Looking after your health on actions

On an action/demo you are likely to be outside for long periods, probably without access to amenities, so you need to be prepared to look after yourself and your mates for quite a while.

Going to an action with a friend or an affinity group of friends is always safer. Try to get extra (or at least a reasonable amount of) sleep before the event and plan on needing some recovery time afterwards.

This guide is sourced from the Action Medics' guide to preparing for protests, which is no longer available online. This Zine from the Black Cross Health Collective also includes useful information on looking after your health on actions. QueerCare can offer first aid and care, as well as trainings, for your action.

1. What to wear
2. Water and Food
3. Medical Issues
4. Offensive weapons and sprays
5. Calling backup help

You might also want to read our guide on after-action Emotional and Trauma Support