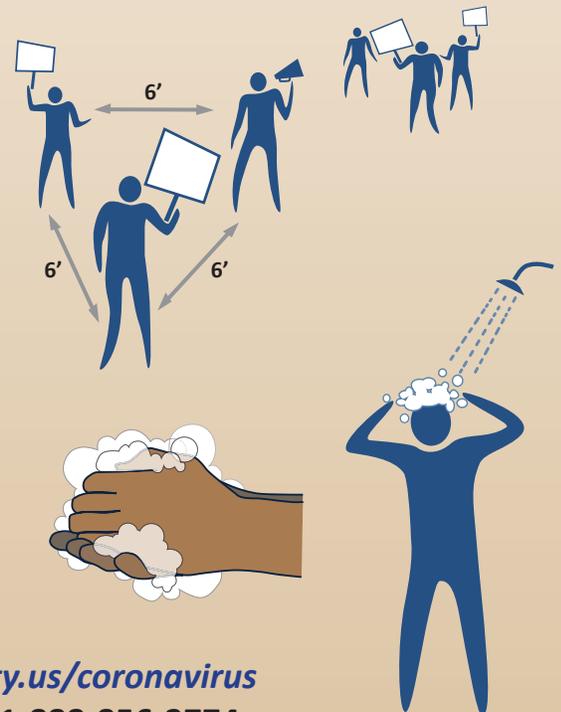
## During the Protest:

- Wear a face mask. Cover eyes with glasses, goggles or a face shield
- Stay with your group. Stay at least 6 feet from others
- Avoid sharing personal items
- **If exposed to tear gas or pepper spray:**
  - Move away. Call 911 or seek medical help
  - Flush eyes with cool water



## After the Protest:

- Wash hands, shower, and change clothes when home
- **USE COOL WATER** if exposed to tear gas or pepper spray
- Rest and drink plenty of water
- Watch for COVID-19 symptoms and check to see if the group shows symptoms over the next week
- Get tested if feeling symptoms of COVID-19
- Concerned about exposure to COVID-19?
  - Testing is available for those without symptoms who worry they were exposed
  - Wait about a week before getting tested
  - Testing locations can be found at: [bit.ly/ACTestingSiteMap](https://bit.ly/ACTestingSiteMap)



Questions about COVID-19? Visit [www.alleghenycounty.us/coronavirus](https://www.alleghenycounty.us/coronavirus) or call the Health Department's coronavirus hotline at **1-888-856-2774**.