

### What's a street (activist) medic?

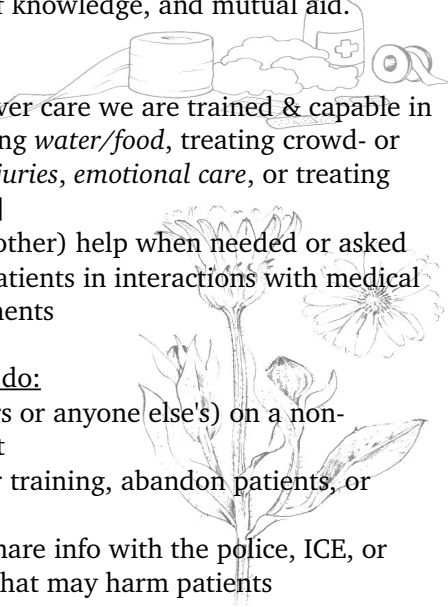
Support people for demonstrations, marches, & actions with at least basic first aid training (though often more & more varied) and a strong emphasis on **consent** and **anti-oppression**. We are here to help liberation movements sustain themselves by providing them with emotional & physical first aid & aftercare—emphasizing self-care, sharing of knowledge, and mutual aid.

#### Things we do:

- provide whatever care we are trained & capable in [May include: giving *water/food*, treating crowd- or police- inflicted *injuries*, *emotional care*, or treating unrelated *illnesses*]
- find more (or other) help when needed or asked
- advocate for patients in interactions with medical & other establishments

#### Things we do NOT do:

- force care (ours or anyone else's) on a non-consenting patient
- act outside our training, abandon patients, or inflict harm
- cooperate or share info with the police, ICE, or other authorities that may harm patients



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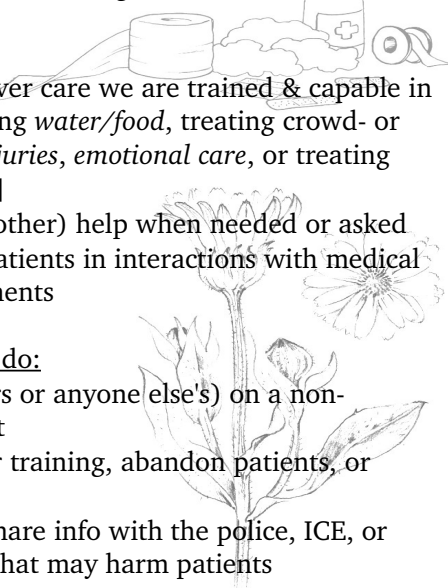
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### Ways to help yourself

- Drink adequate **water**, eat adequate **food**
- Dress to stay warm & dry; be *real* about your needs
- Move in **buddy** pairs/trios, even within larger groups; check in with each other frequently
- Avoid substances & situations that may unduly endanger you at demos
- leave contacts & oily lotions at home; bring your inhaler

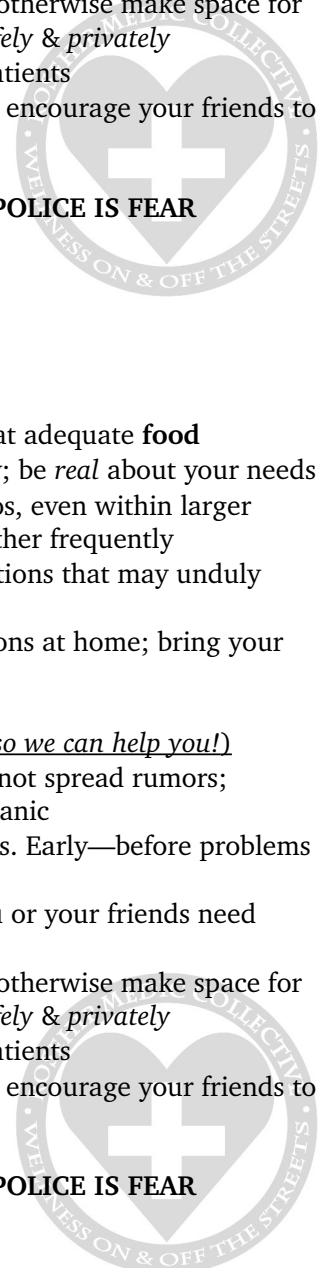
### Ways to Help Street Medics (so we can help you!)

- Spread **calm** – please do not spread rumors; running can also spread panic
- **Communicate** your needs. Early—before problems become serious
- Shout “**medic!**” when you or your friends need urgent help
- Form a **privacy circle** or otherwise make space for medics to provide care *safely & privately*
- Photograph police, not patients
- Practice good **self-care** & encourage your friends to do the same

THE # 1 WEAPON OF THE POLICE IS FEAR

[www.rosehipmedics.org](http://www.rosehipmedics.org)

[rosehipmedics@gmail.com](mailto:rosehipmedics@gmail.com)



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