

* Protestor Preparation & Wellness Tips *

Provided by New York City Action Medical (NYCAM)

Who are we?

NYCAM is a collective of volunteer street medics active in and around New York City. We provide first aid and emergency care at protests, direct actions, encampments, and other sites of resistance and struggle. NYCAM provides free assistance with medical care and are not part of the formal EMS structure.

You can find us in pairs, wearing **red duct tape first aid crosses** or the **star of life**, as well as our NYCAM badges. You can also call out “*Medic!*” to get medical help, or reach out to organizers about how to reach emergency care at the event.



Need medical assistance at the next action? Interested in scheduling or attending a training?

contact

nycactionmedical@riseup.net
[facebook.com/NYCActionMedical](https://www.facebook.com/NYCActionMedical)
call or text 917-768-5115

* **BE PREPARED:** Bring water, water, water! Hydration is important :) Also don't forget energy snacks, cough drops, your inhaler, epipen, insulin, or anything you need for a regular or emergency health care issue. If needed, bring a few days worth of prescription medication in the original bottle and a doctor's note in case of arrest.



* **HAVE A PLAN:** Don't go to the protest alone if you can help it — go with an affinity group or some friends who know you well. Let someone outside the action know you'll be there and keep in touch with them before and after. Know how long you intend to stay and consider multiple travel routes for how you'll leave the protest space beforehand.

* **MADE FOR MARCHING:** Wear shoes that are comfortable. Check with the organizers about accessibility for mobility devices and service animals.

* **DON'T FORGET THE SUNSCREEN:** In summer, wear water- or alcohol-based sunscreen. Don't put mineral oil, oil-based sunscreen, paint, moisturizer, or make-up on skin as they can trap chemicals like pepper spray.

* **STAY WARM:** In winter, remember your hat, gloves, and some hand warmers! Always dress in layers in case of unpredictable weather or long hours.

Protest Preparation Tips from NYCAM

* **EYE SEE U:** Don't wear contact lenses if possible, because irritating chemicals like pepper spray or tear gas can get trapped underneath them, and lenses cannot be re-worn once contaminated. Bring swim goggles with rubber seals when necessary!

* **HEAR NO EVIL:** Bring ear plugs in case of use of LRAD (a weaponized sound device used by law enforcement) or just loud uncomfortable noises at an action!

* **PERIOD STUFF:** For people who are menstruating, use pads or a cup instead of tampons — if arrested, you may not have the opportunity to change when you need to.

* **STYLE TIP:** Avoid wearing things which can be easily grabbed (i.e. dangly earrings or other jewelry, ties, loose hair).

* **STAY DISCREET:** If you need to contact 911, avoid relaying any incriminating information. Describe injuries, not how they occurred. For example, say, "they have a wound in their chest," not, "they got stabbed."



* **NOT MILK:** Should you come in contact with pepper spray, **ONLY USE WATER** (ideally from a clean, unused sport tip water bottle) to wash your eyes or skin! You are doing a mechanical flush, not neutralizing the chemical. It may still hurt after flushing, but what's important is restoring function. You will hear about lots of other things to use (antacid, milk), but there are many reasons to stick with water (and soap on skin for decontamination). Ask for a medic for additional help.

Most importantly:

SPREAD CALM and BE FOCUSED when things get most intense. Watch for signs of physical and mental stress in yourself and others. Make space for others, and also keep boundaries for yourself. Panic is dangerous for everyone. WALK from danger (except gunfire).

