

PROTESTING DURING COVID-19: HEALTH & SAFETY

What are the ways to reduce risk of exposure when traveling to/from an event?

San Mateo County Health continues to recommend that people stay home as much as possible. If you must go out, walking, biking, or driving alone in a personal vehicle are the best travel options to reduce risk of COVID-19. These options are not available to everyone. If you're

using public transportation, remember to wear a face covering, enter through the back door, maintain at least 6-feet of distance between yourself and other passengers, and reserve the front for passengers in need of priority seating whenever possible.

During protests, what should I do to protect myself and others in San Mateo County?

- **Do not attend any gatherings or protests if you are ill or have symptoms of COVID-19.** And, remember that COVID-19 can spread from people who do not have any symptoms.
- **Wear a cloth mask or face covering.** This helps protect those around you, and others wear face coverings to help protect you.
- **Stay at least 6 feet or more away from others** that don't reside in the same household as you.
- **Avoid touching objects and surfaces** that others have touched.
- **Wash your hands whenever possible.** Supplement with hand sanitizer if soap and water are not available.

After attending a protest, what steps should I take to protect myself and others from COVID-19?

Monitor your health for 14 days. If you do not develop any symptoms, then you do not need to get tested right now. However, if you develop even mild cough, fever or other new symptoms, you should self-isolation and contact your

health care provider so they can evaluate your symptoms and determine if testing is needed. Anyone who has been in close contact with someone known to have COVID-19 should stay home and away from other people for 14 days.

How can I help lower the risk of transmission of COVID-19 in San Mateo County?

Outdoor gatherings are lower risk than indoor gatherings. The larger the gathering, and the longer you're there, the higher the risk of catching or spreading COVID-19.

People who have been at group gatherings should monitor their health for 14 days afterwards. Anyone who develops symptoms of COVID-19 should get tested right away, whether they've been at a protest or not.

Physical distancing and other measures to slow the spread of COVID-19 are not all-or-nothing — even if you attended large group gatherings, it's just as important that you continue to stay home whenever possible, remain at least 6 feet away from others and wear a face covering when in public, wash your hands, and avoid touching your face.

How can I cope with my anxiety and support others experiencing mental health challenges?

This is an extremely difficult time for many, especially Black people in our community and around the nation. Tending to the emotional and mental health needs of your community and yourself are an important part of your health and wellness, especially now. Witnessing this trauma repeatedly affects mental health, especially for communities of color. Check-up on friends, family and community, as well as checking in with yourself.

For more information on staying healthy, please visit us at:

 **Dial 2-1-1** for non-emergency, non-medical calls

 smchealth.org/coronavirus

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