

WHAT TO DO IN A TEARGAS ATTACK

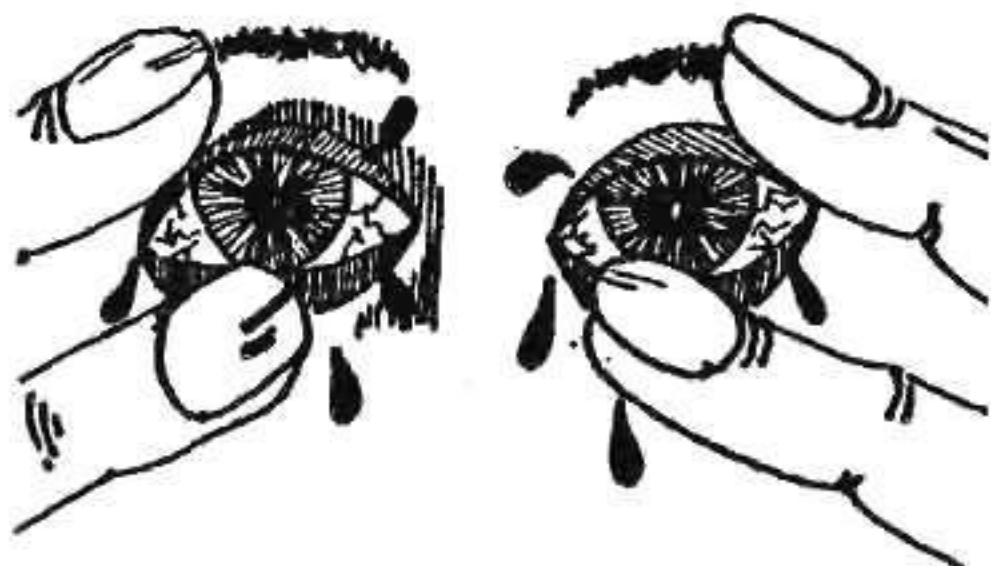
Learn and Teach asked a doctor what people can do when they are attacked with teargas. This is what he said:

1. Do not panic. If you panic, more people may get hurt.



2. Try to get out of the teargas cloud. Check the direction of the wind and try to get to the other side of the cloud.
3. Breathe slowly and not too deeply. But do not hold your breath. If you hold your breath, you will then breathe deeply for air. A deep breath will cause pain and burning.

4. Do not rub your eyes. It can only make your eyes worse.



5. If you no longer smell the gas, it does not mean that the gas has gone away. Teargas often makes you lose your smell.
6. Once you are in the fresh air, try to find a cool, shady and dry place. This will help to fight off the chemicals in the gas.
7. Take off all your clothes. This will lessen the damage of the gas.
8. Try to wash your face with vegetable oil and then wash it off with soap and fast flowing water. Then dry yourself immediately. **IF YOU JUST WET YOUR FACE AND BODY, THE TEARGAS CAN BURN YOU EVEN MORE.** Water by itself does not take away

the gas. It is better to blow on your skin than to just use water. If it is raining, dry your skin immediately.

Do not swallow your spit. If you do, you will vomit. Rather spit it out.

If you think you may get teargassed, you may want to get ready for it. You can wear special clothes like overalls, gloves tucked into sleeves, a shirt with a high collar and a hat. If you want to look after your eyes, you could even wear goggles. Imagine many hundreds of people going to a meeting or a funeral all wearing goggles!

11. If you suffer from asthma, hayfever, allergy or any other sickness, try not to get gassed. If you are gassed, you should see a doctor soon afterwards. Teargas can be very dangerous for these people.

12. If the police use a large amount of teargas against you, try to see a nice doctor. The doctor will give you eye drops for your eyes and they will treat skin burns. They will check for infection and other damage. And sometimes they will even save lives.

