

Reduce Your COVID-19 Risk While Protesting

Public Health acknowledges that many protesters, particularly Black, Indigenous and People of Color, are choosing to take on the risk of potential exposure to COVID-19 because of the importance of confronting and undoing the systems of racism, oppression and brutality. We encourage all people while protesting against racial injustice to take steps to protect one another and reduce the risk of transmitting COVID-19.

Before You Go

- **Stay home if you do not feel well.** If you go out, you risk getting others sick.
- **Consider staying home** if you have an underlying health condition, or are 60 or over. Take action in other ways from home by registering to vote and supporting local organizations.
- **Wear face coverings correctly.** Fully cover your nose, mouth and chin; this will help prevent droplets from spreading if you decide to chant.
- **Carry only what you need to keep you safe.** Carry shatterproof goggles, a face covering, alcohol-based hand sanitizer, water bottle, snacks, an ID, and any medication you may need (for example, an inhaler).
- **Carry saline in a squirt bottle.** You can use saline or tap water to alleviate coughing and sneezing if you are exposed to tear gas.
- **Go with a small group.** Attend with a small group of friends and limit unknown contacts.
- **Have a plan.** Map out the route, establish exit routes and possible detours.
- **Make an emergency contact list.** Write essential phone numbers and important health information on your skin in permanent marker.

While You Are There

- **Use noisemakers, drums and written signs.** Limit how much you chant or yell to reduce possible exposure to others.
- **Physical distancing is still important.** Keep as much physical distance as possible between yourself and people who are not part of your group.
- **Keep practicing healthy hand hygiene.** Use hand sanitizer and avoid touching others. Also avoid touching your face.
- **Bring your own supplies and do not share.** Avoid sharing water bottles, microphones, etc.
- **Take care of your physical and mental health.** Consider when you may need to leave an unsafe situation.

Once You Return Home

- **Wash your hands** with soap and water for at least 20 seconds as soon as you get home.
- **Change your clothes.** Put the clothes in the washer. Wash your hands again.
- **Monitor your health for 14 days afterwards.** Symptoms may appear up to 14 days later.
- **Get tested right away if you develop even mild COVID-19 symptoms**, such as fever, cough, or shortness of breath, or spent more than 15 minutes close to someone who tested positive.
 - Contact your health provider to help evaluate symptoms and need for testing.
 - If you can't access testing through a health provider, a list of free sites is included on this handout or can be found at kingcounty.gov/covid/testing.
 - Avoid contact with others until you have been tested, particularly those who may be at greater risk of severe COVID-19 illness.
- **Take care of your mental health.** Call Crisis Connections 24/7 at 1-866-427-4747 for support.

Free COVID-19 Testing Locations

All sites require appointments unless otherwise indicated. Please contact the site directly.

Language interpretation is available at all locations at no cost. For more information please call the King County COVID-19 Call Center (open 7 days a week, 8 AM – 7 PM), at 206-477-3977. For more information about testing in King County, visit kingcounty.gov/covid/testing.

Agency	Site	Address	Phone Number
City of Seattle seattle.gov/covid-19-testing	Aurora (North Seattle)	12040 Aurora Ave N., Seattle, WA 98133	(206) 684-2489
	SODO (South Seattle)	3829 6th Ave South, Seattle, WA 98108	(206) 684-2489
HealthPoint	Kent Urgent Care	219 State Ave N. (#100), Kent, WA 98030	(253) 372-3602
	Renton Administration Office	955 Powell Ave SW Renton, WA 98057	(866) 893-5717
	Auburn	123 Auburn Avenue, Auburn, WA 98002	(866) 893-5717
International Community Health Services (ICHS)	International District Clinic	720 8th Ave S. Seattle, WA 98104	(206) 788-3700
	Shoreline Clinic	16549 Aurora Ave N. Shoreline, WA 98133	(206) 533-2600
Neighborcare Health	Meridian (N. Seattle)	10521 Meridian Ave N. Seattle, WA 98133	(206) 296-4990
	Rainier Beach (S. Seattle)	9245 Rainier Ave S., 2nd Floor, Seattle, WA 98118	(206) 722-8444
	High Point (W. Seattle)	6020 35th Ave SE, 1st Floor, Seattle, WA 98126	(206) 461-6950
	Vashon Island	10030 SW 210th St, Vashon Island, WA 98070	(206) 463-3671
Public Health	Downtown Public Health Center (*No appt needed)	2124 4th Ave., Seattle, WA 98	(206) 477-8300
Sea Mar Community Health Centers	South Park	8720 14th Avenue S, Seattle, WA 98108	(253) 681-6600
	Federal Way	31405 18th Ave S, Federal Way, WA 98003	(253) 681-6600
UW Mobile Clinic	Rainier Beach High School (*Wed. and Sat., 10am-3pm, no appt needed)	8815 Seward Park Ave S, Seattle, WA 98118	(206) 744-0400
	South Seattle College (*Fri., 10am-3pm, no appt needed)	6000 16th Avenue SW, Seattle, WA 98106	(206) 744-0400
	Auburn City Adventist Church (*Tues., 9am-3pm, no appt needed)	402 29 th Street SE, Auburn, WA 98002	(206) 744-0400
Vashon BePrepared	Vashon Island	(*Call for an appointment)	(844) 469-4554

Testing sites may change and new ones may open. This list is not a complete list of all testing locations, and may not include the most up-to-date contact info.