

# 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.



Carry a sign to share your message. Shouting or singing can spread droplets.



Wear eye protection.



Use an alcohol-based hand sanitizer during and after the event.



Don't share phones or other personal items.



Wear a mask or cloth face covering over your mouth and nose.



Stay at home if you're sick.



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