

TEAR GAS DECONTAMINATION

If you're helping others, wear gloves – the chemicals will quickly contaminate other people and materials!

Decontamination:

1. Remove contaminated clothing and wipe off any remaining chemicals with gauze/rags.
2. Spray vegetable or mineral oil on any skin exposed to the gas (**NOT THE FACE**) and wipe off with new gauze/rags.
3. Wipe skin down again with new gauze/rags and rubbing (isopropyl) alcohol.

Aftercare:

- Shower with **cold** water and scrub your skin with soap. Hot water opens pores, which may let chemicals penetrate more deeply.
- Don't take a bath - you don't want to soak in the chemicals!
- Position yourself so that contaminated water from your hair does not run all over your skin - especially your face!

For your clothes:

- Place contaminated clothes in a sealed plastic bag until you can wash them or dispose of them.
- Clothes contaminated with tear gas can be hung out in the wind. It may take several days before the smell is gone.
- Wash clothes with a strong detergent-based soap (this is not a time for eco-friendly, detergent-free products).
- Coats, furniture, rugs and other items can be exposed to air or steam cleaned; some recommend adding 5-10% baking soda to the steam water.

The effects of tear gas and pepper spray are usually temporary.

Seek medical attention if you experience any of the following:

- Severe or ongoing breathing problems
- Ongoing eye irritation
- Skin rash
- Symptoms that persist, worsen, or reappear.

Many people feel fatigued or ill after chemical exposure. This is a good time to take extra good care of yourself. Drink a lot of water, eat nutritious food, and get enough sleep. Many different herbs can help detoxify the body-ask an herbalist for recommendations.