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