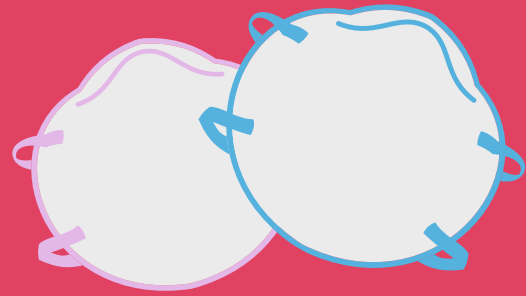


# AFTERPARTY-19 SAFETY GUIDE

According to the World Health Organization, COVID-19 is an airborne virus that spreads in small liquid particles when an infected person coughs, sneezes, speaks, sings, or breathes. It is also possible for a person to contract COVID-19 after rubbing their eyes, nose, or mouth after touching a contaminated surface, though this is a less common route of transmission. The virus can be transmitted even if you feel fine (asymptomatic or pre-symptomatic transmission). This guide breaks down actions you can take to keep yourself and your community safe from COVID. *Please note that while effective, these methods do not mitigate all possibility for a COVID infection.*

## RESPIRATORS & MASKS

- NIOSH approved N95, N99, N100, or P100 well fitted valveless respirators are most effective at preventing COVID-19. These masks efficiently trap COVID-19 aerosols through two mechanical principles and an electrostatic charge that pulls the aerosols out of the air. These respirators provide both source control and protect the wearer from others.
- KN95s use a similar filter and are comparable to the above masks; however, they are secured by ear loops, which can mean less tight of a fit. If possible, use the most tight fitting mask you can find.
- Surgical masks and cloth masks are not recommended because they are loose-fitting and lack robust filtration systems.
  - If using a surgical mask, consider adding a mask brace to make it more effective. These can be purchased from <https://www.fixthemask.com/> or jury rigged using paper clips and rubber bands.
  - If using a cloth mask, you can make it more effective by ensuring it is comprised of five tight woven cotton layers.



**Masks work when you use them, they don't when you don't.** Masking regularly in indoor spaces is what makes masks most effective. If you need to unmask to eat or drink, try to do so outdoors or near a window or air filtration system. You can also use sip masks for drinking indoors.

## STAY UPDATED ON VACCINES & BOOSTERS

- Updated to more closely match circulating variants.
- Both mRNA and traditional formulations are available in the U.S.
- They're still mostly free.



A

## AIR CLEANING

Reducing the concentration of infectious aerosols in crowded outdoor or indoor spaces reduces the risk of long range (but not short range) and/or time delayed transmission (where someone can become infected by entering an apparently empty room).

- Your options are somewhat limited as an attendee, but try to stick to outdoor spaces, open windows, and turn on air filters if they are around.
- Handheld HEPA filters provide a way to filter air closest to you in public spaces, but are too small to filter a room.
- Pay attention to carbon dioxide monitors if they are posted. If the concentration exceeds 1000 ppm in the absence of air filtration, you may want to open a window or leave.
- Bring a HEPA filter or Corsi-Rosenthal box to your hotel room.

## TESTING

- Pre-event testing, ideally within 24 or 48 hours before, helps prevent transmission at the event. Post-event testing helps you know whether to isolate, access treatment, and take it easy.
- There's two test types: cheap Rapid Antigen Tests (RAT) and highly sensitive Nucleic Acid Amplification Tests (NAAT) (aka "molecular test" or PCR). Positive RATs are almost always right, even if the line is faint. Negative RATs do not exclude COVID-19.
- Post-event, use a rapid test immediately if sick or 5 days after otherwise. If negative, test again after 48 hours. If you were exposed and twice negative, use a third test after 48 hours. (CDC)
- You can get four free rapid antigen tests [from the government](#).



## SANITIZERS, SPRAYS, & MOUTHWASH

- While COVID-19 is primarily airborne, it's always a good idea to wash your hands. Alcohol or skin friendly hypochlorous acid based sanitizers can kill COVID-19 on hands and surfaces. (EPA)
- Nasal washing with [sterile saline](#) may reduce viral load dramatically and the risk of complications.
- After exposure, using mouthwash containing [Cetylpyridinium Chloride \(CPC\)](#) or [Ethyl Lauroyl Arginate \(ELA / LAE\)](#) may help prevent infection and also potentially reduce viral load and risk of severe illness during acute infection. It also keeps your breath (and mask) fresh!

## TRAVEL

- Carpooling—Test passengers beforehand. Weather permitting, keep the windows down, and keep your masks on. A portable air filter may help.
- Public Transit—Distance, keep your mask on, and bring sanitizer.
- Air Travel—Wear a mask in terminal and plane, use sanitizer, and eat prior to your flight. The highest danger is when the engine is off as air filters are off. Point air conditioning toward aisle or other rows.
- Consider using a saline nasal wash and CPC mouthwash at your destination.

## VISIT THE SITE

