

Reduce the risk of spreading COVID-19 during protests

Before the protest

- If you are sick or have a fever, **STAY HOME**.
- Use your voice through social media platforms.
- Wear a face covering or mask.
- Communicate with those in your household and be knowledgeable of the health condition of others in your home. Consider their health risks as well as your own before being exposed.

During the protest

- Wear a face covering.
- Wear eye protection to prevent injury.
- Stay hydrated.
- Use hand sanitizer.
- Use signs and noise makers to reduce the spread of coronavirus through saliva.
- Move with a small group within the group.

After the protest

- Wash your hands and clothes as soon as you get home.
- Monitor your temperature.
- If you can isolate, do so.
- If you cannot isolate, keep a journal of all the places you've gone or all the people you have seen for two weeks. If you do get sick, this information can help protect your loved ones and prevent the spread in the community.

If you have symptoms, are sick, or have had close contact with someone who is:

- **Monitor your health.** If you start developing symptoms or have been exposed to COVID-19, call the COVID-19 Hotline (804-205-3501) to register to receive a free test.

- **Older adults and those with underlying medical conditions** may be at higher risk for more serious complications and should seek medical attention before symptoms become severe. Call ahead before visiting your provider or an urgent care facility.
- **Wear a facemask, bandana or scarf** (if over the age of 2) that covers your nose and mouth when around other people and keep your distance from others (at least 6 feet).
- **Cover coughs and sneezes** with a tissue or the inside of your elbow.
- **Do not leave home and avoid contact** with others until fever-free for 72 hours (without the help of medication) AND at least 7 days have passed since symptoms first appeared.
- **Wash your hands often** with soap and warm water for at least 20 seconds. Clean and disinfect high touch surfaces every day.
- **Inform close contacts.** Talk to everyone who has been within 6 feet for more than a few minutes while you were sick, including the 48 hours BEFORE you developed symptoms.
- **Regularly clean 'high-touch' surfaces** such as doorknobs, counter tops, light switches, refrigerators, microwaves, remotes and tablets, and other surfaces often touched by people in the household.

