



**FRONTLINE FIRST**

**PROTEST GENERAL SAFETY**

**PROTEST**

**DURING A  
PANDEMIC.**

**SAFETY PROTOCOLS**



# SHOULD I ATTEND THE PROTEST?

## DECIDING WHETHER IT IS SAFE

**Are you living with someone who is immunocompromised, or are you immunocompromised?**

*Immunocompromised* refers to having a weakened immune system. Those who are immunocompromised have a reduced ability to fight infections and other diseases; and during this pandemic, especially COVID-19. Those who are immunocompromised are at higher risk of getting severely sick from SARS-CoV-2, the virus that causes COVID-19. They may also remain infectious for a longer period of time than others with COVID-19, but the CDC has yet to confirm this as it is a novel virus.

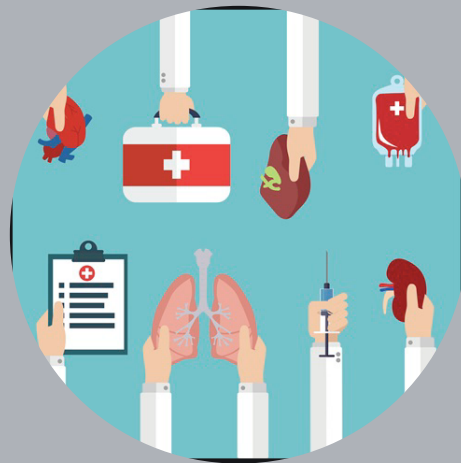
## SOME IMMUNOCOMPROMISED PATIENTS

**MANY CONDITIONS AND TREATMENTS CAN WEAKEN A PERSON'S IMMUNE SYSTEM. SOME OF THESE INCLUDE:**

Patients who have cancer, are taking anticancer drugs, or who have undergone radiation therapy, stem cell transplant, etc.

Patients with (NOT limited to):  
Diabetes, AIDS, Genetic disorders, organ, and bone marrow transplants.

The Eldery population often suffer from malnutrition, and other pre-existing health conditions.



"THERE COMES A TIME WHEN  
SILENCE IS BETRAYAL."

- Martin Luther King Jr.

## HAVE YOU BEEN SELF-ISOLATING?

## HAVE YOU TRAVELLED WITHIN THE PAST 2 WEEKS

Make sure that you and your family members or the person(s) you share a household with have been quarantining, and have not travelled outside of Canada within the past 2 weeks. If you have not been following this protocol, then please stay at home. On the off-chance that you protest, there is the possibility that you will unknowingly infect those around you while SARS-CoV-2 is in its dormant stage,

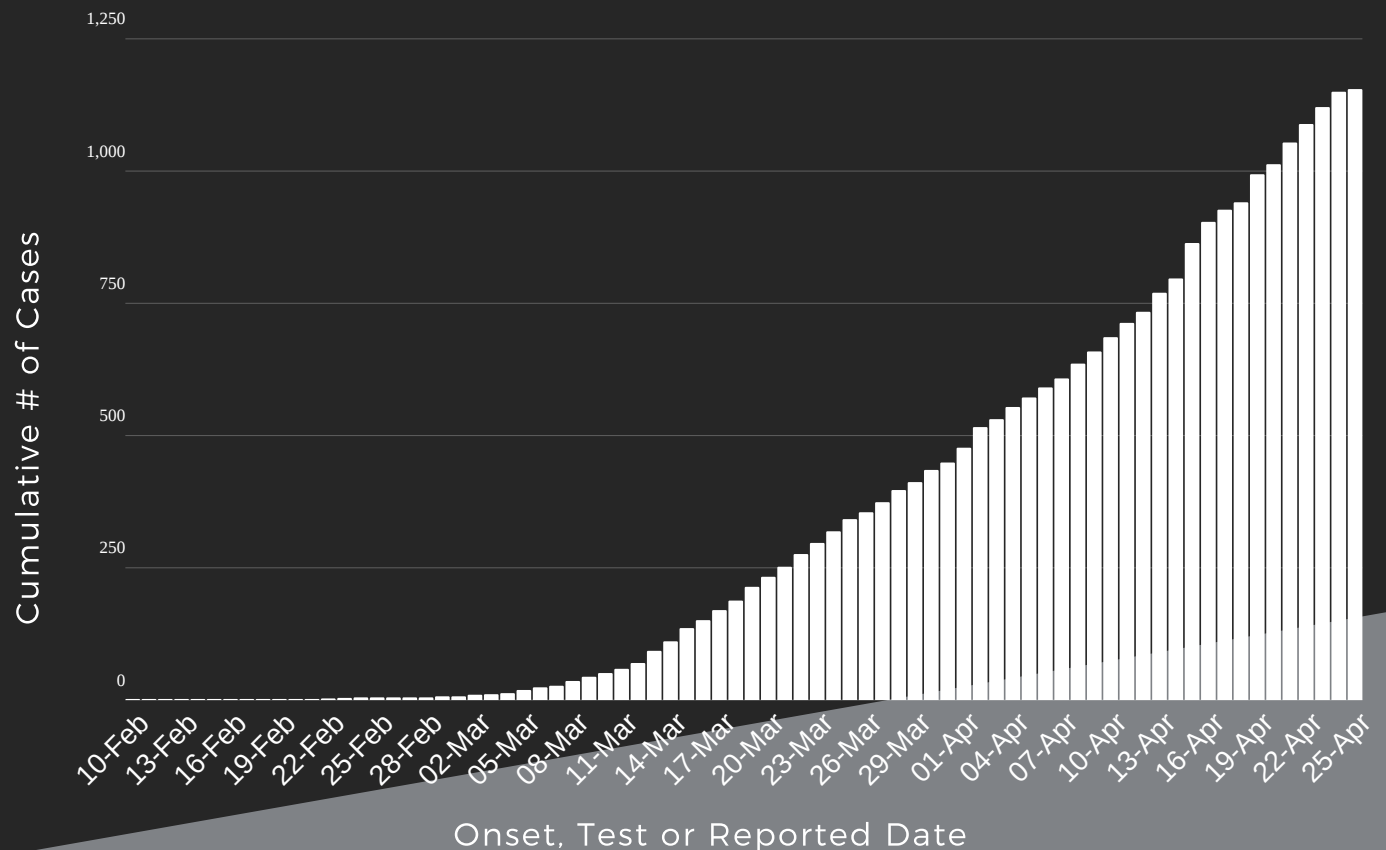
### SYMPTOMS

Most common symptoms: fever, dry cough, tiredness

Less common symptoms: aches and pains, sore throat, diarrhoea, conjunctivitis, headacheloss of taste or smell, a rash on skin, or discolouration of fingers or toes.

## CASES REPORTED

### CUMULATIVE EPIDEMIOLOGICAL CURVE OF OTTAWA RESIDENTS WITH CONFIRMED COVID-19

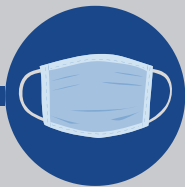


Sourced from the Ottawa Public Health: Ottawa Public Health, "Coronavirus Disease (COVID-19)," Ottawa Public Health, Ottawa Public Health, 27 Apr. 2020. [www.ottawapublichealth.ca/en/reports-research-and-statistics/la-maladie-coronavirus-covid-19.aspx](http://www.ottawapublichealth.ca/en/reports-research-and-statistics/la-maladie-coronavirus-covid-19.aspx).

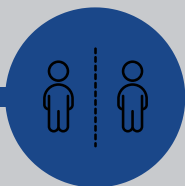
## HOW TO SAFELY PROTEST DURING A PANDEMIC



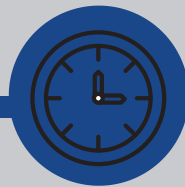
**DO NOT go alone**, going alone may be dangerous. It can either go as peacefully as intended, or there may be issues that arise due to aggression from the police. In either case, we strongly suggest that you go with someone that has been quarantining for at least 2 weeks whether that is your friend or family. In the case that you do go alone, make a friend.



**Know your time frame.** As soon as you have completed the protest, continue on your way so that a large crowd does not gather in one area. Also, **DO NOT** push your way through the crowd to leave as you are putting yourself and others at risk.



**Project your voice AWAY** from the crowd. Droplet transmission means that the virus will readily spread through the air. When you are speaking loudly, make sure to speak in a direction away from the **rest of the crowd.**



Stay **INFORMED**. Please read up on relevant articles about the COVID-19 virus in Ottawa, its transmission patterns, and how to further protect yourself. Please **stay informed about our team's safety protocols.** This includes where to find First Aid and CPR trained staff.



**Keep your hands CLEAN.** Apply hand sanitizer and wash your hands for at least 30 seconds (if possible) after you come in contact with people.



Take a **SHOWER** once you get home. This is an extra precaution that we urge you to take, as it is an effort to remove any potential trace of the virus on your body. By doing this you are keeping yourself, your family, and everyone else around you safe.

## BE SAFE AND SMART

### MAJOR PROTOCOLS

- **You must wear a form of protection:** masks, gloves, and glasses/sunglasses. The use of PPE reduces exposure to COVID-19 by minimizing contact with droplets. If you are unable to find a mask, please refer to YouTube to make a handmade mask. Wearing bandanas or scarves is also acceptable.
- **SOCIALLY DISTANCE.** Stay 6 feet (2 meters) apart, and in groups of 5 or less. The virus is able to spread through droplet transmission; distancing yourself is mandatory. Make sure that you are practicing good social distancing protocol while commuting to the protest. **AVOID touching your face, and avoid touching surfaces.**

Easy Handmade Masks



When attending large gatherings, it is not just your safety that is at risk, but that of others. Make sure to follow all of these protocols.



All eyewear = extra protection



Gloves, gowns + all other PPE are strongly recommended

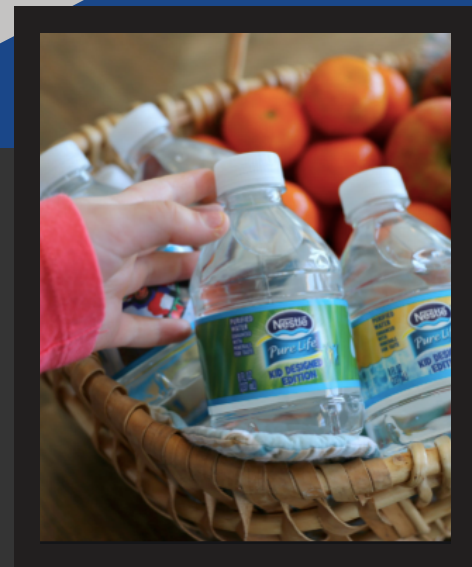
IF YOU HAVE EXTRA, OFFER PPE TO OTHERS.



## WE HAVE THE ESSENTIALS

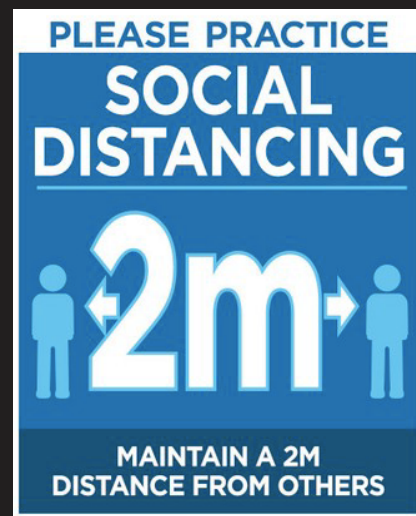
**We are ensuring that everyone is protected, hydrated and energized throughout.**

- **If you arrive and are not wearing a mask** (or any alternatives), **we will provide** one while we have the quantities available. If none are available, we will politely ask you wrap cloth around your mouth as a barrier.
- Please **bring a water bottle** and make sure you are energized before the protest. We will provide **beverages and snacks** to the best of our ability. Everything will be sanitized.
- The kiosks will have tape markings that measure 6 feet in distance. Make sure to **follow these guidelines**.



## SOCIAL DISTANCING PROTOCOLS

- We will have volunteers every couple of meters encouraging crowds to social distance. Volunteers will carry large signs so that everyone is reminded of the importance of distancing, and will simultaneously monitor the crowd for any signs and symptoms of the virus. If any are spotted, they have dedicated hotlines to call, as well as a nurse, general practitioner, med students, and first aid trained volunteers to control the situation.



All of our volunteers have been asked questions about their health to ensure they do not have the virus. At the protest, we will ensure proper sanitization, with volunteers pumping hand sanitizer onto protestors' hands throughout the protest. Additionally, all food and drinks that will be given out will be sanitized.



## OUR PART IN KEEPING EVERYONE SAFE

### OUR VOLUNTEERS ARE HERE TO HELP

#### WHO TO LOOK FOR WHEN IN NEED OF ASSISTANCE

- Hundreds of **volunteers** will be present at the protest to help with crowd control, social distancing measures, safety, etc.
- If you or someone around you is in need of **medical assistance**, we have nurses, doctors and first aid specialists in close proximity at all times.
- In addition, **First Aid kits** along with **AEDs** will be available at tents and other marked locations along the walk
- To identify volunteers, look for anyone wearing fluorescent vests and First Aid patches; some will be under tents and others in the streets.

#### What volunteers are wearing



If you witness someone around you in need, please take the time to bring over a volunteer or call 911 if needed.



Nurses/doctors



AED/First Aid kits

DO NOT HESITATE TO REACH OUT TO US.

A WORD FROM  
FRONTLINE FIRST

JUNE 2020

# DISCLAIMER

**PLEASE NOTE:**

We at Frontline First want to express that we are not to be held accountable for the unpredictable safety outcomes that may occur. We have compiled this information based on research and documents released by CDC in an effort to minimize the spread of COVID-19. If you have any further questions specific to the event, please contact the organizers directly, as we are not partaking in the organizational aspect.





**FRONTLINE FIRST  
PROTEST GENERAL SAFETY**

**STAY HEALTHY,  
STAY SAFE.**

**Stay updated!**

 @frontlinefirst\_

