



## **Personal Decontamination Following Exposure to Riot Control Agents (CS, OC, or CN)**

If you are exposed to smoke, powder, or liquid Riot Control Agent, the following steps can help reduce discomfort and speed recovery:

1. **Move to Fresh Air Immediately**  
The most important step is to remove yourself (or the exposed person) from the contaminated area. Fresh air will allow the body to begin clearing the agent naturally.
2. **Remain Calm**  
Panic can worsen the effects of exposure. Encourage slow, steady breathing to help reduce discomfort. Breathe in through the mouth and out through the nose. Your body will quickly begin to adapt.
3. **Eyes**
  - Open your eyes, blink often, and allow fresh air to help clear the irritation.
  - Do **not** rub your eyes!
  - If eye exposure is liquid or powder, or additional relief is needed, flush eyes gently with clean water. Do not use creams, oils, or random solutions.
  - Only trained medical personnel (EMS) should use saline eye solutions.
4. **Skin**
  - Rinse any exposed skin thoroughly with clean, cool water.
  - Avoid scrubbing, as this may increase irritation.
  - Do not use oils, lotions, or creams, as these may trap the agent on the skin.
5. **Clothing**
  - If possible, remove contaminated clothing carefully and place it in a sealed bag to prevent further exposure.
  - Wash clothing separately before reusing.
6. **Expected Recovery**  
Major discomfort usually subsides within 5 to 15 minutes once decontamination begins. Some minor irritation may persist temporarily, but fresh air and water rinsing are the most effective remedies.