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Survival Information For The Prepared Citizen

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IN THIS ISSUE: The First 72-Hours, Apocalypse In The Suburbs, Survivalist Magazine, Wisconsin's Energy Fair, Improvised Medical Techniques, Caesium-137

The First 72 Hours

By James C. Jones, EMT/CHCM

The great majority of emergencies last three days or less

Even if the disaster is an extended cataclysmic event, surviving the first hours and days will be critical.

The Department of Homeland Security and FEMA advocate that everyone should have a "72-Hour Survival Kit". There are scores of articles and lists devoted to the contents of a "72-Hour Survival Kit". These kits or packs are intended to provide a bare minimum of life critical supplies during a short evacuation to a safer location where food, water, shelter and medical aid will be available. Realistically, most homes have sufficient water, food and other supplies to get through a few days without outside support. The theory behind the 72-hour kit is that (1) it will take no more than three days for help to get to a stricken area or (2) it will take no more than three days for someone to walk out of a disaster area and reach help. Based on most recent disasters in the U.S., this is a reasonable assumption. Most disaster events unfold, peak and improve within three days. Most disaster areas are of limited size and can be evacuated from in a one to three day walk. Disaster

response agencies take two to three days to fully respond to a major disaster. So, for the purposes of surviving "normal" and localized disasters, 72-hours is a reasonable period to plan and prepare for. Keep in mind that the future holds events and trends that may generally be nationwide in scope and months in length requiring much greater levels of personal preparedness. But here we will limit our analysis to the first 72-hours of any disaster scenario. We will establish a chronological examination of a general, non-specific disaster and consider the challenges, needs and actions required to survive at each point in time. Keep in mind that failure at any of the time points make the remaining time irrelevant, since you're dead.

The First Minute

While some disasters occur over hours or days many others are instantaneous. There may be an explosion, an earthquake, an assault or you may wake up to a smoke filled house. In such cases everything depends on actions in that first minute or two. Your options will depend on your training, planning and what items are immediately available to you. Bullets, blast, debris, smoke, heat, flying objects, and flames are in your immediate

environment. In some cases such as fires and civil disorders you may need to escape to a safer location, but if bullets, debris or blast materials are flying you must immediately find shelter. In a collapsing structure (e.g. earthquake, etc.) it is generally better to lie down next to some strong object such as a car, desk or cabinet than under it. If you are under them they will be compressed and kill you, but they will only compress so far, leaving a gap known as the triangle of life holding up the fallen walls or ceiling. Getting behind or under any heavy and secure object can protect from flying debris such as in smaller explosions, distant blasts, and strong winds. If immediate shelter is not available, lie flat and cover your head. Most bullets can penetrate furniture, auto bodies and interior walls. Seek shelter behind brick walls, trees, large appliances, auto engines and concrete structures. Many Japanese survived the nuclear blasts at Hiroshima and Nagasaki because they were sheltered behind walls or rocks while people a few yards away were incinerated and blown to pieces. In a burning building the air a few feet off the floor may be hundreds of degrees hotter than the air at floor level. One standing inhalation can shrivel your lungs and burn your airway closed. Roll out of bed, get low now, and crawl to safety. Know the escape routes and have an escape plan for every building you are in. Smoke, dust, hazardous vapors and soot caused by blasts, fires, storms or biological hazards can stop your breathing or start a reaction that will be fatal in a few hours. Always carry a small folding N95 dust mask in your pocket and have one in your desk, lunchbox and bedside drawer.

The First 5 Minutes

Assuming that the hazard was less than instant or that you did the right thing and survived the first minute, you now can improve your chances and deal with

immediate problems. This is the time period you have to seek better shelter, escape from the danger zone and treat life-threatening injuries. If you have that 72-hour kit or other needed items, this is the time to grab them. In most situations, if you cannot get out in 5 minutes your chances are poor. Five minutes of exposure to contaminated air, radiation, excessive heat or cold can kill you. If you are bleeding heavily or going into shock you must stop the bleeding and get help fast. Most likely, if you cannot escape a structure in 5 minutes you are trapped. If this was an oncoming (tornado, etc.) disaster you should be in the best available shelter with your survival items in no less than 5 minutes.

If you survived a bomb blast or shooting incident, get out of the area immediately. Often there is a second bomb or the shooters return. Bullets and blast fragments may have struck supports, wiring, pipes or tanks that may cause a secondary hazard.

The First Hour

If you have survived the first few minutes and have made the right moves, your chances of survival are greatly improved. In the first hour you should either move further away from the danger area or improve your shelter and start to prepare for the next few days. Evaluate your situation, look around, make plans, calm down and take control. What do you have that can be used? Can you self-rescue (e.g. dig out)? Can you signal for help? Conduct a self-examination for injuries and treat them (bandage, splint, clean) as best you can. If you have been contaminated with chemicals, biological agents or fallout, get out of any contaminated garments and/or clean them as best you can. Keep that dust mask on!

The First 8 Hours

In this time frame you should have gotten to your best available shelter and treated any serious injuries. In cold or rainy weather shelter and warmth become imperative. If you are exposed to cold for too long you will be subject to hypothermia (exposure) and die. Get into shelter. Get into dry clothing. That dust mask will reduce heat loss through respiration, so keep it on. Put on a warm hat that should be in your survival kit. Water also becomes a critical need. Hopefully you can find some safe clean water. You can use 4-8 drops of bleach per gallon or boiling for 5 minutes to purify suspect water. Although you can (theoretically) last 3 days without water, your physical and mental state will deteriorate after a day or two, so stay hydrated.

The First 24 Hours

Stay warm, stay dry, stay hydrated and avoid danger areas and dangerous people. At this point there are secondary hazards developing. People may be panicking. Criminals may be roaming the streets and looting. Fires may be out of control. Water and sewer systems may not work and when the sun goes down there may be no lights. The best defense is camouflage and evasion. You need to avoid showing that you are there if you have taken shelter. If you are evacuating you need to avoid areas such as main roads and commercial areas that will attract looters and gangs. Yes, you need to be armed.

The First 48 Hours

If you are still in shelter, trapped, under attack, or on the road after a full day, you have a serious situation. This is where you really need the stuff in that "72-Hour Kit". There will be some water, food and medical items in there. If you depend on prescription medications and/or

eyeglasses, be sure you have extras in that kit! You will really start to be hungry by now. Theoretically, you can go without food for three weeks, but after 24 hours the need for food starts to affect your judgment and health. If you have not accessed stored food or food in your pack, then you must start foraging. Foraging in urban and wilderness areas is difficult and hazardous. In many cases you will be competing for limited food with other desperate (and armed) people. It is far better to have enough food on hand to avoid this necessity. Now you can evaluate your situation and decide if you need to just hang on or take action to improve your chances. Waiting too long can be fatal, but so can taking a risk. Reevaluate and improve.

The First 72 Hours

If this is a true 72 hour emergency, all you need to do is hang on. Rest, stay warm, conserve energy, drink water, signal for help, and do nothing to expose yourself to further hazards. This is the time for calm consideration, observation and maybe cautious reconnaissance. Whatever happened may have now generated a breakdown in law and order, epidemics may have broken out. There may still be radioactive fallout or other contaminants in the air. Psychologically you are going to return to a safe mode or a "whatever it takes" mode as you prepare for the days and weeks to come.

Beyond 3 days?

In most cases you are going to make it if you made it through three days. However, *if* it turns out to be an extended, wide area disaster where help will not be available for weeks and things will not return to normal for months or longer, your chances of survival are still poor unless you have planned, prepared and stocked up for a longer siege.

The Kit List

In case you have somehow missed seeing a recommended “72-hour” survival kit list, here is one. While you can buy pre-packaged kits, most of them are (in my view) poorly stocked and usually overpriced. I recommend you go shopping and build your own kit for your own needs. You really, really should get this put together today.

72-Hour Survival Kit List.

Backpack: I recommend a standard school or business backpack that will not attract undue attention.

Plastic bag with copies of your essential legal documents and identification

3-1 pint bottled water or 1 full 32 oz. canteen

Assorted energy/food bars adding up to 3000+ calories

1 N95 dust/mist respirator

1 plastic rain poncho

1 Space Blanket™ reflective emergency blanket

1 pair of heavy-duty work gloves

1 multi-tool or Swiss-Army™ knife

1 crank/battery powered AM/FM/Weather Band radio

1 LED (4-10) Flashlight with extra batteries

1 12-hour light stick

1 whistle with lanyard

1 role of electrical tape

1 box of waterproof camping matches

1 small First Aid Kit (including assorted bandages, disinfectant, gauze, aspirin and tweezers, eye drops, etc.)

Paper and pencil for leaving and taking notes

Packaged Handy Wipes™ or waterless hand cleaner and tissue



Optional items that may apply to your situation or be of use without adding much weight

- / Spare prescription eyeglasses
- / Spare prescription medications
- / A candle
- / Heavy-duty aluminum foil 12” x 24”
- / Water purification tablets
- / Magnesium all weather fire starter
- / Spare socks
- / Wool cap
- / Regional maps
- / Handgun with spare magazine(s) and ammunition
- / Hunting size knife and/or small hatchet

The above list is by no means a “survival pack” or a “bug out bag”, but it is lightweight, low cost and easy to assemble from local stores. It puts the owner way ahead of those who don’t have one ready in a serious emergency or evacuation. There is absolutely no excuse for not having one. I should also point out the considerable psychological comfort and sense of pride that comes from having your pack ready to go.

Book Review

Surviving The Apocalypse In The Suburbs

By Wendy Brown

As I write this review the cost of gasoline continues to be high and the economy again dips into recession. Hopefully, more people are facing the fact that there will be no “recovery” and no return to “normal”. **The world as we know it IS ending. A form of slow apocalypse IS happening NOW to EVERYONE.**

Surviving The Apocalypse In The Suburbs is a right on target highly informative and well-designed book that should be a text book for every school in America. Regrettably, I bought it from an overstocked book dealer. It should be a best seller! The author has done a great job of explaining what is happening, what is going to happen and what one must do to adapt and survive. Wendy Brown lays out a scenario wherein you have just twenty-one days before everything stops working. No electricity, water, fuel, heat, supermarket, police, schools, nothing. She advocates staying in you’re suburban home and building a survival system that will take you into the new low-energy, self-reliant, localized economy and community of the future. Most people are not and probably should not abandon the primary survival need of shelter for the

uncertainties of the road or small towns. Each short chapter address’s one survival need. On “Day One” its shelter on “Day Two” it’s water, etc. Each day/chapter provides specific practical how-to recommendations on what you need to do to replace the missing service or supply with your own resources. This is not just about survival. It’s about building a new life. Each day/chapter you have to take care of one of the following needs.

1. Shelter
2. Water
3. Fire
4. Cooking
5. Food: Stocking Up
6. Food: Long-Term Storage
7. Growing Food
8. Live Stock
9. Laundry
10. Lights
11. Electricity
12. Waste Disposal
13. Health Care
14. Cleanliness
15. Tools
16. Building a Library
17. Entertainment
18. Schooling
19. Networking
20. Security
21. Transportation

So if you had only twenty-one days you actually *could* do all of these things. You probably have more than twenty-one days, but that only means you should get started and be even better off in the future.

The author does not ignore the dangers to suburban survival posed by the adjoining urban population. She advocates community planning to cope with these threats. Almost none of the survival adaptations that will work in a suburb can be done in the overcrowded and totally system dependent cities. However in this slow developing collapse

there will be no massive exoduses by desperate mobs. In most cases the urban population will migrate slowly and/or turn on each other and depopulate to a sustainable level among the ruins. This process is already in progress. So isolation and suburban community defense should be practical. The 22nd chapter is a story of a “normal” day in life after our current world has gone away. It’s a lot friendlier, quieter, slower and safer.

This is an ideal book to give to your friends or sell at preparedness events.

Surviving The Apocalypse In The Suburbs, by Wendy Brown, 259 pages, paperback, \$19.95 from New Society Publishing. www.newsociety.com.

Survivalist

A New Survival & Self-Reliance Magazine

It’s amazing how much is going on in the survival and self-reliance world today. I have not seen this kind of interest in the subject since the 1980s. There are so many websites, blogs, books, podcasts, new products, TV programs and publications on the subject that no one can hope to examine all of it. Back in the 70s and 80s we were one of the only survival newsletters and there were about a dozen survival related magazines. Most notable was Jim Bensons, American Survival Guide magazine. That fine publication expired along with most of the other survival publications back in the 1990s when the Cold War ended and an unjustified sense of security swept the nation. The reemergence of the “survivalist”, “preper” movement in recent years has been supported by the Internet and a few paper publications such as American Survivor Newsletter and Backwoods Home magazine. Backwoods Home is a great magazine. It is philosophically on-target, but tends to focus on rural northwest issues and

techniques such as cabin building and goat raising. Lets face it, the northwestern woods are not where most of us live or will be able to go in an emergency. Most would-be survivors live in urban and suburban areas in the east and southwest.

“Survivalist” is a new, bimonthly magazine that looks a lot like American Survival Guide did. The content is also similar that of ASG. Articles in my first issue included: Dry Bulk Food Storage, Survival Gardening, Making Water Safe, Wallet E&E Mini Survival Kits, How To Build An Earthbag Shelter and Weeds For Natural Health. Of course there are plenty of ads for survival related equipment and websits as well. There are some product reviews, but no book reviews. There was also a full two-page promotion for an on-line Survival and Preparedness Conference with access to 22 courses and workshops you could log on to. It will be interesting to see how well a paper survival magazine does in the internet age. I hope it succeeds because the internet is way too big and divers to focus and organize. You can subscribe to Survivalist for one year for just \$17.76 (“1776” get it?) or two years for \$29.95 on-line at www.Survivalist.com or by calling 866-437-6570



The Wisconsin Energy Fair

Report by Jim Jones

The Energy Fair is sponsored by the Midwest Renewable Energy Association annually in Custer Wisconsin just east of Stevens Point WI. This is about a 5-hour drive from the Chicago Area. There are plenty of hotels along interstate 39 near Stevens Point, but you need to make reservations early to be sure to have a room. There are also camping facilities on the fair site. Once at Stevens Point it's a short drive east on highway 10 to the fair. There are plenty of signs to take you right into the parking area. The fair has over 400 exhibitors housed in a combination of tents and buildings spread over a large area of farmland. The estimated attendance this year was about 20,000. The majority of the exhibits tended towards the high-end solar and wind systems for those who could afford to "go green" and wait many years to recoup the investment. There were full size solar power systems, windmills, wood furnaces and digesters to see. There was a full schedule of workshops and demonstrations related to alternative energy systems conducted in a group of large tents. This is mainly a commercial operation with people trying to sell products and services rather than show you how to do it yourself. However, there were lots of good ideas and techniques to take home. In addition to the various alternative energy exhibits, there were many exhibits on gardening, composting, alternative building methods and food preparation. This is much more a "green" event than a "survival" event. There were no "don't tread on me" or NRA insignia in evidence. The Green Party had a table. I did find some a lot of conservative folks among the exhibitors and participants that I talked to.



There were lots of solar and wind power systems to see

This is pretty nice overnight trip from Chicago or NW Indiana and worth the effort to get ideas and contacts as we move towards self-reliance. To get information on next years Energy Fair go to www.midwestrenew.org

Improvised Medical Techniques and Formulas

Pain Relief

The combination of 2 Tylenol and 3 Alive tablets taken together is safe and will give pain relief comparable to codeine.

Dakin's Solution

Dakin's solution can be used to soaked dressings for shallow wounds and flush deep wounds while healing. It was used to reduce gangrene during World War One and Two before penicillin was available.

1. Boil 4-cups of clean water for 15-minutes.
2. Add ½ ts of baking soda and let cool.
3. Add 3 oz of bleach

4. Store in sealed container protected from light

Saline (salt) Solution

Saline solution can be used to flush wounds and maintain bandage moisture

Make a 100% saline solution by adding salt slowly to warm water and mixing. When the salt starts to settle to the bottom instead of mixing it is 100% saturated. Pour off the solution without the settled crystals. You can now mix this with sterile water to make 50%, 20% or any other % saline solution. "Normal" saline is 9%

Rehydration Solution

Dehydration is one of the primary causes of death secondary to shock, heat stroke, radiation sickness, and many communicable diseases. If ambulance and ER treatment is not immediately available and the patient is fully conscious oral hydration can be sustained using the following solution.

8 ts. Of sugar, 1 ts. Of salt to 1 liter of water. Provide small 4 oz drinks every hour

Caution: giving water or other liquids to a unconscious, semi-conscious or seriously injured patient may cause them to vomit and aspirate causing pneumonia. Generally these patients can be rehydrated by intravenous methods at the ER

Water Purification: 8-16 drops per gallon

Decontamination (spray, wash)

Solution: 10% bleach / water solution

Super Glue can be used to close shallow wounds

Saran Wrap: can be used to bandage large wounds and hold dressings and splints in place

Radioactive isotope caesium-137

By Ken

1. Does not accumulate in the body as effectively as many other fission products (such as iodine and strontium) but has a half-life of about 30 years.
2. As with other alkali metals, caesium-137 washes out of the body relatively quickly in sweat and urine.
3. Caesium mixes easily with water and is chemically similar to potassium and can enter through many foods, including milk. It mimics potassium and tends to accumulate in plant tissues, including fruits and vegetables and mimics how potassium gets metabolized in the body being concentrated higher in muscle tissues and lower in bones.

Counter Measures for isotope caesium-137

1. Dietary potassium intake affects the biological half-life of ^{137}Cs in humans that is cesium half-life decreased by potassium intake. The average person needs about 5,000 mg of potassium every day just to maintain normal health. According to studies each person needs 40 mg of potassium per pound of weight every day. Health authorities suggest a minimum of 2,000 to 6,000 mg. in the diet. I personally would use 10,000 mg to

flood the body with potassium to prevent or minimize cesium absorption.

2. Radiocesium maybe reduced by the use of cesium binders bentonite clay and Prussian blue (hexacyanoferrates); clay minerals and are effective in preventing high radiocaesium levels in animals.).
3. The orally administered colloidal-soluble iron(III) hexacyanoferrates(II) ($\text{NH}_4\text{Fe}[\text{Fe}(\text{CN})_6]$ and $\text{KFe}[\text{Fe}(\text{CN})_6]$) have to be considered as the most valuable countermeasure against radiocaesium absorption for humans and domestic animals but is by prescription. Adult: Usual dose starts at 1 g (2 500 mg capsules) PO tid for up to 3 weeks or longer, as required. For children ages 2-12 years: 1 gram (2 capsules PO tid (capsules may be opened and mixed with food). [note: TID = Three times a day]
4. Bentonite clay binds with metals so that they can be excreted. 1 tablespoon of bentonite clay with each meal mixed with juice or water; member that bentonite swells with moisture. Do Not Take Dry!
5. Sodium alginate detoxes the body from ionizing radiation like strontium 90, cesium 137, along with blocking their absorption and also detoxes heavy metals like mercury from the body. Sodium alginate reduces the amount of strontium-

90 absorbed by bone tissue by 50 to 83 percent and is most effective at binding plutonium, and cesium. Alginate is nontoxic and is not reabsorbed for the GI tract and appears to have no adverse affects even at high doses.

Counter Measures for Other Radioactive Isotopes

1. Calcium and Magnesium: both help your body to pass off Strontium 90. is best. Dr. Linus Pauling says heavy calcium supplementation will reduce strontium 90 absorption by 50 percent. Calcium blocks or decreases the absorption of strontium-90, calcium-45 and other radioactive isotopes by the skeletal system and also helps to eliminate radioactive isotopes that are lodged in the bones.
2. Adults should consume 1,400 mg of calcium (preferably calcium citrate) per day. Too much calcium can be harmful (it binds the intestines) so it needs to be take as a calcium—magnesium combination. The optimal amount should contain about $\frac{1}{2}$ as much magnesium as calcium or 700 mg. Magnesium: Like calcium, magnesium prevents the uptake of radioisotopes and helps to eliminate already stored strontium-90.

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