

# DEALING WITH TEAR GAS & PEPPER SPRAY

#WeKeepUsSafe

Tear Gas and/or Pepper Spray are sometimes used as tactics against protestors by law enforcement.

Here are some tips in the unfortunate event you get tear gassed and/or pepper sprayed.

*Tear gas is considered a chemical agent under the Geneva Convention and is banned in warfare.*

## DO NOT RUB IT IN

Decontaminate your hands before you touch any part of your body.

## CLEAR OUT, CLEAN OUT

Blow your nose, rinse your mouth, cough and spit. Try to get as far away from the source as possible and keep your distance from others.

## FLUSH YOUR EYES

Use clean, cool water to flush and clean out your eyes, nose and mouth. If you do not have access to clean water, use saline.

## REMOVE CONTACT LENSES

Remove the lenses or get someone to remove them for you, with CLEAN, uncontaminated fingers. Destroy the lenses after exposure.

## PROTECT YOURSELF

Gas masks provide the best facial protection, if properly fitted and sealed. Alternatively, goggles, respirators, or a wet bandana over the nose and mouth will help.

**STAY CALM.** Panicking increases the irritation. Breathe slowly to ground yourself and remember it is only temporary.

*NOTE: The effects of pepper spray can last longer than tear gas. Cultivate calmness. Do not panic. Continue to decontaminate at a safe distance from others.*