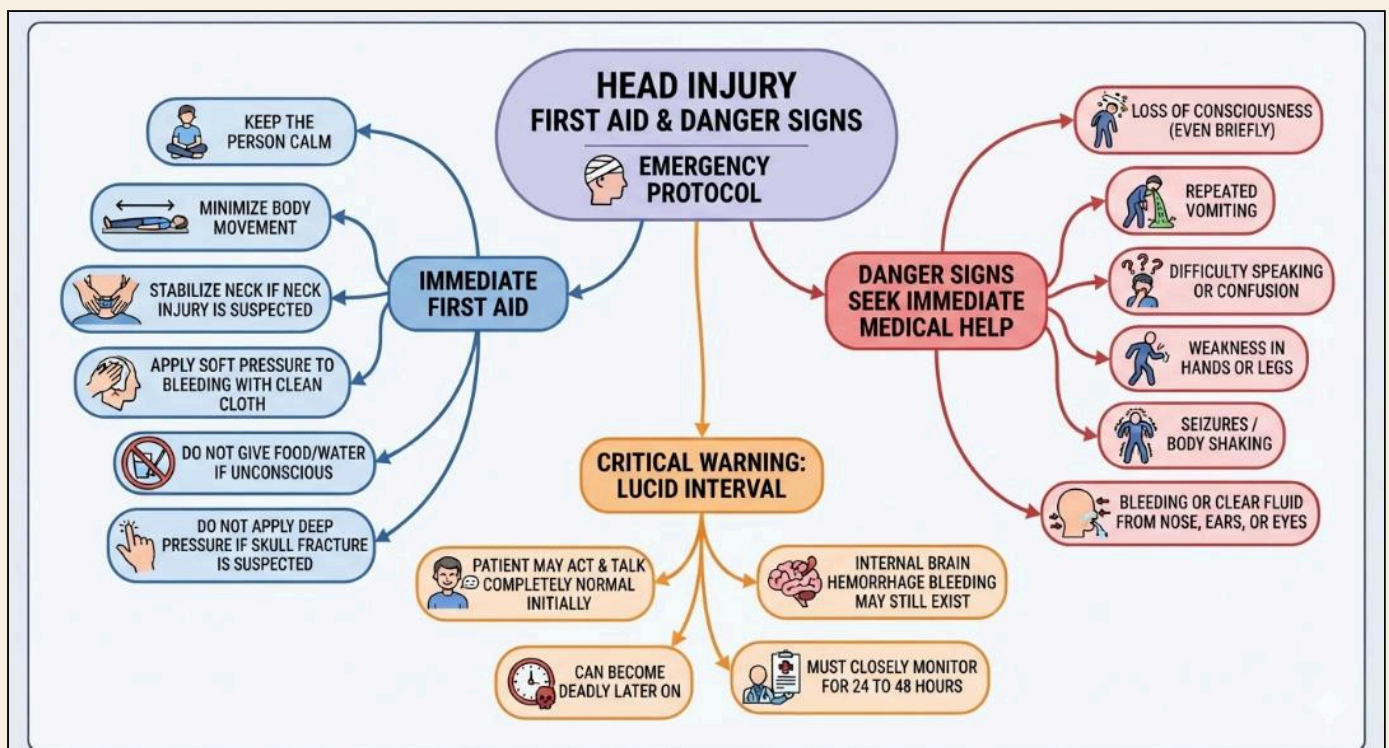


Protest first aid

What to do for tear gas and injuries, and what to carry. Verified with a volunteer aid team.

⚠ **Serious injury needs a medic.** Heavy bleeding, breathing trouble, fracture: get to a medic or hospital.



Head injury — first aid & danger signs. If any danger sign appears, get to a hospital immediately.

01 Tear gas

Get out and seek high ground.

Move out of the cloud and away from the area as soon as you can.

Walk, don't run.

Running makes you breathe harder and pull more gas into your lungs.

Flush eyes with water, 10–15 min.

Use plain, cool water. There is no evidence baking soda or milk works better.

Don't touch the canisters.

Trying to throw them back can burn you or put you at greater risk.

 02 What to wear

- ✓ Mask or scarf over nose and chin.
- ✓ Shatter-resistant eye protection — swim goggles or sturdy sunglasses.
- ✓ Cover all skin; closed shoes you can run in.
- ✓ No contact lenses, no eyeliner/makeup — they trap chemicals.

 03 What to bring

- ✓ Water in a squirt-top bottle (drink + rinse eyes/skin).
- ✓ Drawstring or backpack (not cross-body).
- ✓ ID, emergency contact, and cash for bail/transport.
- ✓ Inhaler, EpiPen, or prescription meds if you need them.
- ✓ A change of clothes.

 04 Sprains & strains – PRICE

P**Protect**

Stop and protect the injured area from further harm.

R**Rest**

Avoid using the injured limb for 24–48 hours.

I**Ice**

Cold pack 15–20 min every 2–3 hours. Never ice directly on skin.

C**Compression**

Elastic bandage to reduce swelling — not too tight.

E**Elevation**

Keep the limb raised above heart level.

Get help now if: severe pain, a limb looks deformed, heavy bleeding, can't bear weight, or a suspected fracture.

**05****Medical helplines**

On-site medical teams, and how to find a doctor when phones are down, are in the Medical aid guide.

Open the Medical aid guide