How can I protect myself from COVID-19 if I choose to protest?

In addition to keeping our members safe and healthy, Kaiser Permanente cares deeply about equality, inclusion, and social justice. If you choose to attend a protest, please protect yourself, your family, and your community. Here are steps you can take to protest safely and help slow the spread of COVID-19:

- **Attend the event with people you’ve sheltered with.** Practice physical distancing by staying at least 6 feet apart from others when possible.
- **Wear a mask or cloth face covering over your mouth and nose.**
- **Carry a sign to share your message.** Shouting or singing can spread droplets.
- **Use an alcohol-based hand sanitizer during and after the event.**
- **Stay at home if you’re sick.**
- **Wear eye protection.**
- **Don’t share phones or other personal items.**