


SAFETY DURING PROTEST

AMNESTY
INTERNATIONAL



WHAT TO DO



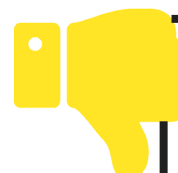
- + Plan ahead: For essential needs, care and supplies. Know what to expect. Know how to get assistance. Plan for how to re-contact your buddies if separated

- + 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, epipen, 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

WHAT TO WEAR



- + Shatter resistant Swimming Goggles 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

DEALING WITH TEARGAS



- + Avoid use of oils & lotions because they can trap the chemicals and thereby prolong exposure

- + 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

- + 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

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.