

# AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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**IN THIS ISSUE: How Prepared is the American Public?, Pocket Respirators, Book Reviews, Preparedness Expositions and Classes, more**

## How Prepared is the American Public?

By James C. Jones, EMT/CHCM

In 2013 the American Housing Survey conducted by the US Census Bureau conducted a survey to determine the level of emergency preparedness of American families. The results of such surveys should be considered as "soft data" subject to how the respondents interpreted the questions and their definitions of the wording. It is also important to consider that only responsible and probably well educated people would have responded to such a survey. It is doubtful that poor and less educated people comprised a representative share of the respondents. Therefore, it is safe to assume that we can reduce the percentages shown in the survey by by at least ten or twenty percent.

**Emergency Water Supplies:** 54.3-percent reported having at least 24 bottles of water per person at home. A lot of homes do have bottled water - just for everyday home use. Such supplies may be much lower just before shopping day. Also; this is hardly an adequate amount for cooking and washing. This is not

really "emergency", but supplies just -- what's around the house. **I recommend at least 5-gallons of dedicated, stored water per person in addition to what you may have in normal supply.**



**Nonperishable Emergency Food:** 82-percent reported having a three day supply of food. This is probably accurate. All the odds-and-ends in most pantry's, freezer and cupboards certainly can make up adequate, if not balanced meals for at-least three days. Most middle class households probably have enough residual food for a week or more. **I recommend that you have at least enough non-perishable (canned,**

**dried, dehydrated) food to last 30-day after you have used up the in-stock groceries**

**Prepared Emergency Evacuation Kits:** 51.5-percent of respondents said that they had some kind of evacuation kit on hand. I seriously doubt that people in the inner city who are struggling to get by have the reserves or resources to build such kits. The so-called “evacuation kits” are (in my view) inadequate. They are still better than having nothing and can help you get to a shelter if one is available. These are not true “survival kits” or “survival packs” capable of providing shelter, food, water first aid, and self-protection during a long-term and/or wide-spread disaster. **Live Free USA has developed a modified evacuation kit list that extends the standard FEMA kit in order to provide more self-sufficiency when no shelter is immediately attainable.** These lists include stoves, more food, shelter and warmth provisions and other essentials.

**Emergency Meeting Location:** 37.4-percent said they had an emergency meeting location. This is a pretty sad number, considering that doing so requires zero investment and about ten-minutes of time to establish. **The family should regularly review emergency plans including near-home meeting places in the event of a home-fire, tornado or home-invasion and should include a more distant rendezvous locations for mass-disaster situations.**

**Communications Plan:** 33.0-percent said they had developed a communications plan for emergencies. Since the average family spends less

than half of their time together at home, this should be a primary element in any survival plan. Dependency on cell phones to bring everyone together during a true disaster borders on lunacy. **There should be established family “code words” for such things as “I’m in trouble”, “it’s me“, “don’t shoot”, “get out now” etc.** Available, programmable FM, UHF, VHF transceivers with up to 5-mile ranges may be a good investment, providing that family members will always carry them.

**Evacuation Vehicle:** 88.6-percent said they had one of these? This clearly indicates that the urban population was not proportionately represented and that the term evacuation vehicle may have been liberally interpreted. A beat up sedan with a quarter-tank of fuel is hardly an “evacuation vehicle” **While a big, 4-wheel drive, SUV is ideal, a good condition, light-truck or SUV with good ground clearance that has plenty of space for the family and lots of survival supplies would be classified as an “evacuation vehicle” Any vehicle you have should always have 4-6 days of survival supplies (food, water, warmth, first aid, etc.) road safety equipment and never less than a half-tank of gas.**

**Evacuation Funds:** 69.8-percent said that they had could access least \$2,000 for expenses in an emergency situation. The concept of accessibility may be the issue here. Certainty ATMs, cell phone APPs, and credit cards cannot to be considered reliable means of access to funds under truly disastrous situations. **The survivor is going to need to have**

**immediate access to cash. This, in turn necessitates being armed.**

**House or Building Numbers Clearly Visible:** 77.5-percent said this was true for their residences. This applies only to those limited disasters where the Police, Fire and EMS personnel can still respond to your needs, but it is important. As a police volunteer, I can tell you that modern house numbering systems can be quite confusing and poorly marked address signs can result in delayed responses to fires, crime and medical emergencies. **Your house address should be clearly visible from the street and ally night or day.**

**Generator Present:** Only 18.3-percent responded positively here. This seems to be a reasonable result. Apartment dwellers don't have this option at all. A "generator present" does not indicate if the generator is adequate, well maintained or if fuel is available for any extended situation. Generators create their own inherent hazards. They are recommended for maintaining freezers, sump pumps and other essential systems for a limited time. **Fuel may not be available for long-term situations. I recommend having a generator, but not being dependent on a generator. There are good alternatives for light, power, and heat without a generator.**

**Access to Financial Information:** 76.6-percent said they had this one covered, but what kind of "access" were they depending on? In a true disaster the internet and all other forms of electronic data transfer could be unavailable. **Hard-copy, paper records of critical bank information, birth certificates, medical records, deeds, titles, insurance**

**policies, etc. should always be included in your evacuation pack. Keeping the originals in a bank, safety deposit box is highly recommended.**

### **Items That Were Not Included in the Survey**

Several essential home safety items were not included in the survey. This probably reflects the governmental bias against comprehensive self-reliance. The items that were included are directed towards temporary and superficial disasters where most government services would still be available. Some important items that were not included are:

**Fire Extinguishers:** This is a serious omission. Home-fires are a major cause of injury and death under normal circumstances and much more important in a disaster when survivors would be using generators, camp stoves, lanterns and candles and the Fire Department response time would be delayed or even nonexistent. **I recommend at least two large (20#) ABC rated extinguishers for the home.**

**First Aid Kit and First Aid Manual:** Another serious omission. Most disasters would include the potential for physical injury as well as exacerbating illnesses. Medial services might be long-delayed or unavailable under these circumstances. **A well-stocked first aid kit and a good first aid manual is the minimum requirement here. Advanced medical training is recommended. A stock of your prescription medications is also a must.**

**Respirators and Bleach.** Since many of the disaster scenarios would involve

smoke, biological hazards, and toxic dusts and mists respiratory protection should be included. Bleach is an essential requirement for water purification, sanitation and biological decontamination needs. **There should be at least two gallons of fresh bleach available in every household at all times. A stock of the basic N-95 dust/mist respirators or the charcoal impregnated soft folding respirators should be at home, in your pockets and in every evacuation kit.**

**Self-Defense Devices:** No surprise here. Political correctness and the “we can protect you” bias of government agencies would clearly predicate against recommending any form of self-protection. The combination of desperate people and an overstretched police force would make self-defense an essential survival capability. Home invasion and looting would become more frequent in a prolonged “shelter-in-place” situation as water, food and other essential run out for the unprepared population. If forced to evacuate, you would be an immediate target for armed thugs and gangs. To put it simply “If you are prepared and unarmed you have prepared the survival needs for someone else”. **A shotgun is my standard recommendation for minimal home defense in disaster situations. The shotgun along with a good quality, high capacity handgun with extra magazines should be carried in any evacuation situation.**

### **Preparedness Then and Now**

It is interesting to note that back in the “Cold War” days Live Free USA conducted a few surveys and concluded that families were either in total denial

and completely unprepared based on the belief that a nuclear war was unthinkable and/or not survivable or the family was very prepared with a retreat or fallout shelter based on the belief that nuclear war was inevitable, but survivable. Today’s “threat matrix” of multiple disaster scenarios and developing problems has created a wide range of preparedness levels, ranging from basic (three or four days) survival to completely self-reliant living systems. **The realization that the existing, centralized dependency systems are slowly failing while the occurrence of disasters such as terror attacks, civil unrest, epidemics, storms, droughts, floods and fires is increasing is overcoming complacency and denial.** While the survey numbers may be more optimistic than reality, they indicate far more interest in preparedness and self-reliance than a decade or two ago. We can expect an increase in basic preparedness by more families in the coming years. **We can also expect to see established self-reliance and preparedness practitioners moving on to greater sustainable living systems and sustainable-living networks in response to greater threats and declining conditions.** The challenge those of us who founded and developed the concepts, methods and philosophies associated with these trends will be to support and guide this process in constructive and responsible ways. []



## **Pocket Respirators a Survival Essential**

**By James C. Jones, EMT/CHCM, former industrial safety manager**

The image of the “survivalist” wearing a military, full-face gas mask and protective suit is repeatedly used on the cover of survival magazines and books. These military “gas masks” and their industrial equivalents are designed to be used by trained military personnel and first responders for entry into and prolonged operations in a hazardous atmosphere. In most cases a civilian “survivalist” will not knowingly enter an area or building that is contaminated by chemical agents, biological hazards or radiation (fallout dust). The civilian is most likely to be caught in an unexpected exposure that is of a limited area and/or time frame. The civilian’s priority is to have immediate and effective protection long enough to perform limited survival tasks such as rescue or gathering supplies and to evacuate to a location where safe breathable air is available. In this case (as always) it is not what you have, but what you have with you that will count. While military and industrial masks are bulks, expensive, vision limiting and most importantly: unlikely to be with you when you need them, while smaller “dust/mist” respirators are handy, easy-to-use and effective enough for short term tasks and

escape. A few of these in your pocket, purse, glove compartment and survival kits will be far more valuable than that military M-17 or Israeli M-15 in your closet at home. I recommend that you have at least one fold-flat N-95 respirator in the pocket of every jacket, a few in your glove compartment, one or two in your bedside drawer and 4 to 6 in your survival pack. In many emergency situations poisoned air is not the most immediate issue, but when it is it could kill you faster than lack of water, cold, lack of food, or even severe bleeding. The most probable sources of respiratory harm in a disaster are dust, soot and vapors. NIOSH / MSA approved, N-95 “dust/mist” respirators are available in hardware stores for use in paint spraying and dust generating construction work. These masks are usually priced at about \$1.50 but can be purchased on line for about \$20.00 for a box of 20.

Airborne biological agent can be in the form of dust such as anthrax, aerosol vapors deliberately emitted by terrorists or carried in the air from the breath of infected populations. If you frequently use public transportation or are often in or near events with large crowds that could be targeted for release of a biological agent, that mask in your pocket could save your life. Low intensity epidemics where people still need to go to jobs and perform basic tasks in public will require the wearing of basic, well-fitted N-95 masks on a daily basis. I can tell you from my industrial experience with the swine-flu scare that these masks will be sold out at the first clue of an epidemic. I bought hundreds for my employs way ahead of time. I highly recommend stocking at least 10 for each family member in stock at home.

Chemical hazards can be contained within smoke and dust from fires and explosions or generated by deliberate or accidental emissions. While such incidents can be lethal to those in the immediate or downwind area they can be escaped from by those who have immediate protection. Hence the pockets and bedside drawer recommendation.

### **Types of Masks**

While the term “N-95” generally is used to describe the most common dust/mist masks this actually refers to the materials used and can apply to other types of partial and full-face mask filters. The rating of N-95 does mean that it will filter out at least 95-percent of mists and dust particulates based on NIOSH “worst case” testing. The “N” indicates that the mask is not oil resistant and will be less effective if exposed to oily mists. The N-95 should be adequate for virtually all particulate, soot, mist and biological hazards. There are respirators rated at N-99 and N-100, but these are a bit more expensive and will be harder to breathe through. The N-95 is not designed to filter out any chemical hazards or gases, but is better than nothing in all cases. N-95 respirators with an added layer of charcoal impregnated material offer limited protection against many chemical agents such as ammonia, chlorine, and hydrogen sulfide, but it must be remembered that many such chemicals also affect the eyes and skin. If you truly can anticipate exposure to a hazardous chemical gas or vapor, consider this upgrade. Charcoal impregnated masks usually sell for about \$4.00 each or \$35.00 for a case of ten. These are rated as protection against “nuisance

chemicals” and are not a substitute for full face full-filter masks for extended exposures.

. Respirators come in variety of styles and options. You can get them with a breathing valve that permits exhalation to go out through the valve instead of around the face seal. While the rounded mask can be flattened to go into the pocket, you can get soft, flat folded masks that are more convenient to carry. The masks that come with two straps and a pliable metal strip to fit over the nose make the best fit. Masks that have a drinking port are also available. These would be good for situations where extended use in high temperatures is required

No filtration mask (even military masks) will protect you in an IDLH atmosphere. This term refers to a point where the atmosphere is “Immediately **D**angerous to **L**ife and **H**ealth” When a fire has eaten up all of the oxygen or oxygen has been depleted or replaced by carbon monoxide a filter mask will not save you. Burning buildings, pits, tanks and confined spaces where the oxygen has been depleted or replaced cannot be entered without full air supply breathing apparatus. Filter masks of any kind are intended for temporary survival and escape only.

### **Mask Usage**

Respirators are useless if they are not donned immediately and used properly.

- Always keep your masks in dust proof bags. I use plastic sandwich bags. There is not much point in wearing a mask that is already contaminated on the inside.

- Never reuse a mask. It will be contaminated as you take it off.
- Avoid having heavy facial hair as it will probably permit contaminants to enter around the face-to-mask edges.
- Follow the instructions for fitting the mask carefully. Air and contaminants will enter around the mask instead of through the filter if they can. You will then have the illusion of protection but not the true protection.
- Wash or wipe off your face and the outside of the mask before taking it off or changing to a new mask to avoid contamination.

One more survival use for respirators that is often overlooked is protection of the lungs and respiratory tract from extremely cold air. Respiration is a major contributor to heat loss, energy depletion and hypothermia under cold conditions. Use of a respirator can significantly help to maintain body warmth in such situations.

**Proper mask fitting steps illustrated below**

What is often referred to as a “fit test” \* is actually a “seal check” Seal fit and check steps are as follows.

1. Cup the respirator in your hand and place on your face with the bands behind the head as shown
2. Adjust the band above the ears and then the one on the neck to a tight fit.
3. Use your fingertips to form the nosepiece to fit the bridge of the nose
4. Place both hands over the entire respirator and inhale sharply.

Negative pressure should be felt inside the respirator. If air leaks in around the nose or sides adjust the nosepiece and/or straps and try again. Do not enter a contaminated area until you are sure that you have a good seal.



\* Fit testing is a required OSHA test involving smoke or scents and is performed by technicians.



Left column, top to bottom: flat folding mask with exhalation valve on the side. Flat Air-Aid™ mask with charcoal impregnation available from Trillon Aviation LLC of Alpine UT\*. Flat N-95 cloth mask from AD Safety.

Right column top to bottom: standard N-95 mask fitted with drinking port to sustain hydration without removal of mask. Basic N-95 mask used extensively in industry and available at hardware stores and on line. N-95 mask with charcoal impregnated outer layer and exhalation valve. This mask also has an excellent fitting strip above the nose and a seal pad to assure a good fit.



Cheap single strap masks like the one above are not suitable for effective respiratory protection

### **Conclusion**

Considering that breathable, safe air is the prime essential for life, having basic respiratory protection at hand must be a survival priority. Fortunately effective, low-cost and easy to carry mask are available. Stocking up on quality N-95 respirators and distributing them to your pockets, carry items and vehicle is a wise precaution.

*\* This product is rather new, but it is easy to carry in the pocket and has good filtration properties for about \$3.00 each. Contact Trillon Air Aviation, LLC, 1104 E. Alpine Dr. Alpine UT, 84004 for distributors or wholesale pricing*

### **Live Free Group in Southern Illinois Launches Campaign to Fund Learning Center**

For \$700.00 you can invest in a sports recreation learning center that will be utilized for *Live Free* during our Quarterly Events. The sister company *Hot Ideas* (also at \$700.00) has over 100 design/ideas we feel will market well globally, and return a high profit in a short time.

<http://outbaseoperationsinc.weebly.com/>

### *Book Reviews*

### **52 Unique Techniques for Stocking Food for Preppers**

by David Nash

Wow, that a long title! David Nash's basic format is to cover any methodology in a few paragraphs of step-by-step instructions coupled with clear photographic illustrations. In this book he covers 53 food-related projects. Most are ways to prepare and preserve meats, fruits, and vegetables. He also has some soap making, cheese making, and water filtration methods. There are even a few methods for improvised smokers and stoves. A few examples of the content include: how to make butter from powdered milk, oven canning, a cardboard box grill, a garbage can cold smoker, how to make sauerkraut, crockpot yogurt, and some nice receipts for Italian sausage and links. A good addition to your survival foods library. 268 pages, 9 x 6 paperback, 18.99 from Skyhorse Publishing.

[www.skyhorsepublishing.com](http://www.skyhorsepublishing.com)

## Tactical Combat Casualty Care and Wound Treatment

From: U.S. Dept. of Defense

With a whole pile of military and civilian first aid manuals bending my shelves, I seldom find anything new. This book is not nearly as comprehensive as *Emergency War Surgery\** or *Special Operations Forces Medical Handbook\**, but it's smaller and easier to use for basic, field medical situations. In addition to the usual bandaging, splinting and treatment for shock it includes more details on the application of the Israeli field dressing and the CAT tourniquet. There is also special attention given to thoracic injuries such as pneumothorax, hemothorax, and flail chest. There is also a well-illustrated section on needle decompression of a pneumothorax. While the current civilian recommendation for a sucking chest wound is to seal all four sides of the occlusive dressing, the manual shows an Asherman chest seal that includes a one-way valve. 200 pages, 9 x 6 paperback, \$16.99 from Skyhorse Publishing. [www.skyhorsepublishing.com](http://www.skyhorsepublishing.com)

*\* Also available from Skyhorse Publishing.*

[www.skyhorsepublishing.com](http://www.skyhorsepublishing.com) at \$16.99 each

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## Aquatabs™ Safe water in your pocket

By now you are probably tired of my mantra "it's not what you have, it's what you have with you that counts", but it is true. There are lots of great water filtration and purification systems

available for home survival, camping and the evacuation pack. These range from bulky home systems to compact survival straws. For the pack and home, I recommend triple redundant systems for all essential survival needs. This means three ways to start a fire, three ways to stay warm and sheltered, three ways to defend yourself, three food sources, and of course, three methods of purifying water. In my pack I have a compact Katadyn™ water filtration unit capable of filtering 1150 gallons with the single filter. Next, I have a small water filtration straw that can be used for drinking from ponds and puddles, but it will not provide water for other purposes. And finally I have water purification tablets. I also carry a few water purification tablets in my pockets along with my fire starter, mini-flashlight, bandana (tourniquet), aspirin, and N-95 dust mask. Along with the knife that I always carry, this provides me with the survival essentials even if I cannot access my pack or a survival kit. For water purification Aquatabs™ are one of the most popular choices. These tablets are basically chlorine in a far more storable and transportable form than bleach. The generally recommended dosage is one tablet per quart of water. Two tablets per liter of water are recommended for disinfecting and cleaning. From 5-10 tablets per liter are recommended for disinfecting dirty medical and sanitation areas. Instructions call for mixing the pills into water for 10-minuts and then waiting another 30-minutes before drinking or using. So by having these tablets, you have an effective wound disinfectant as well as a water purifier. Chlorine does not remove chemical and particulate contaminants. Straining the water

through cloth or coffee filters can remove most particulate before adding the tablets. Small amounts of chemical contaminants are generally not an issue unless you are drinking from the same source over an extended period where as biological contaminants can lead to serious illness from just one drink. Aquatabs™ are available on line from Amazon, Ebay and various survival suppliers for just a few dollars per package.



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## CONTRIBUTIONS NEEDED

Live Free USA has consistently done what the federal government, most states and a lot of individuals fail to do. We have always maintained a balanced budget. We also hold a bit of a surplus for emergencies or opportunities. Although we are a not-for-profit, tax-deductible, charitable organization we do not actively solicit contributions or pester our members for money. Live Free's main sources of funds are members' dues (not raised since the 1980s) and the sale of survival related books. We seldom get any significant contributions. Our small staff of volunteers are not paid for their work and often cover expenses out of their own pockets.

This organization is recognized as the leading networking center for all of the

growing survival preparedness and sustainable living movement. In addition to our publications, presentation and preparedness exposition participation, we actively communicate with and provide support to dozens of other for-profit and non-profit groups throughout the USA. We also develop new training programs, support a growing number of new local chapters, cosponsor expositions and events, and help develop and network instructors. There is no doubt that the current "survival, preparedness movement" would be much less effective and organized were it not for the existence and efforts of Live Free USA over the past four decades. **While we do a lot with the funds we have, that does not imply that we could not do more if we had more resources.** There are quite a few programs we would like to implement and opportunities we would be able to take advantage of if we had enough funding. So while we do not and will not be sending you junk-mail solicitations or robocalls that does not mean we do not need and appreciate financial support.

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## Tennessee Scouts Chapter Established

We are happy to report the establishment of another Live Free USA chapter in the state of Tennessee. This is a family-oriented group with close ties to outdoor survival and youth programs. They are located in Silver Point TN east of Nashville where there is another Live Free USA chapter. This new chapter provides the potential for combined activities and events in that region. We invite our members to contact them at: [thebeals@twlakes.net](mailto:thebeals@twlakes.net) and get involved.

MEET LIVE FREE USA at the



**ST. CHARLES MO CONVENTION CENTER**  
**September 17 and 18, 2016**

Visit Live Free USA booth number 450. Attend the "Ten Principles of Survival" presentation by Live Free president and founder James C. Jones  
See over 50 vendors and exhibitors and attend classes and workshops.  
For details go to: [www.gatewaypreparednessexpo.com](http://www.gatewaypreparednessexpo.com)

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**MEET LIVE FREE USA at the Illinois Prepare to Survive Expo**  
**At the Grayslake IL, Fair and Expo Center**  
**Saturday October 29 and Sunday October 30 2016**

Visit the Live Free USA booth. Hear Live Free USA speakers and instructors.  
Meet dozens of survival and self-reliance equipment vendors. Network with other  
Live Free USA members and chapters.  
For information go to: [www.surviveexpo.com/illinois-prepare-to-survive-expo](http://www.surviveexpo.com/illinois-prepare-to-survive-expo)

## **LAST CALL FOR 2017 SURVIVAL MEDICS CLASS REGISTRATION**



We are still short of the minimum number of registrations to hold another Survival Medics class at the Hammond Indiana Cabela's Conference Center this coming January and February. This course requires a great deal of preparation and supply purchasing so if we do not have a full class we will postpone the course and plan other activities. The course consists of four, four-hour intensive sessions on alternating Sunday afternoons and covers a full range of basic and advance emergency medical procedures. Members' registration is just \$65.00. Non Live Free members can register for \$75.00. If the course is canceled, full refunds will be issued. **All paid registrations must be sent to Med Class c/o Live Free USA, P. O. Box 3295, Munster IN, 46321 POSTMARKED BEFORE SEPTEMBER 15<sup>TH</sup>**

# SURVIVING WINTER EMERGENCIES

**Sunday, November 2nd 1:00 PM – 3:00 PM**

**Cabela's Sporting Goods Store, Second Floor Conference Center, 7700 Cabela Drive, Hammond IN, Just South of I-80**

**Lecture and demonstrations. Subjects include: clothing, survival kits, fire, shelter, frostbite and hypothermia, movement on snow and ice. Special attention will be given to home and road emergencies such as home heating, power outages, stranded vehicles and more. No charge, but contributions are welcome and needed to continue our programs.**

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