

Chemical Weapons

Tear gas and pepper spray are used by the police to spread fear and sow panic. They do not usually cause lasting damage.

The most important thing when being gassed is to REMAIN CALM

If you were gassed earlier today and are still experiencing breathing problems then please seek medical attention.

Tear gas and pepper spray can remain on your clothes skin and hair for days after you have been exposed so you need to

- **Take off and seal contaminated clothing etc. in airtight bags**
- **Take a cool shower**
- **Wash your contaminated things**
- **Throw away any unsealed food/medical kit you were carrying**

Avoid enclosed spaces unless you have done the above

If you are unsure about anything speak to a medic

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Head Injuries

If you've been hit in/over the head it can take a long time for you to realise anything is wrong.

- **Don't** drink alcohol or take drugs
- **Don't** take painkillers
- Tell your friends what happened and if you are allergic to anything or have any other medical problems

If you've been hit over the head you may need to go to hospital if you are

- nauseous
- dizzy
- forgetful
- disorientated
- have unequal size pupils
- vision problems
- have had another head injury recently

If you are hit over the head

GO AND SEE A MEDIC

There will be marked medics on demonstrations and first aid points at convergence points

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