GUIDANCE TO PREVENT SPREAD OF COVID-19 AT PROTESTS & RALLIES

This document summarizes CUPHD's recommendations for community members joining protests/rallies locally and across the country.

- We support these demonstrations as vital to the national public health and to the threatened health specifically of Black people in the United States. We encourage the safest protesting practices without detracting from the demonstrators' ability to gather and demand change. **This should not be confused with a permissive stance on all gatherings.** Below are measures for harm reduction. It is our sincere hope that all participants will be able to follow these recommendations for safer public demonstrations.

- To support the health of protesters, we encourage:
  - Use of face coverings/masks.
  - Distancing of 6ft or more, whenever possible.
  - Demonstrating alongside your cohort (people you live with) and moving together as a group, rather than mingling with other groups.
  - Stay at home if you are sick or are at higher risk and use other platforms to oppose racism.

- People who have been at demonstrations should take precautions, understand the risks, and monitor their health for 14 days afterwards. Anyone who attends a protest should get tested 5-7 days after the event. Anyone who develops symptoms of COVID-19 should get tested right away, whether they’ve been at a protest or not.
  - COVID-19 testing is now available at Market Place Shopping Center (2000 N. Neil Street Champaign, IL). Testing site is located in the parking lot on the East side of the mall - Enter through the South mall entrance off of Market Street. This is a FREE service that can be obtained without a doctor’s referral or code.
• Remember that 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.

• This is an extremely difficult time for many and may place a particular burden on Black people in our community. Tending to the emotional and mental health needs of our community is an important part of public health, especially now. Witnessing this trauma repeatedly effects mental health, especially for communities of color. Check-up on friends, family and community, as well as checking in with yourself.