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

Questions about COVID-19? Visit www.alleghenycounty.us/coronavirus or call the Health Department’s coronavirus hotline at 1-888-856-2774.