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
- Hoodie or jacket
- T-shirt or sleeved shirt
- Glasses
- Solid shoes

You should be able to run.

**WHAT NOT TO WEAR:**
- Tampons
- Contact lenses
- Oil-based sunblock or cosmetics

**WHAT TO BRING**

- Water & snacks
  - Fruit
  - Bar
  - Protein
  - Nuts, cheese, hard boiled egg...
  - Enough for you & friends

- 3-day supply of your prescription meds
  - In original bottle/pack

- Inhaler
- Insulin &/or Epi-Pen if needed

- A friend's phone number
  - On your arm in ink:
  - **SR-XXX-POTP**
  - Money for transport & small things

**TEAR GAS/PEPPER SPRAY PROTECTION**

- Soak a bandana in vinegar or lemon juice. Put it in a Ziplock bag.
  1. Store it with you.
  2. Keep it wet.

- Also pack an extra dry bandana.

**TO TREAT TEAR GAS/PEPPER SPRAY**

- Maalox or milk of magnesia
- Extra water
- Clean spray bottle or bottle with sport top

**WHAT NOT TO BRING**

- Pets!
- Dogs hate tear gas!
- Have a friend watch your dog while you're at the action.

**MAYBE ALSO:**
- Gas mask
- Goggles
- Bike helmet
- ID in case of arrest
ON THE DAY OF THE ACTION

PROTECT YOURSELF

- Helmet
- Glasses not contacts
- Bandana
- Backpack of supplies
- Phone & pens on arm
- Clothings in layers
- Sturdy running shoes

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

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
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.

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.)

WASH FACE
SPRAY OR POUR LAW SOLUTION FROM HAIRLINE TO CHIN.

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!

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

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

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

BRING BUDDIES & STAY WITH THEM. WE'RE A TEAM, DOWN FOR LIFE.

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

IF COPS MASCARE YOU EXPECT CHEMICALS. 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.
3. **AFTERCARE**

**CLEAN UP**
- Get out of your protest clothes.
- Wash in strong detergent.
- (Not "natural" soap)
- Wash very well.

**BREATHE DEEP**
- Rest and sleep as much as you need.
- Breathe fresh air.
- If you smoke, try taking a break from it.

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

**HERBAL LUNG SUPPORT:**
- Mullein leaf tincture
- Marshmallow root & chamomile (cold infusion) + peppermint (hot infusion). Steep 4 hours in a clean jar.
- Breathe easy tea

**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
- An emotional medic can help you process.

**FIRST AID FOR EMOTIONAL TRAUMA**

**LINK TO ACTIVIST SUPPORT NETWORK**
[https://www.activist-trauma.net/](https://www.activist-trauma.net/)

**LINK TO MENTAL HEALTH PROTEST SELF CARE**

**IF A COP HURT YOU, TAKE PHOTOGRAPHS OF THE INJURY.**

**CALL THE NATIONAL LAWYERS GUILD FOR LEGAL HELP:**
415 285 1077

**STAY SAFE BE BRAVE PROTECT YOURSELF HELP OTHERS**

**OCCUPY OAKLAND MEDIC COLLECTIVE**