

# TEAR GAS & PEPPER SPRAY 101:

## CARING FOR YOURSELF & OTHERS

TEAR GAS AND PEPPER SPRAY HURT. BUT WE CAN TAKE STEPS TO STAY SAFER WHEN THEY ARE USED. SHARE WIDELY!

### 1. BEFORE A PROTEST

~ GET READY ~

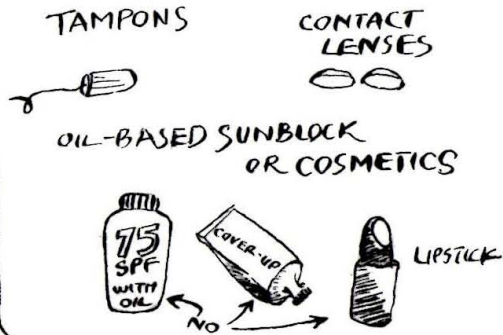
#### WHAT TO WEAR:

COMFORTABLE CLOTHING IN LAYERS



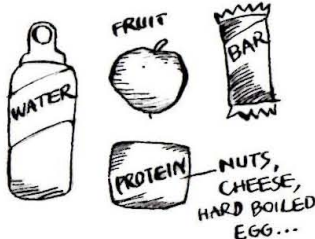
YOU SHOULD BE ABLE TO RUN.

#### WHAT NOT TO WEAR:



#### WHAT TO BRING

##### WATER & SNACKS

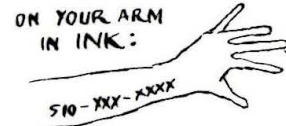


ENOUGH FOR YOU & FRIENDS

##### 3-DAY SUPPLY OF YOUR PRESCRIPTION MEDS



##### A FRIEND'S PHONE NUMBER



##### MONEY FOR TRANSPORT & SMALL THINGS



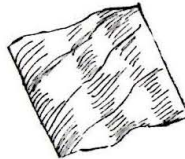
#### TEAR GAS/PEPPER SPRAY PROTECTION

SOAK A BANDANA IN VINEGAR OR LEMON JUICE. PUT IT IN A ZIPLOCK BAG.

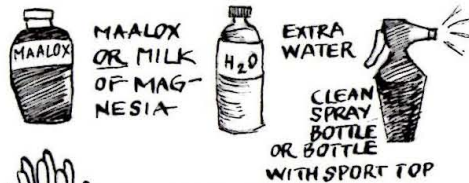


STORE IT WITH YOU. KEEP IT WET.

ALSO PACK AN EXTRA DRY BANDANA.



#### TO TREAT TEAR GAS/PEPPER SPRAY



MAYBE ALSO:  
GAS MASK



GOGGLES



BIKE HELMET



ID IN CASE OF ARREST



#### WHAT NOT TO BRING

PETS!  
DOGS HATE TEAR GAS!  
HAVE A FRIEND WATCH YOUR DOG WHILE YOU'RE AT THE ACTION.



BRING BUDDIES & STAY WITH THEM.



WE'RE A TEAM. DOWN FOR LIFE!

NATIONAL LAWYERS GUILD (415) 285-1011  
(IF I GET ARRESTED)  
OO MEDIC DISPATCH (510) 742-8129 (TEXT, NOT CALL)  
(IF MEDICAL EMERGENCY AND 9-1-1 WON'T MAKE IT)  
MY FRIEND'S PHONE (XXXX) XXXX-XXXX  
SOLIDARITY!

WRITE THESE NUMBERS ON YOUR ARM.



WEAR SUN/RAIN PROTECTION.

# ON THE DAY OF THE ACTION

## PROTECT YOURSELF



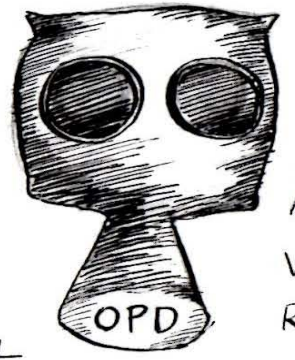
- ← HELMET
- ← GLASSES NOT CONTACTS
- ← BANDANA
- ← BACKPACK OF SUPPLIES
- ← PHONE #S ON ARM
- ← CLOTHING IN LAYERS
- ← STURDY RUNNING SHOES

## REMEMBER

STAY CALM. COPS' BIGGEST WEAPON IS FEAR. IF YOU HEAR A RUMOR, DON'T ASSUME IT'S TRUE.

## LOOK OUT

IF COPS MASK UP, EXPECT CHEMICALS.



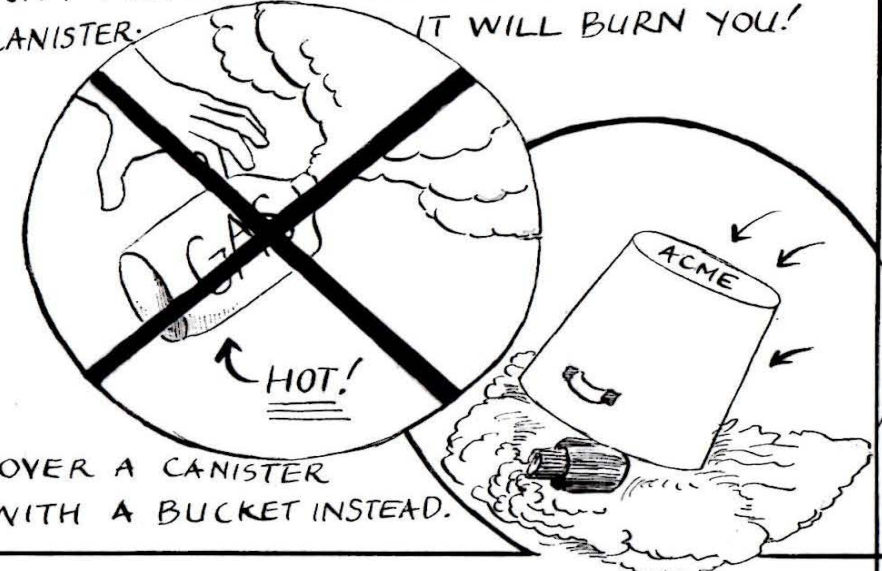
IF YOU HAVE ASTHMA, LEAVE THE AREA NOW. WALK, DON'T RUN.

PUT YOUR WET BANDANA ON NOW. IF THE VINEGAR SMELL IS TOO STRONG, PUT A DRY BANDANA ON UNDER THE WET ONE.

MAKE SURE YOUR BUDDIES ARE OKAY.

## BE SMART

DON'T PICK UP OR TOUCH A TEAR GAS CANISTER. IT WILL BURN YOU!



COVER A CANISTER WITH A BUCKET INSTEAD.

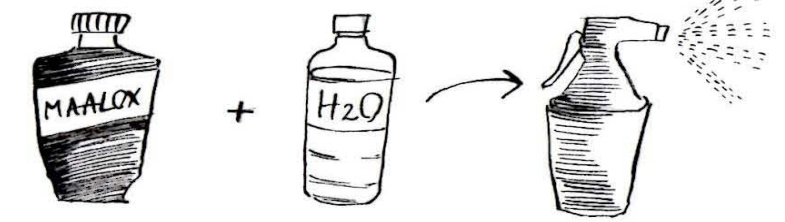
## STAY CALM



IN PAIN BUT NOT PANICKING

IF YOU WERE GASSED OR SPRAYED YOU MAY BE CRYING, SNOTTING, & DROOLING. DON'T PANIC. MOVE AWAY TO A SAFE AREA, FAR FROM CHEMICALS AND COPS. CHECK YOUR BUDDIES.

## TREAT



OUTSIDE THE GAS CLOUD, MIX "LAW" (LIQUID ANTACID & WATER) SOLUTION. 1/2 MAALOX, 1/2 WATER IN A CLEAN BOTTLE. (IF YOU DON'T HAVE MAALOX, CALL FOR A MEDIC.)

## SAY HI



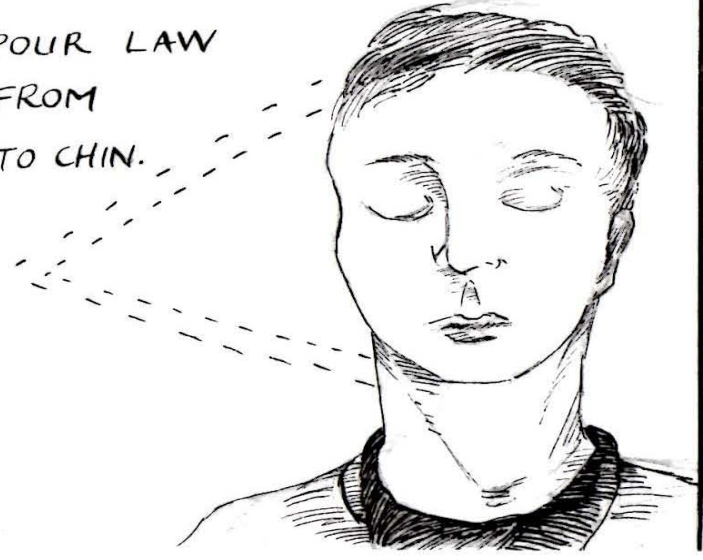
TO HELP SOMEONE YOU DON'T KNOW, INTRODUCE YOURSELF AND GET THEIR OK FIRST.

IF SOMEONE HAS ASTHMA OR IS WEARING CONTACTS, CALL 9-1-1.

IF SOMEONE GOT PEPPER SPRAYED IN MOUTH, CALL 9-1-1.

## WASH FACE

SPRAY OR POUR LAW SOLUTION FROM HAIRLINE TO CHIN.

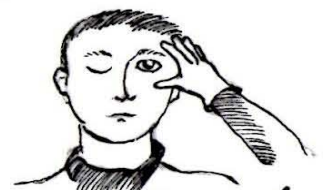


## FLUSH EYES



HAVE THE PERSON TILT THEIR HEAD DOWN TO THE RIGHT. FLUSH THE RIGHT EYE. REPEAT ON THE LEFT. SPRAY VERY GENTLY!

FLUSH THE EYES W/ LAW. TRY TO GET THEM TO OPEN THEIR EYE. IF THEY CAN'T, GENTLY HELP WITH A GLOVED HAND.



FINALLY - WASH HANDS FRONT AND BACK!

# 3. AFTERCARE

**CLEAN UP** (NOT "NATURAL" SOAP) TAKE A SHOWER. WASH VERY WELL.

GET OUT OF YOUR PROTEST CLOTHES. WASH IN STRONG DETERGENT.



**BREATHE DEEP**

REST AND SLEEP AS MUCH AS YOU NEED.  
BREATHE FRESH AIR.  
IF YOU SMOKE, TRY TAKING A BREAK FROM IT.




HERBAL LUNG SUPPORT:

- MULLEIN LEAF TINCTURE
- MARSHMALLOW ROOT & CHAMOMILE (COLD INFUSION) + PEPPERMINT (HOT INFUSION). STEEP 4 HOURS IN A CLEAN JAR.
- BREATHE EASY TEA




IF YOU DON'T FEEL BETTER, SEEK MEDICAL CARE.

**FOLLOW UP**



IT'S NORMAL TO FEEL SCARED, ANGRY, SHAKEN, OR HYPER AFTER COP VIOLENCE. TALK TO A TRUSTED FRIEND ABOUT YOUR FEELINGS.



IF YOU WANT TO TALK MORE ABOUT FEELINGS, CONTACT SAFER SPACES. [saferspaces@occupyoakland.org](mailto:saferspaces@occupyoakland.org)  
AN EMOTIONAL MEDIC CAN HELP YOU PROCESS.

- FIRST AID FOR EMOTIONAL TRAUMA [http://www.ncmhr.org/downloads/trauma\\_first\\_aid\\_fact\\_sheet12-08.pdf](http://www.ncmhr.org/downloads/trauma_first_aid_fact_sheet12-08.pdf)
- LINK TO ACTIVIST SUPPORT NETWORK <https://www.activist-trauma.net/>
- LINK TO MENTAL HEALTH PROTEST SELF CARE <http://www.booki.cc/mental-health-protest-self-care/>

IF A COP HURT YOU, TAKE PHOTOGRAPHS OF THE INJURY.  
<http://www.midnightspecial.net/files/shootingthewounded-activist.pdf>  
CALL THE NATIONAL LAWYERS GUILD FOR LEGAL HELP: 415 285 1011

STAY SAFE BE BRAVE PROTECT YOURSELF HELP OTHERS  
OCCUPY OAKLAND MEDIC COLLECTIVE