

Sarin



What is sarin?



Sarin is a dangerous human-made chemical. It can be used as a chemical weapon.

How could I come into contact with sarin?

If terrorists used sarin as a weapon, it could be:

- A gas that you could breathe,
- A liquid put in food or water, or
- On something you touched.

Sarin is a clear liquid with no color, taste or smell. It can quickly turn into a gas.

What are the symptoms of sarin poisoning?

The symptoms include:

- Runny nose, watery eyes
- Small, pinpoint pupils, eye pain, blurry vision
- Drooling and sweating
- Cough, tightness in the chest, rapid breathing
- Diarrhea, increased urination
- Confusion, drowsiness, weakness
- Headache, nausea, vomiting, and/or abdominal pain
- Slow or fast heart rate, low or high blood pressure

If you **breathe** sarin, symptoms start in a few seconds.

If you **swallow** sarin, symptoms may start anytime up to 18 hours later.

If sarin **touches** your skin, within seconds you will sweat and your body will twitch.

Could I die if I get exposed to sarin?

Yes, if you get exposed to a large amount. You will probably recover from a small exposure without lasting effects.

What should I do if I think I was exposed to sarin?

Call 911. Tell them what happened and where you are.

If you **swallowed** sarin:

- **Call 911.**
- Do not eat or drink anything.
- **Do not try to make yourself vomit.**



If you **breathed** or **touched** sarin, do these things quickly:

- **Move.** If you were outdoors, leave that place. If you were indoors, go outside. Sarin stays close to the ground, so move to higher ground if you can.
- **Take off your outer layers of clothing.** Don't pull any clothes over your head – **cut them off instead.** Try not to touch the outside part of your clothing. It may have sarin on it.
- **Wash yourself.** Use lots of soap and water. If your eyes are burning or blurry, rinse them with plain water for 10 to 15 minutes.
- **Throw out your clothes.** After you wash yourself, use rubber gloves or put plastic bags on your hands to put the clothes you were wearing in a plastic bag.
- **Seal the plastic bag.** Then seal that bag inside another plastic bag. Tell the emergency responders where you left the bag.



For more information...

Call CDC for help in English or Spanish:
800-CDC-INFO (800-232-4636)
888-232-6348 (TTY)

Or visit: www.cdc.gov/sarin
www.dhs.ca.gov/epo