

2020

# WE'RE GONNA GET OH SHIT sprayed!

surviving  
chemical weapons  
at protests

This pain is temporary  
and we are strong.

Be kind to yourself.  
Be kind to each other.  
Don't spread rumors.  
Walk, don't run.  
spreading calm.  
The best way to fight back is by  
wherever they want us to go.  
Themselves. Then they can herd us.  
They want us afraid of them, each other.  
The #1 tactic of shitheads is fear.

Local herbalist or street medic  
- If you want herbal aftercare, ask your  
stuff.

Your body is processing all this gross  
(alcohol, drugs, etc.) for a few days, while  
- Try to avoid extra kidney and liver toxins

dry: repeat a few times!  
bags. Wash it later with strong soap, lime  
- Seal up all the gross fabric in trash  
closed.)

strong soap. (Cold water keeps pores  
- As soon as you can, take a shower with  
- Swish and spit water. Rinse your skin.  
what you touch.

Be mindful of where you go and who/  
- You're contaminated till you clean up!

## #6 Aftercare

### What else won't help? Doodle it!

Howling at the moon  
Applying ketchup or mustard  
Burning tires

Funniest ones we've heard lately:  
Lots of things won't help! Here's the

### #5 Myths & rumors

## #4 What's an eye flush like?

With a direct hit, it'll be hard to open your eyes and see right away. Comrades should help you get out of the area safely.

Someone offering an eye flush should introduce themselves, get consent to treat you, and tell you what they're doing each step of the way.

The only treatment we recommend is a **forceful stream of water** to push the pepper spray out of your eyes. It won't work if you have contact lenses in, so please try to take them out **beforehand!**

*Even with no treatment,  
symptoms should fade within an hour.  
This pain is temporary, and we are strong!*

## #1 Protester fashion chic

**Eyes:** silicone-lined swim goggles rock. (Shatterproof and prescription goggles exist.) **NO CONTACTS!**

**Nose/mouth:** Cloth masks help a tiny bit with chems, a lot with COVID. Bring a spare in a sealed baggie, just in case! Respirators can be effective if fitted, but also scare the crowd and draw attention.

**Skin:** oil based products can trap chems... but pepper spray on sunburn hurts more!

**Fabric:** Synthetics and rain gear protect best, but chems can melt some fabrics. Lots of protesters wear cheap and used clothes. Trash bag ponchos rock!

## #2 Comrades who might need extra support:

**Asthma:** if you've ever needed a rescue inhaler, bring one along! *Look for quiet comrades who can't breathe!*

**Pregnancy:** tear gas is suspected to cause miscarriages

**Contact lenses:** contacts trap chems and get in the way of an eye flush

**Children, elders, very ill folks:** pain and contamination are harder for bodies that are already going through a lot

**Allergies:** lots of ingredients, lots of potential for an allergic reaction

## #3 What are chemical weapons?

Both tear gas and pepper spray are "less lethal" particulates (little droplets of yuck) that cause burning pain. Shitheads use them to scare us-- to break up our crowds, to make us panic and run away.

Tear gas is used by the State to make big crowds move. A direct hit makes it hard to breathe, triggers coughing and nausea, and can hurt eyes/nose/mouth.

Pepper spray is used by any shithead who feels like it. It can be aimed at just a few people, or a big crowd. A direct hit causes burning pain to eyes/nose/mouth, and can make it hard to breathe.

Treatment for both is getting out of the cloud, and maybe an eye flush.

more and practice these skills. △  
Ask local street medics if you want to learn  
Zines are no substitute for hands-on training!  
Part 2: How to do an eye flush!

# OH SHIT WE'RE GONNA GET SPRAYED!

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## JUST USE WATER!

in it. All abrasive substances can scratch the eye.  
folk are allergic. Milk has alcohol  
aren't safe. Cow milk spoils and some  
lots of recommended treatments  
darker skin and/or clothes.  
which is extra obvious on folks with  
protesters until they can clean up,  
All milky white treatments stain  
reaction in the eyeball!

more effective if we want a chemical  
the chems out. Everything else is only  
A forceful stream of water flushes  
We know it works!  
Water is safe, effective, & cheap!

for treatment???

#6 Why doesn't this zine suggest

that are already going through a lot  
and contamination are harder for bodies  
Children, elders, very ill folks: pain  
and get in the way of an eye flush  
Contact lenses: contacts trap chemicals  
may cause miscarriages  
Pregnancy: it's suspected that tear gas  
out for quiet comrades who can't breathe!  
attacks, and not breathing asthma  
Asthma: chems can trigger asthma  
extra support:  
#5 Comrades who might need

## #2 What can you do?

Don't just help the first person who yells! Take a second to look around for “silent patients” on the ground, help them first. *CALL FOR MEDICS! We're here to help.*

Say hi, get consent. “**Hey, I'm Frida. I know how to flush eyes. Can I help you? Great! Can I grab your arm and lead you out of here?**”

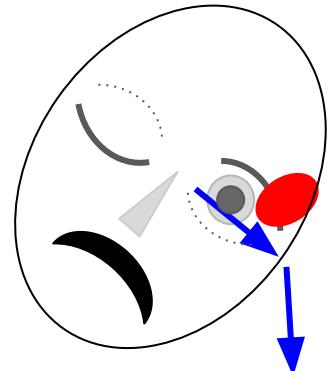
Both tear gas and pepper spray are helped by getting out of the cloud of yuck. Water eye flushes really help with direct hits of pepper spray-- they don't help as much with tear gas, but it won't hurt someone who's been tear gassed to get an eye flush with water.

## #3 Flushing pepper sprayed eyes

This zine only teaches one protocol: flushing eyes with a forceful stream of **clean water**. (See pg 6 for why!)

1. Get to a safer spot. Put on gloves! (*Everyone is safer this way: you, them, whomever you touch next.*)
2. Contacts out, or it won't work.
3. Talk through what's coming next.
4. Tilt head sideways, get consent to **hold their eyelid open.** →
5. Use a strong squirt of clean water from the “nose side” of lower eye to the “ear side” to push the gross stuff out and onto the ground. →
6. Repeat a few times on each eye!

## #4 Eye flush diagram



*Symptoms should fade within an hour after getting out of exposure, even with no treatment.*