

## Action Preparation

### Do

- Wear long sleeves and water- or alcohol-based sunscreen.
- Have goggles or other eye protection from chemical weapons.
- Carry a bandana, cloth, or other mask to put over your mouth and nose if police start using chemical weapons. Bring a second to wear if the first gets contaminated.

### Don't

- Don't wear tampons – if arrested, you may not have a chance to change it.
- Don't put mineral oil, oil-based sunscreen, paint, moisturizer, or make-up on skin as they can trap chemicals.
- Don't wear contact lenses, because irritating chemicals can get trapped underneath them.
- Don't wear things which can be easily grabbed (i.e. dangly earrings or other jewelry, ties, loose hair).
- Don't go to the demo alone, if you can help it – go with an affinity group or some friends who know you well.

### What can I carry to help take care of myself?

Water!! Enough for yourself and your friends. Energy snacks, inhaler, epipen, insulin, or anything else you need for regular or emergency health care. If needed, a few days of prescription medication and a doctor's note in case of arrest.

*BE CALM and FOCUSED* when things get most intense. Watch for signs of physical and mental problems in yourself and others. *Spread calm* to those around you at the demo. Panic is dangerous for everyone.

*BEWARE OF RUMORS:* They are often false, and spread fear. Deal with the known truth.

## Pepper Spray

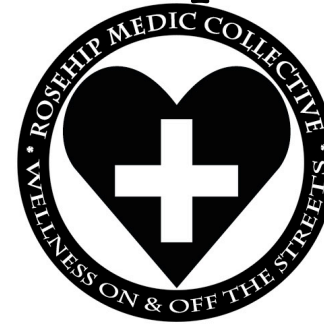
### Care in the Streets

- **Stay calm.** Spread Calm. It hurts now, but the pain is temporary and we are strong.
- **WALK,** do not run.
- **Call "Medic"** to get medical help, but understand that we cannot be everywhere at once.
- **Flush eyes** with 50/50 liquid antacid and water (LAW). Use Maalox or an equivalent that is ALCOHOL FREE.
- Blow nose, rinse mouth with water or LAW and spit it out.
- **Remove contact lenses and DISCARD,** do not put contaminated lenses back in.
- **Avoid contamination** of body parts, other people, clothing, etc.
- **Take responsibility for your own health.** Be aware of potentially broken bones, head injuries, or anything else that may require medical attention.
- **Know your limits** and stand back if you need to.
- **Document** police actions, brutality, and injuries.
- **Call Jail Support** while on the street if you are arrested, if you know the details for an arrestee, or if you witness police brutality. Ask a medic or legal observer for the number and share it.

## Pepper Spray Aftercare At Home

- Seal clothes in plastic bags until you can wash them with detergent-based soap.
  - Shower with cold or cool water, scrub skin with soap, and be careful of contaminated water from hair running over skin/eyes.
  - Be good to your liver; it is working overtime to rid your body of toxins. Avoid alcohol, drugs, caffeine, and high fat foods for a few days.
  - Drink at least 2 liters of water per day. Squeezing lemon in the water has added benefit.
  - Use bitter, liver tonic herbs such as Milk Thistle seeds (*Silybum mariannum*), Burdock root (*Arctium lappa*), and Dandelion root (*Taraxacum officinale*) for two weeks to support liver function. These herbs can be used as tea, 1-4 cups per day, or as a tincture, 2-4 dropperfuls 2-3 times per day.
  - For lung support, use a tincture of Mullein leaf (*Verbascum thapsus*) every four hours, 2-4 dropperfuls. Slippery Elm tablets also help soothe mucous membranes, but drink lots of water with them to avoid constipation, or drink it as a tea.
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- Take care of yourself emotionally as well as physically. Get plenty of sleep and beware of stressors from outside influences.
  - **DOCUMENT YOUR INJURIES** with the help of medics, legal observers, or both.
  - Keep in touch with others from the action. Talking about your experiences can help reduce anxiety and PTSD.

## Chemical Weapons Defense



You are awesome and you deserve to be taken care of. Cops shouldn't attack you because you disagree with the way our government is run. You deserve better. Sometimes cops do attack us, and the best help we have is each other. Medics are here to spread love, prevent burnout, and generally try to make things more pleasant while we fight the good fight.

**THE #1 WEAPON OF THE POLICE IS FEAR:** Once you control that, pepper spray and other police tactics tend to be easily manageable.

Exposure to chemical weapons is not the worst thing that can happen to you. The hype and fear surrounding them is enormous, but in reality, if you are prepared and smart, they shouldn't faze you.

**PAIN IS TEMPORARY AND WE ARE STRONG:**

There are many myths about treatment and prevention of chemical weapons exposure. Much of this misinformation is potentially dangerous. Some of it, if applied, could greatly increase or prolong a person's reaction to exposure, or at the very least provide a false sense of security. We only use treatment that has been tested and established by the medic community as safe. If you are unsure about something, we recommend sticking to clean potable water.