



treatment for



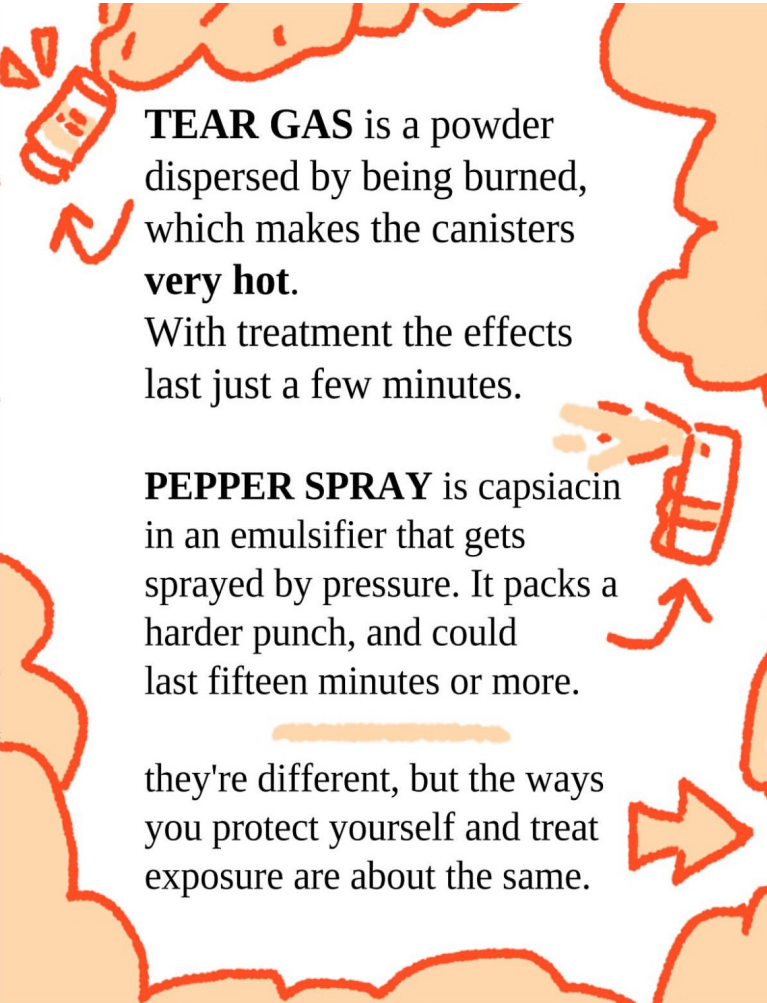
**pepper spray
and tear gas**



treatment for



**pepper spray
and tear gas**

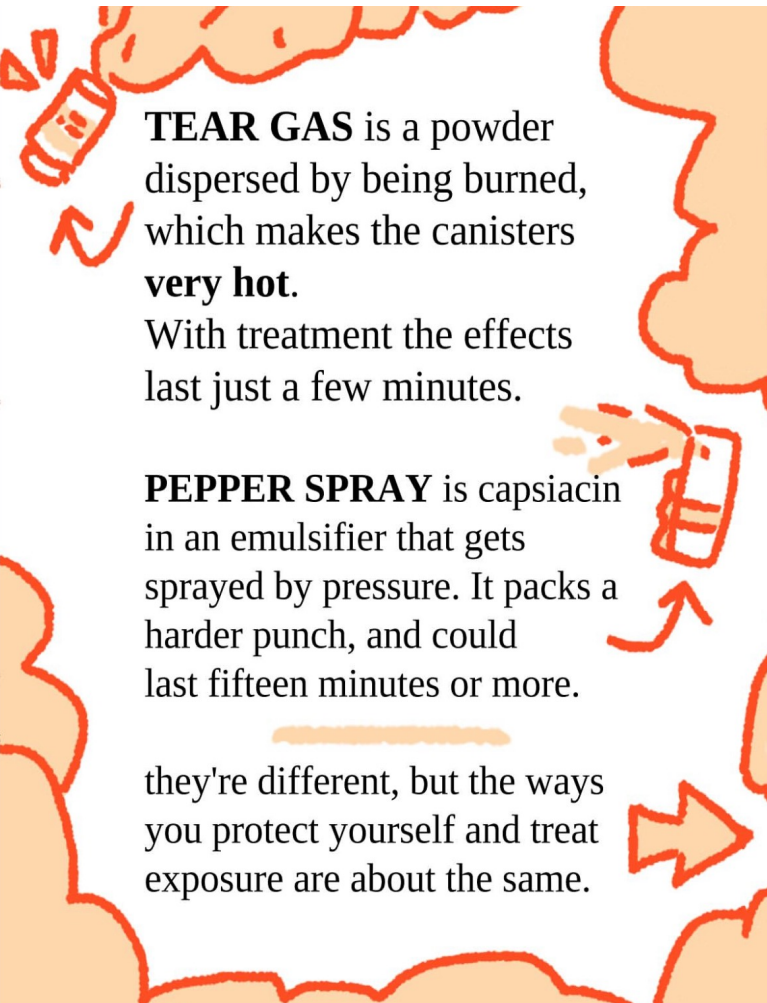


TEAR GAS is a powder dispersed by being burned, which makes the canisters **very hot**.

With treatment the effects last just a few minutes.

PEPPER SPRAY is capsiacin in an emulsifier that gets sprayed by pressure. It packs a harder punch, and could last fifteen minutes or more.

they're different, but the ways you protect yourself and treat exposure are about the same.



TEAR GAS is a powder dispersed by being burned, which makes the canisters **very hot**.

With treatment the effects last just a few minutes.

PEPPER SPRAY is capsiacin in an emulsifier that gets sprayed by pressure. It packs a harder punch, and could last fifteen minutes or more.

they're different, but the ways you protect yourself and treat exposure are about the same.



from FOOTHILL FIRE
foothillfire.noblogs.org

If you liked this, you might
like our zine "**WELCOME:
experience based advice
for joining mass movements**"
available free on our website
foothillfire.noblogs.org

PREVENTION is the most
important step by FAR.

Cover your eyes with shatterproof
goggles treated with anti-fog.



Cover your mouth and nose with
a respirator. This can be a full-face
gas mask, a half-face respirator,
or N95 disposables (bring spares).
A half face respirator with
P100 OV filters is one of
the best ways to go.



Cover your hair and skin with
a rain jacket.



from FOOTHILL FIRE
foothillfire.noblogs.org

If you liked this, you might
like our zine "**WELCOME:
experience based advice
for joining mass movements**"
available free on our website
foothillfire.noblogs.org

PREVENTION is the most
important step by FAR.

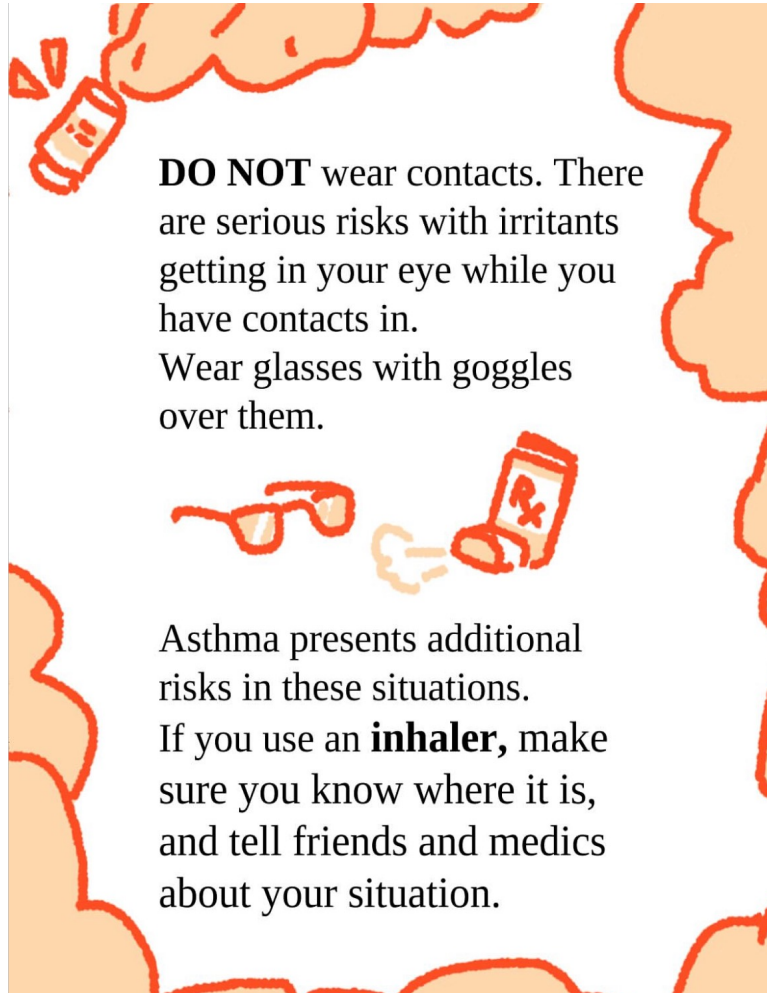
Cover your eyes with shatterproof
goggles treated with anti-fog.



Cover your mouth and nose with
a respirator. This can be a full-face
gas mask, a half-face respirator,
or N95 disposables (bring spares).
A half face respirator with
P100 OV filters is one of
the best ways to go.



Cover your hair and skin with
a rain jacket.



DO NOT wear contacts. There are serious risks with irritants getting in your eye while you have contacts in.

Wear glasses with goggles over them.



Asthma presents additional risks in these situations.

If you use an **inhaler**, make sure you know where it is, and tell friends and medics about your situation.

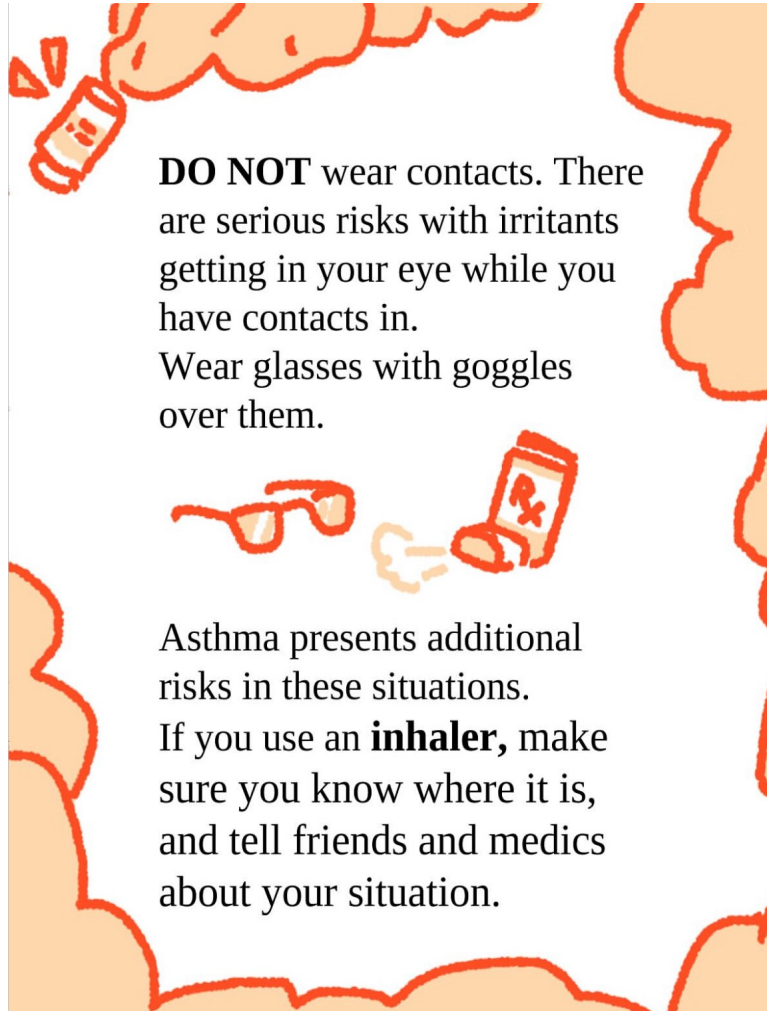
ALSO...

Having a plan you practice will reduce the panic that makes tear gas effective.

Shower with cool water. Steam can bring the irritants back into the air. Also, don't get irritants on your junk.

Wear a helmet.

Tear gas has well documented risks to pregnancy and disruption of menstrual cycles.



DO NOT wear contacts. There are serious risks with irritants getting in your eye while you have contacts in.

Wear glasses with goggles over them.



Asthma presents additional risks in these situations.

If you use an **inhaler**, make sure you know where it is, and tell friends and medics about your situation.

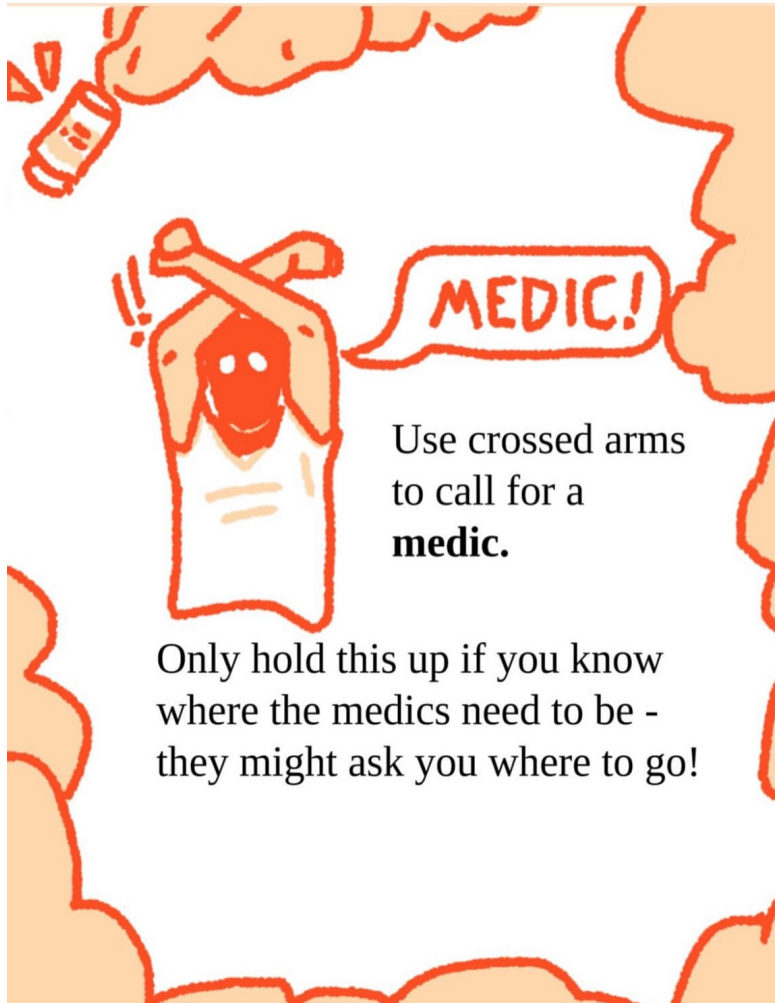
ALSO...

Having a plan you practice will reduce the panic that makes tear gas effective.

Shower with cool water. Steam can bring the irritants back into the air. Also, don't get irritants on your junk.

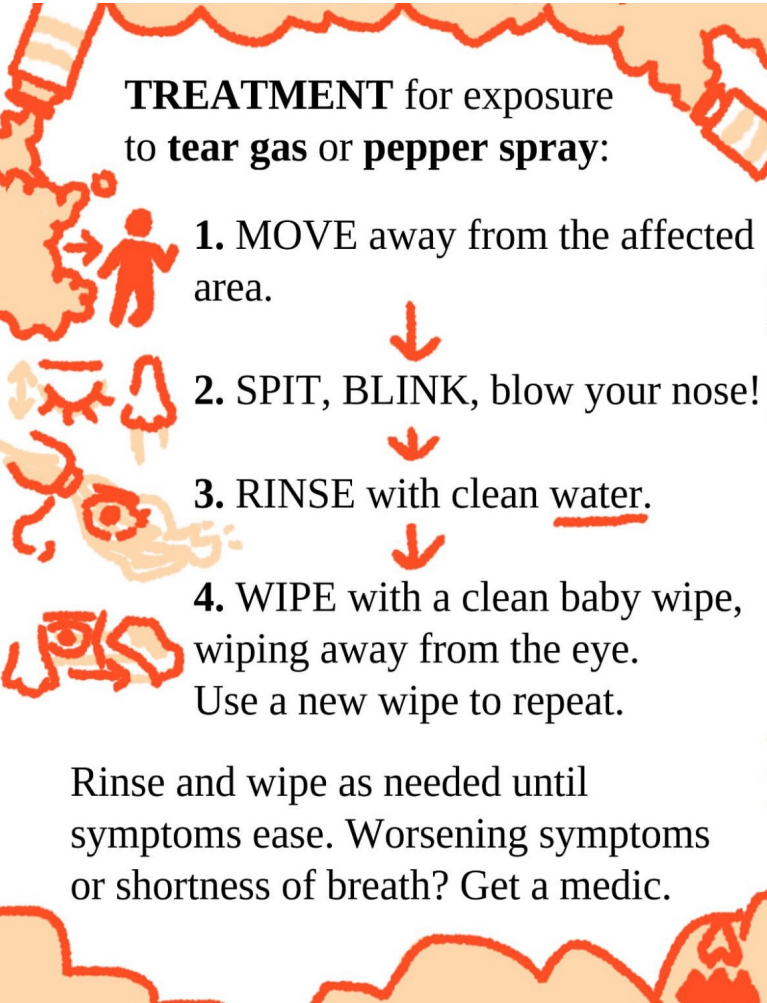
Wear a helmet.

Tear gas has well documented risks to pregnancy and disruption of menstrual cycles.



Use crossed arms
to call for a
medic.

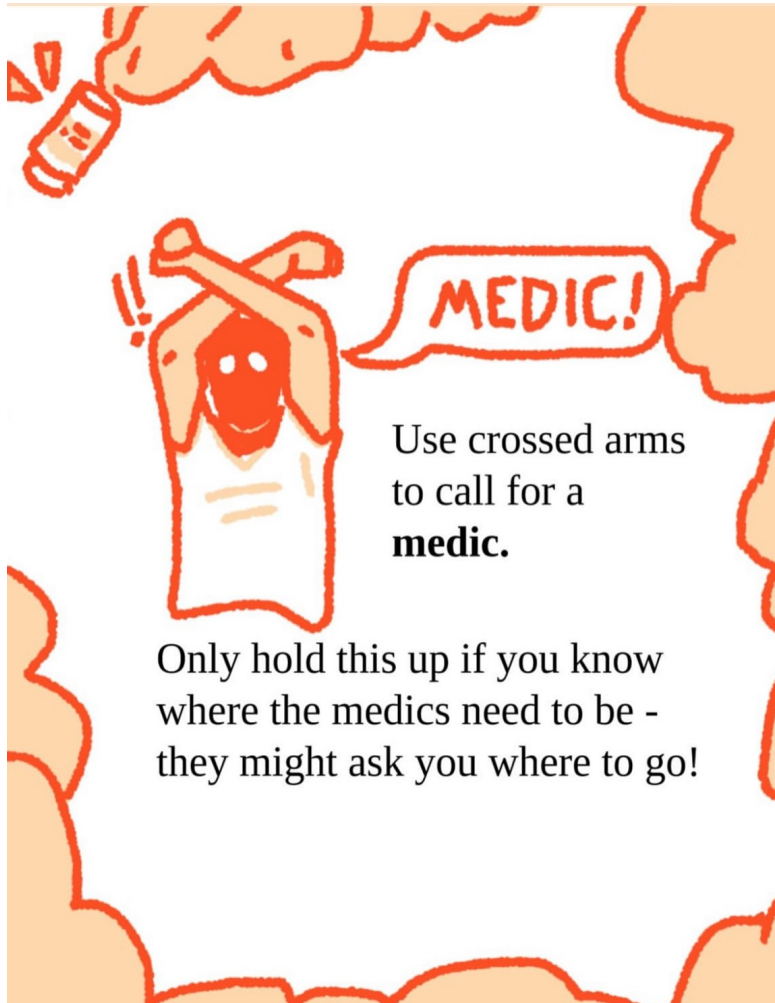
Only hold this up if you know
where the medics need to be -
they might ask you where to go!



TREATMENT for exposure to **tear gas** or **pepper spray**:

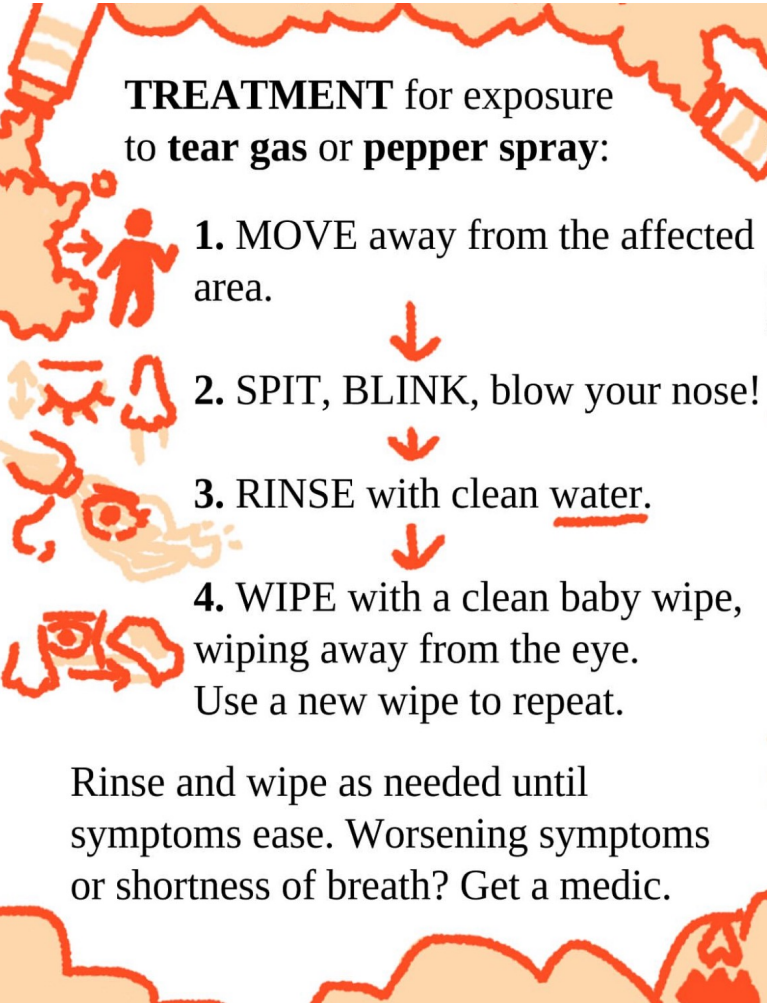
1. **MOVE** away from the affected area.
2. **SPIT, BLINK**, blow your nose!
3. **RINSE** with clean water.
4. **WIPE** with a clean baby wipe, wiping away from the eye. Use a new wipe to repeat.

Rinse and wipe as needed until symptoms ease. Worsening symptoms or shortness of breath? Get a medic.



Use crossed arms
to call for a
medic.

Only hold this up if you know
where the medics need to be -
they might ask you where to go!



TREATMENT for exposure to **tear gas** or **pepper spray**:

1. **MOVE** away from the affected area.
2. **SPIT, BLINK**, blow your nose!
3. **RINSE** with clean water.
4. **WIPE** with a clean baby wipe, wiping away from the eye. Use a new wipe to repeat.

Rinse and wipe as needed until symptoms ease. Worsening symptoms or shortness of breath? Get a medic.

tear gassed? pepper sprayed?
irrigate eyes with...



YES!

WATER!

be the generation that stops pouring
random sh*t in peoples eyes

tear gassed? pepper sprayed?
irrigate eyes with...



YES!

WATER!

be the generation that stops pouring
random sh*t in peoples eyes



We use **baby wipes** because they're water based and skin safe. Don't use cleaning wipes that have chemicals that would hurt a person's eyes.

We soak them with **water** and a drizzle of **baby shampoo**, which helps break up oils and doesn't irritate eyes like normal soap would.

Everyone should have a baggie of these wipes in their pocket.



We use **baby wipes** because they're water based and skin safe. Don't use cleaning wipes that have chemicals that would hurt a person's eyes.

We soak them with **water** and a drizzle of **baby shampoo**, which helps break up oils and doesn't irritate eyes like normal soap would.

Everyone should have a baggie of these wipes in their pocket.