



**please share this work!**

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sacredbodychur.ch/zines

minneapolis, mn  
january 2026

here are some facts

- the gas used on me was CS gas
- it was produced in the USA
- federal agents used it
- CS gas is banned in warfare under the Geneva Convention

**this is what happened**

you were engaging in discourse with some people you disagree with in a public space

they decided to fight your words with tear gas

**I wonder if...**

- we could stop producing CS gas
- we could prohibit buying CS gas
- anyone has tried using antihistamines
- the feds ever learned about de-escalation
- people could get asthma inhalers
- we are at the beginning of something better
- we are at the end of something hard

**ow! fuck!**

i hope you were wearing respiratory protection.

i wasn't lol

i couldn't see or breathe.

i was reduced to blind panic.

i was isolated away from medics.

i felt alone, i felt like i might be killed.

it was a terrible experience.

**talk about it**

- with your friends
- with your family
- with your other family
- with your trusted neighbor
- with your elected officials

**you did nothing wrong.**

**care on-site**

- blow your nose, rinse your mouth, and spit
  - shake out any gear you can easily remove
  - shake out your hair
  - wiggle out your arms and legs.
- aka what i wish i knew right then

**care off-site**

- rinse off everything incl. you in cold water
- soap everything incl. you in hot water
- prep for a bumpy menstrual cycle

**rest.**