



DISPOSABILITY

the government isn't saying: spread is inevitable, so we need to protect the vulnerable, make healthcare & testing free. they're saying: spread is inevitable, so get back to work & be glad it's mostly disabled, Black, and Latinx people dying.

DISPOSABILITY: AN ASSAULT ON PERSONHOOD & BIPRODUCT OF RACIAL CAPITALISM

the lives of Black, Indigenous, & people of color are deemed "disposable" under our system of racial capitalism. this has only been exacerbated by the pandemic. we all have to go work to pay rent, but we do NOT have to be complicit in this culture of violence.

MASKS

people should not have to make the impossible choice between going to work, accessing medicine, & getting groceries, or greatly increasing their risk of contracting a deadly virus. wearing good masks (indoors & outdoors) are one way we can help keep our world safer & accessible for everyone.

WHAT KIND OF MASK THOUGH?

cloth masks sold most places don't offer much personal protection, though they can help to slow community spread. surgical/medical masks are better, but kn95 masks that fit tightly are the best form of protection for yourself & others. check out projectn95.org.

FREE RAPID TESTS

monthly, you can order free at-home rapid (antigen) tests at special.usps.com/testkits.

though rapid (antigen) tests are less sensitive than PCR tests, they seem to be more accurate when viral loads are high; experts think a negative could mean you're less likely to spread the virus. keep in mind, one negative result is not as reliable as one positive. if you've got symptoms, or if you're gathering with others, a rapid (antigen) test is a good idea to prevent harming others.

PCR TEST SITES

VINCERE MOBILE TESTING

FREE testing for active infection (PCR & rapid antigen), antibodies, & flu A+B. rapid & antibody results are ready on-site. PCR results come end of the next business day via email. they offer 2 at-home rapid tests & 5 free K95 masks to each person visiting their mobile testing site. sign up in advance: <https://vincerercancer.com/>

WHEN TO TEST

YOU FEEL SICK OR "OFF"

you can be contagious before & after you feel very sick. you may never feel sick at all

BEFORE & AFTER GATHERING

you love your friends, family, & community. why put them at risk of long-term disability or death? test for free. we keep us safe.

YOU WERE AROUND A BUD WITH COVID

quarantine, then test 5+ days after. if you test negative, test again 1 to 2 days after the first test.

OLD & NEW VARIANTS

WTF IS HAPPENING WITH BA.5 & IS IT THAT SERIOUS? TLDR: SO SERIOUS

marked by flu-like symptoms, the original strain of covid mutates as it moves through us. for a bit, we saw milder symptoms & fewer deaths, but the newest (& not final) mutation (BA.5) is now over 50% of local cases as of July 2022. a year ago this week, the U.S. was averaging 14k new cases & 260 deaths/day; now, we're at 114k new cases & 400 deaths/day. this new strain is the MOST infectious, evades vaccines, and causes meningitis-like symptoms (swelling around the brain & spinal cord). look for stiff neck, headache, vomiting, fever, sensitivity to light, & throbbing muscle/joint pain. don't assume you're protected by your vaccination, but pursue boosters as they'll likely reduce the severity of an infection. avoid crowded, indoor places. keep up to date with current pandemic info at <https://peoplesCDC.org/reports/> wear a mask. wash your hands. help keep us safe.

OUTDOOR SETTINGS ARE GENERALLY SAFER THAN INDOOR, BUT DROPLETS CAN CHILL IN THE AIR FOR AN HOUR & INFECT THROUGH YOUR EYEBALLS. SOCIAL DISTANCE, EVEN OUTDOORS, ESPECIALLY IF YOU'RE NOT MASKED.