

Safer Participation in a March During COVID-19

We understand that people are hurting and voices need to be heard.
We are listening.
Take care of one another and be as safe as possible.

DURING

- Wear a cloth mask at all times.
- Wear ear plugs or noise protectors.
- Maintain physical distancing (2 metres) as much as possible.
- Make noise with drums or thunder sticks, as shouting can increase the spread of droplets.
- Regularly clean your hands.
- Avoid sharing with others (i.e., food, water, posters, etc.).

AFTER

- Remove and wash your clothes immediately.
- Shower as soon as you can.
- Disinfect any materials that you carried.
- Monitor yourself for symptoms of COVID-19 and go for testing if needed.



AVOID PARTICIPATING IF...

- You are sick or experiencing symptoms of COVID-19.
- You have a pre-existing condition or are in an at-risk group for COVID-19.
- You are in close contact with high-risk individuals.

