

# PROTEST SAFELY IN THE COVID ERA

The Cornell Center for Health Equity strongly condemns racism in all its forms and supports efforts to eradicate racism from all of America's institutions. At the same time, we are in the middle of the COVID-19 pandemic, which still smolders in our population. To make demonstrations to eradicate racism as safe as possible, we offer you the following advice to minimize the risk for spreading the coronavirus while you exert your right to free speech.

- **KEEP 6 FEET APART** from other marchers
- **KEEP 6 FEET APART** when you bend the knee, lie down, or sit
- **WEAR A MASK AT ALL TIMES**
- **AVOID SHAKING HANDS OR HUGGING PEOPLE**  
— Give air hugs
- **CARRY HAND SANITIZER**  
— perform hand hygiene if you touch anyone — If you do not have hand sanitizer, **wash hands frequently with soap and water**
- **AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH**
- **DRINK PLENTY OF WATER**  
— There have been reports of dehydration at other protests
- **USE WATER TO WASH OFF PEPPER SPRAY OR TEAR GAS** — No need for milk

COVID testing is **FREE** and recommended for **ALL New Yorkers** regardless of symptoms, especially if spending time in large crowds.

Testing locations can be found by calling 311 or scan QR code

