

A.C.D'S CERTIFIED
PRACTICAL
& SICKNESS
APPROVED

**GUIDE TO
PUKING
IN PUBLIC**

INTRODUCTION

I'm sick. Because I'm sick, I get sick. As in **PUKE**
THROW UP
BLOW CHUNKS
VOMIT

It doesn't matter why. It doesn't matter with what. The important things—the things that you should care about, are the

WHEN

and

WHERE.

WHEN: All the fucking time. It's not something that's going away anytime soon. It sits inside my gut and swirls the acid around until whatever I ate last makes a new appearance every **WHERE:** god, where to start?

THE CIRCLE K TRASHCAN

THE TOILET IN MY HOUSE

THE PARKING LOT BY MY OFFICE

THE MCDONALD'S FAMILY RESTROOM

THE GARBAGE BAG AT THE BOTTOM OF MY DESK DRAWER

That's what this is for! Over the past few years of being sick, I've developed some strategies to discreetly fulfill my body's need to blow chunks 3-5+ times a week. Now you too can improve your involuntary-public-vomiting game with...

THE NOUN METHOD

Whether you're at the grocery store, the post office, or the alley behind your workplace, THE NOUN METHOD will help you ride the wave of illness straight to the shore with as little interference as possible, using tried and true people, places, and things.

This zine is based on my personal experiences. Take the advice you want and leave anything you don't. It's not a universal guide, it's a piece of art I made about my disability.

Be cool.

STEP ONE: PEOPLE

Who are your people?

And by your people I mean the people you trust enough to puke around. They could be friends, family, coworkers, classmates, you name it. All that matters is that you know they won't judge/shame/coddle/scold you for being sick when your body needs it.

These people don't have to know the reason you're puking. They don't have to know how often you do it. All that matters is that you can trust them to not be weird about it. This can manifest in them letting you leave a function early, guarding the door to a restaurant bathroom, or handing you baby wipes after a rough few minutes bent over a trash can.

During step one, determine who you want in your corner and let them know! Prepare them for the day when you need a bathroom bouncer or a fake-out frantic phone call.

Being chronically ill—especially when your symptoms are considered “gross” or “taboo” like throwing up is—is hard and isolating. You're actively encouraged to keep your pain private. Your suffering isn't fit for public consumption. Keeping that down constantly can feel impossible—literally and figuratively.

Give yourself space to be sick. Search for anyone that will grant you that breathing room. Find your people.

STEP TWO: PLACES

You know who you can throw up around so now it's time to figure out where.

The best places to puke fit the following criteria:

**HIDDEN
SOUND PROOF
EASY TO CLEAN**

Obviously you aren't always going to be somewhere with all 3, but—depending on how much warning you get before Critical Chunk—it should be feasible to get at least 1.

Which 1 you opt for in desperate times is entirely up to you. I always try to hit easy to clean if nothing else. When I'm backed into a corner with no way to hide that I'm throwing up, the last thing I want to do is make a mess.

To give you some ideas, here are a list of my favorite Puking Spots™ everything that comes with them.

MY LOCAL STARBUCKS RESTROOM

Sound proof, Hidden, Easy to clean

PROS

- » I know what you're thinking. Sound proof? A public restroom? Well this one's a single-stall, baby!
- » Total complete privacy. I can do whatever I want in this restroom
- » And it all flushes right down the toilet

THE PARKING LOT A BLOCK AWAY FROM WHERE I WORK

Hidden, Easy to clean

PROS

- » It's easy to clean because I don't have to clean anything. It's concrete: the citydweller's toilet. No one will notice a few extra stains in the pavement
- » I get to choose my level of privacy. Plenty of nooks and crannies to fit into

CONS

- » If someone isn't in their car, they immediately know that someone is puking and usually they can pinpoint where. Luckily, I have yet to encounter a narc in this lot

THE GARBAGE BAGS I KEEP IN MY OFFICE

Easy to clean

PROS

- » Nothing too difficult about tossing a trash bag. No one questions where you're going when you're lugging one of these guys around

CONS

- » My work is set up in such a way that I'm sometimes alone in a big room and sometimes that big room is full of people. It's a gamble whether I'll have privacy when I really need it

STEP THREE: THINGS

There's more to throwing up than the vomit leaving your body. As a bit of an expert in puking, there are many things about the experience that are hard to account for when you're in the throes of nausea.

Things like: How snotty it is, how much you're going to look like you just finished crying (because there are always tears), how much stray spit will get on your shirt—just to name a few.

Something else they don't tell you until you've been around the vomit block a few times is that when you throw up, sometimes your body will decide that's the perfect time to take a shit. I don't know the science behind this, all I know is the pressure in my gut goes both ways more often than not.

That's where step three comes in. You need supplies.

Some things I always make sure to have around in case I throw up:

SOURCE OF WATER

- » It goes without saying that having something to wash your mouth out with and rehydrate yourself is a must

NAPKINS/ISSUES/PAPER TOWELS

- » Your face will be gross, your hands will be gross, and you will feel like a slime monster. Napkins won't completely fix that, but they will make it 90% better

SPARE TRASH BAGS

- » Incredibly useful if you need to go to the bathroom while you're puking. This way you can sit on the toilet and throw up into the trash bag and not make some poor gas station employee clean up your body's mess
- » In general, they make for a great way to make any location easy to clean

Some things that are optional, but useful all the same

GUM

- » So you've cleaned your puke and you've cleaned your face, but you still feel gross. Why? Because your mouth is a hellscape! Chew some refreshing gum (your flavor of choice) and hopefully you'll feel better

APPROPRIATELY SICKLY EXPRESSION

- » If **THE NOUN METHOD** has failed you—if you've thrown up around someone who isn't one of your people, thrown up somewhere that doesn't work as a Puking Spot™, or been left with nothing to get yourself right again afterwards—then it's time to open the escape hatch. It's time to pretend you're a little Dickensian orphan boy and FAKE SICK. Look as positively pathetic as possible and mumble something about the chicken you had for lunch being off. Considering you just lost said lunch, they'll almost certainly buy it

IN CONCLUSION...

I'm sick.

That's not changing any time soon. But I've put in time, effort, and care to make my life easier for myself, and I hope this zine helps you make your life easier too.

Remember that being gross isn't a crime and everyone pukes at some point in their lives. You just do it better.



Thank you to all of my people <3



A zine by a.c.d
Editing assistance by Happy
Birthday

Find my work online at
acd.works

