**SAFETY DURING PROTEST**

### WHAT TO DO

+ Plan ahead: For essential needs, care and supplies. Know what to expect. Know how to get assistance. Plan for how to re-contact your buddies if separated.
+ Be calm and focused: when things get most intense, react to danger or warning signs sooner, not later.
+ Watch for signs of physical and mental problems in yourself and others. Cool down others who exhibit panic behavior.
+ Document: film or write down police actions, brutality, and injuries.

### WHAT NOT TO DO

+ Don’t put vaseline, mineral oil, oil-based sunscreen or moisturizers on skin as they can trap chemicals.
+ Don’t wear contact lenses, which can trap irritating chemicals underneath.
+ Don’t wear things which can easily be grabbed (i.e. jewelry, ties, loose hair).
+ Don’t go alone, if you can help it — go with an affinity group or some friends who know you well.
+ Don’t forget to eat food and drink lots of water.

### WHAT TO BRING

+ Water in a plastic bottle with squirt top, to drink and to wash off your skin or eyes.
+ Energy snacks.
+ Identification and/or emergency contact information.
+ Enough money for pay-phone, food, transportation.
+ Watch, paper, pen for accurate documentation of events.
+ Inhaler, epi-pen, insulin & several days of prescription medication.
+ Menstrual pads. Avoid using tampons – if you’re arrested you may not have a chance to change.
+ Basic First Aid Kit.
+ Wet Wipes and tissues.
+ Shatter resistant Swimming Googles and a N95 Facemask.
+ Comfortable, protective shoes that you can run in.
+ Clothing covering all your skin to protect from sun and pepper spray exposure.
+ Shatter-resistant eye protection (i.e. sunglasses, swim goggles, or gas mask).
+ Bandana to cover nose and mouth soaked in water, lemon juice or vinegar, it can aid in breathing during chemical exposure.
+ Fresh clothes in plastic bag (in case yours get contaminated by chemical weapons).
+ A hat to protect you from the sun and from chemical weapons.

### WHAT TO WEAR

+ Gas masks provide the best facial protection, if properly fitted and sealed. Alternatively, goggles, respirators, or a wet bandana over the nose & mouth will help.
+ STAY CALM. Panicking increases the irritation. Breathe slowly and remember it is only temporary.
+ Blow your nose, rinse your mouth, cough & spit. Try not to swallow.
+ If wearing contacts: you must remove the lenses or get someone to remove them for you, with CLEAN, uncontaminated fingers. Destroy the lenses after exposure.
+ DO NOT RUB IT IN.
+ Use an eye flush using a solution of half liquid antacid and half water. This only applies to aluminum hydroxide or magnesium hydroxide.

### DEALING WITH TEARGAS

+ Avoid use of oils & lotions because they can trap the chemicals and thereby prolong exposure.
+ Use an eye flush using a solution of half liquid antacid and half water. This only applies to aluminum hydroxide or magnesium hydroxide.

### KNOW YOUR RIGHTS

+ Freedom of Expression and Assembly: Everyone has the right to carry their opinion to the streets.
+ Protection of the Right to Freedom of Assembly: Law enforcement must facilitate and not restrict a peaceful public assembly.
+ Freedom from excessive use of force: In the policing of non-violent protests, police must avoid the use of force.
+ Right to Medical Assistance: If you are injured you have a right to medical assistance without delay.
+ Freedom from Arbitrary Arrest and Detention: If you are arrested you have a right to be told of the reason for your arrest, you also have the right promptly after your arrest to have access to a lawyer and to your family.
+ Right to Complain: If your rights have been violated you have a right to file a complaint and to be provided information on how to do so.