

DEFENDING AGAINST TEAR GAS

THE FOLLOWING TIPS ARE TO BE EXERCISED **ONLY FOR DEFENSE PURPOSES** AND IN THE EVENT OF POLICE/GOVERNMENT OFFICIALS USING TEAR GAS IN PEACEFUL PROTESTS. **NEVER INCITE VIOLENCE.**

ITEMS YOU WILL NEED

PAINTERS/DUST MASK
FOUND IN HARDWARE STORES



EYE PROTECTION
FOUND IN HARDWARE STORES



WATER SPRAY BOTTLE
MAKE SURE WASHED OF ANY
CLEANING SOLUTION



LIQUID ANTACID
ANY IN LIQUID FORM SUCH
AS MAALOX OR MYLANTA



HELPING YOURSELF AND OTHERS

- AFTER USING THE LIQUID ANTACID AND WATER METHOD ON YOURSELF, HOLD UP YOUR SPRAY BOTTLE AND START SHOUTING FOR PEOPLE TO COME TOWARDS YOUR VOICE FOR HELP. SPRAY THEIR FACE AND MOUTH.
- IF YOU ARE WEARING EYE PROTECTION OR A MASK, BE PROACTIVE AND KICK THE CANISTER AWAY FROM THE CROWD. IF YOU CAN KICK IT DOWN A GUTTER, OR DOUSE IT WITH WATER, YOU CAN MINIMIZE ITS IMPACT.
- STAY PEACEFUL. PEACEFUL PROTEST IS THE ONLY WAY TO BE TAKEN SERIOUSLY AND TO BE TRULY HEARD.

KNOW YOUR ENEMY

TEAR GAS IS A NON-LETHAL CHEMICAL WEAPON THAT STIMULATES THE CORNEAL NERVES IN THE EYES TO CAUSE TEARING, PAIN, AND EVEN BLINDNESS. TEAR GAS WORKS BY IRRITATING MUCOUS MEMBRANES IN THE EYES, NOSE, MOUTH AND LUNGS, AND CAUSES CRYING, SNEEZING, COUGHING, DIFFICULTY BREATHING, PAIN IN THE EYES, TEMPORARY BLINDNESS, ETC.

TEAR GAS RELIEF

Liquid Antacid and Water (LAW)

BE PREPARED FOR EXPOSURE. TEAR GAS IS A PARTICULATE, NOT REAL GAS, SO PAINTERS/DUST MASKS HELP.

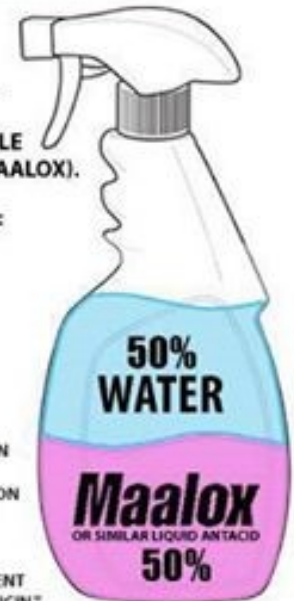
"GREEKS HAVE BECOME SKILLED AT CHOOSING THE RIGHT PROTECTIVE GEAR. MAALOX IS A MUST."

ARIS MESSINIS/AFP

- 1) FIND A GOOD SIZE SPRAY BOTTLE AND WASH WELL.
- 2) FILL HALF OF SPRAY BOTTLE WITH LIQUID ANTACID (MAALOX).
- 3) FILL THE REMAINING HALF OF BOTTLE WITH WATER.
- 4) WHEN EXPOSED SPRAY YOUR EYES AND MOUTH, THEN SWALLOW.

ALSO EFFECTIVE AS PEPPER SPRAY REMEDY

A UNIVERSITY OF CALIFORNIA SAN FRANCISCO-BASED STUDY HAS FOUND THAT TOPICAL APPLICATION OF ANTACIDS * FOR CAPSAICIN-INDUCED PAIN IS EFFECTIVE, PARTICULARLY IN EARLY TREATMENT OF EXPOSURE TO REFINED CAPSAICIN.*



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STAY VIGILANT. STAY UNITED. STAY INFORMED. PROTECT YOUR FELLOW COUNTRYMEN. DO NOT TRUST THE MEDIA.

SOURCES:

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GLOBAL POST: <http://www.globalpost.com/dispatches/news/regions/europe/protestor-chic-how-greeks-prepare-tear-gas>

Wikia (Medic Wiki): http://medic.wikia.com/wiki/Pepper_spray_and_tear_gas

WIKIPEDIA: http://en.wikipedia.org/wiki/Tear_gas