WELCOME TO FEAR CITY
A Survival Guide for Protestors in the City of New York

The incidence of crime, murder, and violence in police departments across the nation, including the NYPD, is shockingly high and getting worse every day. More information here: https://policing.civilrights.org/toolkit and https://policing.civilrights.org/report/

Amidst a global pandemic, New Yorkers & Americans are taking to the street to fight for systemic change and racial equality. The following has been prepared as a collection of information and resources from public domains, social media posts, and first hand accounts in the hopes of having multiple resources in a physical capacity that may be useful - should you find yourself needing or wanting to share it. While we protest against violence, the police welcome us with it. Be safe, and present, for your fellow comrades.

1. PHONE #s: It is strongly suggested to write these somewhere on your body in permanent marker.
   - FREE ARREST SUPPORT HOTLINE 1-833-9-GOOD-CALL (346-6322)
   - NYC National Lawyers Guild 212-679-6018
   - Legal Aid Society Hotline 212-577-3300 (you can also text for legal advice)
   - Follow @justiceforgorgeynyc for centralized real-time information.

2. IF ARRESTED
   - Call NYC NLG with NAME, TIME, and PLACE OF ARREST 212-679-6018
   - You have a right to remain silent – Stay silent.
   - You have the right to ask for a lawyer.
   - You have the right to refuse a DNA Swab – reports have been made of cops stealing DNA via drinks, cigarettes, or gum (NYC Legal Aid Society)
     - Don’t sign anything you don’t understand or without asking a lawyer.
     - All calls are monitored.
     - You have the right to ask for an officer’s badge number and name.
     - If bail is set and you cannot afford it – ask your lawyer about a bail fund.
     - Write down everything you can remember about your arresting officer – badge #, description, name, patrol car number. Exchange contact information with witnesses.
   - If you believe your rights have been violated, you can file a written complaint with the NYPD’s Internal Affairs Division or the Civilian Complaint Review Board.
     - Do not discuss your arrest in jail with fellow protesters/oilies, you risk self-incrimination
     - You have no obligation to consent to NYPD & FBI questioning your politics.
     - It is dangerous to do so.
   - IF A FRIEND IS ARRESTED: There is an organization of volunteers willing to team up to locate them, and report back where they are being held: www.creatureoffriend.org
     - If you are harmed by police, you have 90 days to file a ‘notice of claim’ which is needed to sue later.

3. ATTIRE/PROTECTION
   - Do not wear contacts. While they will not melt to your eyes, as circulated by internet posts – they will certainly absorb any oil or moisture, and make it nearly impossible to flush your eyes with the contact in.
   - Wear plain solid colored clothes & cover any identifiable features (e.g. tattoos).
   - Heat resistant gloves.
   - Hair tied up if need be.
   - Shoes - be prepared to run.
   - Face, Eye, and Ear Protection (face mask, swimming goggles, ear plugs)
   - Check army surplus or hardware stores for gear (e.g. helmet, goggles, or mask).
   - If you are protesting, be sure to follow medical guidelines to QUARANTINE after the protest. GET TESTED at one of the city’s free testing locations. Wait 4-5 days to get tested (CDC reports 4-5 days as median incubation period) from last possible exposure.

4. WHAT TO BRING
   - Water for drinking & tear gas - First Aid Supplies - Cash, ID (Use cash instead of any debt/credit card which can help trace your movement) - Portable charger - Washcloth - Snacks - Earplugs - Face Masks - Gloves - Face Shield - Goggles

5. STINGRAY TRACKERS
   - Stingray trackers or IMSI catchers are mobile data towers that police are using to intercept data from your phone. If the Stingray catches the IMSI on your phone while you walk by somewhere you shouldn’t be, you can be identified by your phone later at home.
   - Remove the SIM card from your phone, use a burner phone, or leave your phone at home. If you need to bring a phone, see no. 6.

6. PHONE/COMMUNICATION
   - Turn off GPS, NFC, Bluetooth, and any location services. Enable airplane mode.
   - Disable face and fingerprint unlock.
   - Your iPhone keeps a history of everywhere you have been and how many times you have been there - turn this off by settings>privacy>location services>system services>
   - Significant locations.
   - Use Signal, an end-to-end encrypted messaging app, and enable the "Disappearing Messages" feature.

7. PEPPER SPRAY & TEAR GAS
   - DO NOT USE MILK TO TREAT. WATER IS BEST. You can also flush your eyes with a saline solution (without alcohol), to mimic your natural tear production.
   - If you are helping someone else, gain consent, try to help them control their breathing, and talk them through by step by step. WEAR PPE.

PEPPER SPRAY: Do not pour the decontamination solution or water over the person’s forehead; this can wash more chemical irritants into the eyes. Have the person blink as the solution flows over their eyes. Do not force the person’s eyes open; that could cause further damage.
   - If the person has contact lenses, have them removed with clean fingers (or gloves) and throw them away.
   - Use a towel or other material to keep the wash from running down inside the person’s clothing, over the shoulders and chest. After washing the person’s eyes for 3-5 seconds, have the person close their eyes. Pour the decontamination fluid over the person’s entire head. Go back to flushing eyes for 15 minutes or until pain has resolved.