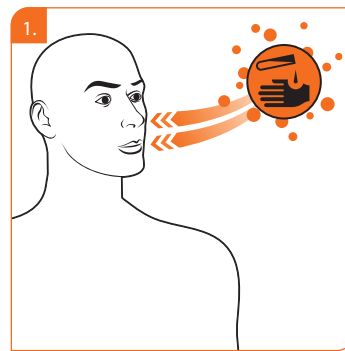


 **BE**  
**READY**  
**MAKE A PLAN**

## ↳ What to do if Exposed to a Nerve Agent

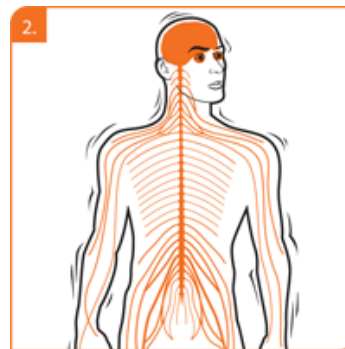
Nerve agents, like Sarin, Tabun or VX, are toxic chemicals. They have no smell or color, and they can be in a liquid or gas form. Even small amounts can kill because they poison the body's nervous system.



Nerve agents can be breathed in through the nose or mouth, or absorbed through the skin or eyes.

These are effective, proven steps you can take to protect yourself:

- If exposed outdoors, leave the site of exposure right away. Go to higher ground for fresh air.
- If exposed inside, leave the building right away.
- Quickly decontaminate by removing clothes and:
  - To prevent further exposure to eyes, nose, and mouth, cut off clothes that would usually be pulled over your head.
  - Put clothes and jewelry in a plastic bag and seal, if possible.
- Rinse your body and hair thoroughly with water.



Nerve agents damage your nervous system, affecting your ability to control body movements and breathing.

- Rinse irritated eyes with water for 10-15 minutes.

*It is important to take these steps as soon as possible. Decontaminating is the most effective way of protecting yourself from the health effects of a nerve agent.*

- Be sure to decontaminate pets that may have been exposed, as well.
- DO NOT drink fluids or make yourself throw up if you have swallowed a nerve agent.
- Get medical attention immediately.

## ↘ For More Information

This information is provided by the local governments, businesses and nonprofits of the National Capital Region. Visit [www.makeaplan.org](http://www.makeaplan.org). More information is also available from the Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov)



For more information  
[www.makeaplan.org](http://www.makeaplan.org)

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