

**DISABLING**

- thermas full of mud
- 1/4 full water jug or heat-proof gloves
- emergencies only!!!
- do not mix w/ clean clothes for +5 days
- keep shoes & contaminated clothes outside for 2 days before washing
- change clothes ASAP, 20 min cold shower (eyes closed)

**NEXT STEPS**

- get out of the cloud, seek high ground (the gas sinks)
- flush eyes w/ water only & immediately drink
- remove contacts
- don't touch face
- DON'T use towel/makeup

**TEAR GAS & MACE**

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- AVOID makeup & oil based products
- foam earplugs & ear muffs
- closed-toed shoes
- cover as much skin as possible
- face mask/scarf
- cover tattoos
- gas mask

**WHAT TO BRING:**

- ID & cash in case of arrest
- change of clothes
- squirt-top water bottles
- shatter resistant goggles or glasses
- heat-resistant gloves
- foam earplugs & ear muffs
- cardboard signs
- phone on airplane mode

**WHAT TO WEAR**

- foam earplugs & ear muffs
- closed-toed shoes
- cover as much skin as possible
- face mask/scarf
- cover tattoos
- gas mask

**LRADs**

- foam earplugs & ear muffs (NRR 30+)
- keep your mouth open
- stay out of direct line, if not get on the ground
- clench abs & close your eyes
- get behind something
- cardboard absorbs the sonic waves!

**RUBBER BULLETS**

- shock absorbent helmet
- ballistic/shatterproof goggles or glasses
- thick clothing, seek cover
- you can reinforce clothing w/ DUCTAPE and:
  - cardboard
  - leather
  - sheet metal
  - plastic

**IF ARRESTED**

- SHUT UP!!! DO NOT say or sign anything w/o a lawyer present
- DO ask if you are being detained
  - if "NO": walk away calmly
  - if "YES": only ask the charge & to speak to lawyer
- DONOT RESIST!

**HOW TO PROTECT AGAINST CROWD CONTROL**

