**Coping During Civil Unrest**

1. Avoid “hot spots”, including:
   1. Washington, D.C.
   2. state capitals
   3. local federal and state buildings
2. Avoid traveling to watch events at any of #1 above
3. Avoid participating EVEN PASSIVELY in current protests. Unintended and intended violence may erupt without warning
4. Allow the military and law enforcement handle these events
5. Avoid spreading rumors
6. Trust authentic news sources
7. Limit your exposure to upsetting NEWS
8. Cooperate with law enforcement, emergency managers, and military guidance
9. You don’t have to “like it” right now, your task is to get through it right now
10. Now is not the time to question/debate…that can be done later
11. Anticipate upsetting NEWS reports – embrace humility and compassion
12. Cry if you need to
13. It’s OK to not be OK right now
14. It’s OK to be scared – talk to a trusted friend
15. Check on family/friends
    1. Discuss current events
    2. Are their basic needs being met adequately? (physical safety, food/water, clothing, heat, etc)
    3. Share comfort
    4. Share hopes
    5. Dispel rumors – repeat credible facts
    6. Share stories from personal history together
    7. Plan for the future
16. If you read, see, hear, smell or sense anything unusual or significantly out of the ordinary, report your concerns to local law enforcement or 9-1-1
17. Take breaks every 1 – 1.5 hours and do something fun/different
18. Accept help/support from trusted others
19. Respect differences – not is not the time for heated debate
20. Make time to unwind before going to bed
    1. Avoid NEWS 45 minutes prior
    2. Avoid stimulating food/drink
    3. Listen to soothing music
    4. Decrease light stimulation, including from technology
    5. Take a warm bath/shower
21. Keep the gas tank of your primary vehicle filled
22. Make sure you have enough groceries on hand for one week (including pet food)
23. Inventory your first aid kit and fill in any gaps
24. Have all prescription and over-the-counter medications you may need for a week
25. Have a hand crank radio to keep track of NEWS
26. Prepare for an interruption in communications: cellular, TV, internet, etc
27. Have a household emergency plan [LINK](https://www.ready.gov/plan)
28. Have a bug-out plan (a place to go and an activating event)
29. Do not be politically outspoken. Keep your head down and do your own thing.
30. If coming into the area, plan to stay in Virginia or Maryland instead of DC.
31. Get paper maps of the area and study routes in ingress and egress you can use
32. Memorize at least one primary route away from the city
33. Familiarize yourself with the locations of nearby government buildings that could become targets for violence
34. Know where the closest hospital, police station, and fire departments are located and study the routes to and from
35. Have a specific plan of where to go if you need to get out fast
36. Keep a backpack with food, water, medical supplies, and warm gear (hat, gloves, scarf, coat) with you or in your vehicle
37. Do not plan to use public transportation of any kind
38. Have cash on hand for incidentals – credit cards may not work
39. Make sure the hotel you choose has a plan for continuity of function (power generators, food for days, security personnel and systems, etc)
40. Check the status of construction projects and how they may interfere with traffic pattern and flow
41. Familiarize yourself with the baseline and pattern of life in the area so you will be able to spot anomalies
42. “Get off the X” and move to another location if you feel uncomfortable or spot an anomaly
43. Request a room between the third and fifth floors and halfway between the elevator and the stairs
44. Do a walk through to establish where all the exits are before going to bed the first night
45. Bring a smoke hood and alarmed door stops for use in the hotel
46. Choose a brand name hotel
47. Establish check-in windows with family and colleagues and be sure to use them
48. Have a Primary, Alternate, Contingency, and Emergency communications and transportation plan
49. Irrigating the eyes with a mixture of half Maalox and half water will neutralize the burning caused by tear gas or pepper spray
50. Let a trusted friend know if you are going out
51. If you can’t get back home, have a plan for where you will go (trusted friend/family, work, church, etc)
52. Remain COVID-19 safe at all times:
    1. Physical distance
    2. Wear a mask
    3. Wash your hands
    4. Avoid touching your face
    5. Avoid crowds/groups
    6. Stay home
    7. Develop a weekly routine for:
       1. Monday through Friday
       2. Saturday
       3. Sunday
    8. Stay healthy
       1. Eat nutritious meals
       2. Drink plenty of water
          1. 16 cups/day for males
          2. 12 cups/day for females (per [Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256#:~:text=So%20how%20much%20fluid%20does,fluids%20a%20day%20for%20women))
       3. Avoid alcoholic beverages and illegal drugs
       4. Use medications only as directed by the medical professional prescriber
       5. Exercise 30 minutes a day at minimum
       6. Get restful sleep [LINK](https://www.sleepfoundation.org/sleep-hygiene)
       7. Socialize COVID responsibly with others
          1. Physically distancing with neighbors
          2. Via family/friends via technology
       8. Active practice stress management
          1. Acceptance/Awareness Strategies:
             1. Yoga
             2. Meditation/Mindfulness
             3. Prayer
             4. Repetitive deep breathing
             5. Muscle relaxation
             6. Talking with a trusted friend
             7. Positive affirmations
          2. Escape/Avoidance Strategies:
             1. Crafts/Hobbies
             2. Massage
             3. Exercise
             4. Reading
             5. Watching TV/movies
             6. Drinking alcoholic beverage\* ([CDC.org](https://www.cdc.gov/alcohol/faqs.htm#:~:text=According%20to%20the%20Dietary%20Guidelines,women%2C%20when%20alcohol%20is%20consumed.))

2 “drinks” maximum/day for males

1 “drink” maximum/day for females

\*A “drink” is considered: ([Alcohol.org](https://www.alcohol.org/faq/safe-level-of-drinking/))

* 12 ounces of beer (containing an average percentage of 5% alcohol)
* 5 ounces of wine (containing an average percentage of 12% alcohol)
* 1.5 fluid ounces of 80-proof distilled spirits (containing an average percentage of around 40% alcohol).

1. Seek professional assistance from:
   1. Medical health care providers
   2. Mental health care providers
   3. Spiritual health care providers
2. National Emergency Numbers:
   1. FBI
      1. Tip Line: 1-800-CALLFBI (225-5324)
      2. Web page: <https://www.fbi.gov/tips>
   2. National Suicide Hotline: 1 800 273-8255
   3. Disaster Distress Helpline: 1 800 985-5990
   4. Crisis Text Line: Text MHFA to 741741
   5. National Domestic Violence Hotline: 1 800 799-7233 TTY: 800 799-7233
   6. Human Trafficking Hotline: 1 888 373-7888 or Text HELP or INFO to 233733
   7. National Sexual Assault Hotline: 800 656-4672
   8. National Help Line: 800 662-4357
   9. Locally: 9-1-1
   10. PAR Foundation: (423)322-3297 [LINK](https://parfdn.com)
3. References:
   1. Josh Gordon, MD, PhD; Director NIMH
   2. Mayo Clinic
   3. Centers for Disease Control and Prevention
   4. Alcohol.org
   5. Sleep Foundation
   6. Captive Audience [LINK](https://www.captiveaudienceptrt.com/)
   7. Sam D. Bernard, PhD, Emergency Management Psychologist
4. Other Notes: