



PROTESTING 101

recommendations for protest safety
compiled from multiple resources
in gratitude and solidarity

This zine was made in 2020 for the Justice for George Floyd protests and is designed as a starting point.

Do your research before you go out. Listen to what lead organizers recommend. Put the Black community of Minnesota first.

We are in an immense depth of gratitude for our community organizers. Thank you over and over. In love and liberation.

Take good care, respect your community, fuck 12.

CENTRAL RULES

- 1. LISTEN TO YOUR ORGANIZERS & THE BLACK COMMUNITY MEMBERS, THEY KNOW BEST.**
- 2. DO NOT POLICE YOUR FELLOW MEMBERS IF THEY ARE WORKING IN CARE. DO NOT SNITCH TO MEDIA OR POLICE. DO NOT ENDANGER OTHERS.**

CURFEW

Mpls and St. Paul are enforcing a 10pm-4am curfew. Check for updates as this can change. Consequences of breaking curfew:

- possible misdemeanor
- \$1000 fine
- up to 90 days in jail

If you are not prepared to face those consequences, do not break curfew.

GENERAL RECOMMENDATIONS

again, listen to community leaders

- DO NOT EVER GO ALONE. Stay in a group. Make sure someone you trust who isn't at the protest knows where you are.
- Turn off location services & facial/fingerprint recognition on your phone.
- Use apps like Signal or WickrMe for more secure communication.
- March with the flow of traffic unless you need to lose vehicles or cops tailing your group.
- Stay tight, stick together, & take up as much space as possible.
- Regroup somewhere safe when needed.
- Drag objects into the street behind you to deter vehicles or cops.
- Move around intersections and corners quickly.

- Know the following of all your crew:
Name, contact, birthdate, lawyer
if applicable, medical conditions/
prescriptions
- Protect & look out for each other.
- Be prepared to defend yourself.
- Have a plan for if you need to leave
quickly and get somewhere safe.

PHONE NUMBERS

WRITE IN SHARPIE
ON YOUR BODY

National Lawyers Guild:

612-444-2654

Transportation:

612-492-1507

The number of someone
you trust.

*Under IF ARRESTED,
this is your “trusted contact”



IF ARRESTED

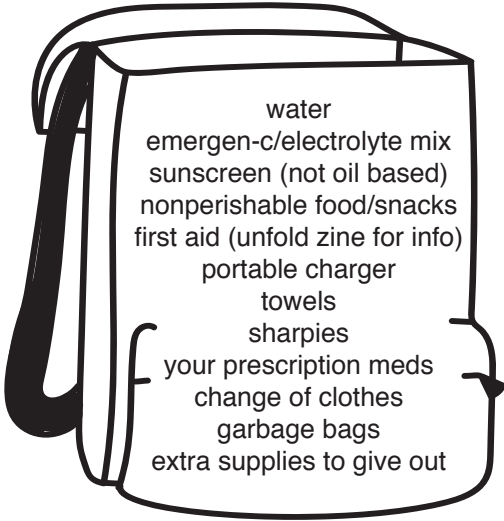
- White folks may be asked to move to the front and be arrested to protect BIPOC. This is the right call.
- If someone is arrested, do not linger long. Get their info (name, birthdate, who to call) & get moving.
- If you're arrested, you will get one call: it is suggested to call the National Lawyers Guild (see PHONE NUMBERS). Give their jail support team the number of your trusted contact to coordinate for you (tell them if you need meds/care too). You may also choose to call a personal lawyer.
- Know that getting arrested can mean same night bail or 1 or more overnights
- You have the right to ask for reason of arrest.
- You do not have to answer any questions or say anything without a lawyer present.
- You can ask for your Miranda rights to

be read

- If you get arrested your prints will be taken & your info will be public. Know this & decide if you are willing to risk it.

GEAR

- Wear clothing with NO identifying visuals such as labels or designs, OR wear it inside out.
- Wear all black if possible, cover anything that makes you easily identifiable (e.g. tattoos, hair, etc.)
- Wear masks/bandanas/facial coverings
- Protective eyewear (e.g. goggles) for tear gas and smoke
- DO NOT WEAR CONTACTS in case of tear gas (unfold zine to learn more about tear gas)
- Wear layers: hoodies, beanies, etc.
- Comfortable running shoes
- Have a backpack if you can and fill it with ----->



water
emergen-c/electrolyte mix
sunscreen (not oil based)
nonperishable food/snacks
first aid (unfold zine for info)
portable charger
towels
sharpies
your prescription meds
change of clothes
garbage bags
extra supplies to give out

**ONLY TAKE WHAT YOU CAN
CARRY/RUN WITH.**

Unfold zine for more.

FOR THE HEALTH AND SAFETY OF YOURSELF AND OTHERS:



REMINDERS

- DO NOT TAKE PHOTOS OR VIDEOS WITH IDENTIFYING INFO. NO FACES, NO IDENTIFIABLE CLOTHING, ETC.
- If recording, stay back from the crowd and do not say names of anyone
- Stay out of view of cameras as best you can
- PROTECT AND CENTER YOUR BLACK COMMUNITY MEMBERS FIRST AND FOREMOST
- REST IF YOU NEED TO. Keeping movement sustainable is priority. Do not burn yourself out. Take shifts, create networks with your neighbors, know what your capabilities are.

COVID-19

- As much as possible, maintain at least 6 feet of distance between yourself and those you haven't been isolating with
- Wear a mask or face covering to keep yourself and others safe (and to hide your face)
- COVID-19 ATTACKS AND DAMAGES YOUR UPPER RESPIRATORY SYSTEM. Being around burning cars/buildings/tear gas can be hazardous in many ways. Be aware, be safe.

FIRST AID

NOTE: IF YOU HAVE A RESPIRATORY CONDITION/ ASTHMA, TEAR GAS CAN BE FATAL. Know your risk level.

Protest First Aid Kit

- Medical/Duct Tape (latter typically contains latex, check allergies before using)
 - Several pairs of gloves
 - Gauze (or clean socks/fabric/unscented menstrual pads)
 - Burn Dressings (non-stick gauze pads/burn bandages/gel)
 - Water (sports-top/squirt-top bottles for tear gas)
 - Liquid Antacid (Milk of Magnesia/Maalox)
Can mix a bottle beforehand of 50/50 antacid/water.
 - Saline Solution/Wound Wash
 - Alcohol/wet wipes
 - Band-Aids, ace bandages, a& wound-closure strips
 - Antibiotic ointment
 - Instant Cold Packs (good for injuries and heat exhaustion)
 - Ibuprofen for swelling/pain (use with CAUTION)
- Extras if needed: Epi-pen, Inhaler, Trauma Shears/Scissors, candy for hypoglycemia

Treating Common Protest Injuries

Tear Gas & Pepper Spray

1. STAY CALM.
2. With head tilted back and starting at the bridge of the nose on either side, squirt water or 50/50 liquid antacid/water from clean water bottle into open eyes/on face and blink rapidly.
- You may need to do this multiple times. It is worth it!
3. Without contact(it's important to keep particles off the bottle and other people), squirt water into mouth and swish and spit out (away from other people because of COVID), do NOT swallow.
3. Remove contaminated clothing (this is where layers &/or an extra set of clothes comes in handy) and either safely dispose of them or carry in a garbage bag.
- If you plan to wash and reuse the clothing, do so immediately and do not let it touch any surfaces. Use high heat and run an empty cycle after to clear chemicals from the machine.
4. Do NOT touch face/eyes until fully showered (cold water is best)
5. Drink lots of water and rest.

Dehydration and Heat Exhaustion

1. Get out of sun/away from heat
2. Rest and drink water (can add packet of electrolyte mix) or a 50/50 mix of water and sport drink/fruit juice plus a small pinch of salt

Basic Bandaging

1. If the victim can move, get somewhere safe. If they cannot move and the area is unsafe, get help moving them.
2. Clean the wound
- If not bleeding: spray saline solution to flush the wound
- If bleeding: apply pressure with gauze until it stops, then spray w/ saline solution
3. Cover wound with gauze or a clean substitute (see kit)
4. Secure gauze with tape

Head Injuries

1. Do not move the victim unless the area is unsafe
2. Treat visible wounds and check for alertness/orientation (what year is it? where are we? can you follow my finger?)
3. Appoint someone nearby to get medics for transport to a hospital.
4. If the victim is UNCONSCIOUS, check level of consciousness. Do they respond to verbal stimuli? Do they respond to you pinching them? If not, they are fully unresponsive.
5. For a fully unresponsive victim, check that their airway is clear and they have a pulse. Appoint a bystander to get medics.

Broken Bone/Sprain

1. Stabilize the area with a bandana as a makeshift sling or ace bandages (not too tight to cut off circulation) apply a cold pack if you have one or give the victim ibuprofen to help with pain/swelling if it's safe for them. Seek medical attention.

