**Teargas: What To Do**

**Community Safety Teams**

**#WeKeepUsSafe**

**STAY CALM**

Panicking increases the irritation. Breathe slowly to ground yourself and remember it is only temporary.

**CLEAR OUT/CLEAN OUT**

 Blow your nose, rinse your mouth, cough and spit. Try to get as far away from the source as possible and keep your distance from others.

**FLUSH YOUR EYES**

Use an eye flush made with saline solution to clean out your eyes, nose and mouth. If you do not have saline solution use clean, cool water.

**DO NOT RUB IT IN**

Decontaminate your hands before you touch any part of your body.

**REMOVE YOUR CONTACT LENSES**

Remove the lenses or get someone to remove them for you, with CLEAN, uncontaminated fingers. Destroy the lenses after exposure.

**WHEN YOU GET HOME**

Isolate your clothes in a plastic bag. Take a cold shower with dishwashing soap, like dawn detergent.