



## **Protesting and COVID-19: FAQ**

The Alameda County Public Health Department (ACPHD) joins our communities in grieving the continued violence against people of color in the United States. We know that peaceful protestation is a powerful way to make voices heard during this painful time. However, the COVID-19 pandemic has been affecting our communities of color the most. We ask that if protesting, please do so safely.

Large crowds can spread the COVID-19 virus and are in violation of the current [Orders from our County Health Officer](#). These orders were issued to protect the residents of Alameda County from COVID-19, which can be spread from person-to-person even by people who do not feel sick.

### **Concerns for in-person gatherings**

The risk for COVID-19 spread rises as more and more people gather in one place. Chanting, shouting, singing, and group recitation increase risk by spreading infectious droplets further than regular talking. It is vital to wear a face covering that covers your nose and chin and to stay at least six feet away from others as much as you can.

### **Actions for those who choose to gather in-person**

If you join the protests, we ask that you try to stay six feet away from others and wear a face covering to limit the spread of COVID-19. Follow these guidelines to stay safe when you take part in peaceful protests:

- Always wear a face covering
- Stay 6 feet away from others
- Do not shake hands with others
- No hugging
- Drink water often
- Use hand sanitizer
- Wear goggles/glasses
- Do not touch your face

If you protested, consider getting tested for COVID-19 within 7-10 days, or if you feel sick, at any of [these sites](#). Testing is 100% free and does not affect a person's immigration status or require a doctor's note. Be aware that even if you test negative, you could still develop a COVID-19 infection within 14 days after joining protests.



If you've protested, it is best to stay at home and limit contact with others for two weeks (14 days) while you [check for COVID-19 symptoms](#). It's really important to limit contact with people over 60 years of age or anyone who has a [medical condition](#) that makes them more likely to have a serious COVID-19 illness. If you feel sick, make sure to get tested right away and call your doctor.

### **Safe ways to make your voices heard**

- Call or write elected officials
- Write letters to the editor of news publications
- Display lawn or window signs
- Use online and other media (including Zoom rooms, Twitter feeds, Facebook pages, and other digital forums)
- Find ways you and others can safely protest from within your cars

### **Current Alameda County Orders for the Prevention of COVID-19**

Alameda County has legally binding Health Officer Orders in place to stop the spread of COVID-19. The two that impact everyone in the County are:

#### [Shelter in Place, Social Distancing, and Other Restrictions Necessary to Control COVID-19](#)

- Everyone should stay and work at home as much as they can.
- Everyone should stay at least six feet away from people outside of their household.
- Public or private gatherings outside your 12-person Social Bubble are prohibited.
- Non-essential travel remains prohibited.

#### [Face Covering](#)

- Everyone should wear face coverings when around people outside of their household.