

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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PANDEMIC SPECIAL ISSUE

Live Free USA has advocated, educated, and supported individual and family emergency preparedness and survival for over fifty years. As we face these challenging times, we must be aware that this will not be the last or even the most dangerous disaster that mankind will face in the coming years. We pledge our rededication to our mission for American survival and freedom. With your support and involvement we will build a stronger organization for a stronger America. Stay safe.

James C. Jones, founder of Live Free USA.

PANDEMICS!

By James C. Jones, EMT/CHCM

A world-wide pandemic has been one of the survival challenges addressed in numerous articles in this publication over the past several decades. I will not review all of the information and disinformation related to this specific pandemic event, but must assure readers that it will not be the last. Overpopulation,

urbanization and massive international travel virtually guarantee new pandemics within the next decade or two. I will remind all that scientists calculate the earth capacity to support civilized human population at around four-billion, while we have over seven-billion. At some point nature and human nature will begin to put the brakes on population growth and probably reduce it significantly. In fact some studies predicted that the population at the end of the twenty-first century may be close to what

it was at the start of the twentieth-century. Pandemics, famines, shortages, and conflicts are inevitable. Our interlocked centralized systems create a domino effect that has been clearly demonstrated during the Coronavirus pandemic event. Even while the actual number of infections and deaths was far below that of the common flu, panic has generated a stock market crisis, and even some violence and looting. At this writing it is difficult to anticipate the full impact of *this current* pandemic, but I will enumerate the potential for this or for the next pandemic.

- Hospitals and medical facilities will be overwhelmed leaving those who need care for other medical emergencies to suffer or even die.
- Hospitals, nursing homes, schools, and clinics will be hot-beds for transmission of the pathogen, and will be abandoned or quarantined.
- Those requiring life sustaining care or medications may be unable to obtain it.
- Medications, respirators, and cleaning supplies will be unavailable.
- The shortages of respirators and protective clothing for workers in the chemical, medical and construction trades will result in layoffs and unemployment and the unavailability of products.
- Vital services will be affected as medical personnel, firefighters, and police become ill or stay home to protect their families.
- Delivery of groceries may be slow as drivers are affected by the illness.
- Business will close and the stock market will fall into recession.

If the pandemic is sustained and the mortality rate is high

- The stock market will crash
- Stores and warehouses will be looted
- Civil disorder may break out in urban areas.
- Garbage pickup, water pump maintenance and electrical grid maintenance may be

affected by employee absences and civil disorder.

- Political unrest and oppression may develop.

Not all of the above effects may develop this time, but must be anticipated and prepared for. Of course the chances of another pandemic occurring in a few years after this one are exactly the same as they were before this one, so preparedness is just as important going forward.

Epidemics and pandemics can also be the secondary result of civil unrest, the breakdown of sanitation services, shortages and economic chaos. Even a cyber-attack, electromagnetic pulse, or grid failure could lead to a pandemic and of course there is the potential for a deliberate distribution of pathogens by terrorists or hostile nations. With that in mind let's review viral diseases in general and some of the methods for prevention and treatment of viral diseases.

Viruses are much smaller than bacteria and are made up of a material with an exterior protein. Viruses cannot make their own protein like most other cells, and therefore are dependent on a host for survival. Each virus targets a specific body organ such as the lungs, liver or even the blood. Viruses are not affected by antibiotics. The best protection against viruses is a strong immune system and good personal hygiene. While some viruses such as measles, rubella, mumps, and smallpox and polio are preventable through vaccination other are not. Vaccinations for various forms of flu and pneumonia are only partially effective. The following is only a partial list of the most common viruses.

Influenza, Chickenpox, HIV, Ebola, Polio
Mumps, Hepatitis, Shingles, Lyme disease
Smallpox, Measles, Herpes, Some types of
colds

Viruses can be transmitted from contact with infected animals such as birds, pigs, bats, rodents, dogs, horses. Other viruses can be transmitted from animal bites, and insect bites

such as ticks, flies, mosquitos and lice. Human transmission can result from skin contact, oral contact, and sexual contact and close respiratory contact, such as coughing. Viruses can survive in air for as long as three hours and on surfaces for two-to-three days to infect others who touch them.

Vitamins for Prevention and Treatment

It has been found that low levels of Vitamin D3 resulted in increased vulnerability to cold and flu. A strong correlation has been found between those with TB, and hepatitis C., and Vitamin D3 deficiencies. Vitamin D3 helps the body make an antibiotic protein called cathelicidin that is known to kill viruses, fungi, parasites and bacteria. During flu season (during an epidemic) it is recommended to take 50,000 IU daily for the first 5-days and then 5,000 to 10.000 daily the thereafter

More than thirty clinical studies have confirmed the antiviral effects of Vitamin C against a wide range of flu viruses. Vitamin C inactivates the virus while strengthening the immune system's ability to resist the virus. The general recommendation is 10.000 mg orally, daily, but some stronger viruses' (like Corona) may require intravenous doses as high as 100,000 to 150,000 mg. If IV vitamin C is not available a gradual increase of oral Vitamin C up to 50,000 mg may be possible before bowel tolerance is reached.

Herbal Remedies

A variety of studies have shown that some herbal remedies are effective against some viruses. Elderberry can be effective against influenza A and B. Astragalus root is effective against the Coxsackie B virus. Licorice root has been used to treat hepatitis C and HIV. Olive leaf has been proven effective in the treatment of flu, colds, hepatitis C, malaria, Gonorrhoea, and tuberculosis.

Other foods that may be effective in prevention and treatment of viral infections include:

Wild blueberries, Sprouts, Cilantro, Coconut oil, Garlic, Ginger, Sweet potatoes
Turmeric, Kale, Parsley, Red clover

Non-Viral Infections

It is important to keep in mind that while most epidemic pathogens are viral, and not affected by antibiotics, but other non-viral pathogens such as Streptococcus, Salmonella, E Coli, Tuberculosis, Cholera , and Bubonic plague may beset the infected victim who may have a weakened immune system, be undernourished, or exposed to poor sanitation. For this reason antibiotics should still be kept available. Antibiotics are available from pet supply stores, fish supply stores, and survival supply outlets. These are exactly the same products as are prescribed for humans, but at a much lower price, without any prescription required. It is advisable to maintain a supply of these, but they are not to be used for viral infections.

Self-prescribed and obtained antibiotics should be used only when no other alternative is available and serious infections and diseases are evident or imminent. Antibiotics are most effective against various types of plague pathogens that could be the primary source of an epidemic and against many secondary infections common in disasters. Dosages information can be obtained from the internet, the Merck Manual and are based on the type of disease and patient. Yes, in some cases the survivor may be forced to guess and err on the side of more. Adult dosages of most antibiotics range from 250 mg to 500 mg every 6 to 10 hours. Dosage decreases with child ages.

Penicillin is the first antibiotic that was developed in 1928. It is also the longest over-used and some bacteria have become resistant to it. Penicillin is generally effective against common Staphylococcus and streptococcus infections as well as Clostridium and Listeria genera. These common bacterial infections would be anticipated in open wounds and contaminated water and food during a long-running disaster. About 10% of the population may be allergic to penicillin.

Amoxicillin is effective in treating ear infections, strep throat, pneumonia, skin infections, urinary tract infections and other types of bacterial infections. It also is used for some kinds of stomach infections. It has been used effectively for people exposed to anthrax. Its effectiveness against pneumonia and skin infections make it an essential survival medication, since these infections are most common in disasters and nuclear events. Amoxicillin should not be given to those who are allergic to penicillin.

Cephalexin is effective against infections of the middle ear, bones, joints, skin and urinary tract. It can also be used against certain kinds of pneumonia and strep throat. Cephalexin is not effective against methicillin-resistant staphylococcus known as MRSA.



The bottles of antibiotics above were purchased from BUDK at www.BUDK.COM or call 800-543-5061. Each bottle contains 30 x 250 mg tablets. Penicillin costs \$16.99, Amoxicillin costs \$12.99 and the Cephalexin cost \$14.99.

Conclusions

While the full effects of the current Coronavirus have yet to be determined, we can anticipate that epidemics and pandemics will be part of the threat-matrix that modern, responsible citizens must prepare for. Government agencies and the health system will never be fully able to anticipate and react to new pathogens, before they spread and affect the general population. High population densities, combined with global travel, and immigration guarantee even more lethal outbreaks in the future. Ultimately the individual citizen, family and group must take strong independent preparatory and preventive

action to survive the direct effects (illness) of an epidemic, but also the greater secondary effects on the economy and society. A few key preparedness and preventive actions are listed below

- The ability to isolate yourself from human contact to from 30 to 60 days is the most important and effective way to prevent exposure. This requires that you have sufficient water, food, fuel, medications and other critical supplies in advance. This is sufficient for the any immediate and passing emergency, but an extended and more lethal event could result in the need for far more well developed and equipped survival and evacuation capacities.
- Maintain general health, weight and exercise greatly improves your chances of surviving any illness. Poor eating habits, lack of exercises, smoking, and neglected health maintenance is an invitation to infections.
- Always have plenty of N95 respirators, hand sanitizer, bleach, and disinfectants on hand.
- Good hygiene including frequent hand washing, and avoidance of touching your face is important.
- Frequently clean all frequently touched surfaces such as doorknobs, railings, table tops with a household disinfectant.
- When away from home, clean hands before and after touching shopping carts, door handles, fire arms, money, and other frequently touched surfaces.
- Have a clean handkerchief to cover your mouth when you cough. Carrying a N95 folding respirator is advisable, as you could be caught in a closed space or in proximity to coughers.
- Avoid anyone who has flu-like symptoms or any location (e.g. schools, nursing homes, hospitals) where virus may be more prevalent.
- Avoid large gatherings and close proximity to groups' period.
- At the first sign of flu-like symptoms seek medical help. Get tested and take

aggressive treatment. The sooner treatment begins the greater your survival chances will be.

- Support your immune system with supplemental doses of Vitamin C and Vitamin D3 as mentioned above.

What's Next?

By James C. Jones

When the current crisis is past the odds of another pandemic or other world-wide emergency are exactly the same as they were the day before this one started. There is absolutely no excuse for a sigh of relief, or period of apathy.

I was talking with a few long-time members a few weeks before the coronavirus outbreak prohibited meetings and closed the stores. I mentioned that I had a stock of N95 masks and latex gloves at home and a few in my pockets. I said "as am sure you all do too", but instead of hearing "oh yea" or "absolutely" I got uncomfortable silence. I realized that while I had gotten lip service, nods and even applause for my books, articles and presentations, many had ignored or procrastinated on actually following my recommendations. Of course, by the time of that conversation N95 respirators and latex gloves were already impossible to find. Yes! I actually meant that people needed to do the things that I advocated NOW (years ago) not wait until the emergencies occurred. As a Safety Manager in industry, I was constantly fighting to keep employees safe by wearing safety-glasses, and safety-shoes. The employee's priority was comfort over safety, until it was too late. While in Oakland California examining how the factory there was recovering from the 1994 Northridge earthquake, I visited a local big-box store, and found earthquake preparedness kits on a "closeout sale" collecting dust as apathy had already set in. Over my fifty-plus years of advocating, writing about, and teaching emergency preparedness I have been subject to disparagement and even

derision. It is human nature to not want to think about bad things. It is human nature to put off preparedness in favor of immediate needs. Disasters are things that happen to other people at other times, right?

Nature and human nature dictate that there will be a next major emergency and human nature dictates that many humans will not be prepared for it. Natural disasters are just nature's way of adjusting geological, and biological imbalances. It's nothing personal, but nature doesn't care what gets destroyed (civilization) or what gets killed (us) in the proses. Man-made disasters are the product of human pride, complacency, greed, hubris and arrogance. We make them happen or we let them happen and we make them worse. They are unavoidable because humans are human.

History tells us that after major disasters a period of lethargy and over confidence sets in. It is natural for people and governments to focus on preparing for the most recent disaster at the expense of recognizing and preparing for other types of threats. FEMA was focused on the nuclear threat when 9/11 happened, they were prepared for Terrorism when Katrina hit the Gulf Coast. They have been focused on climate related issues until the pandemic. We can be sure that FEMA will focus on being more prepared for the next (there will be a next) pandemic, they will be less prepared for other mass disasters including cyber-attacks, nuclear events, mass civil disorder and other "surprise disasters". Disasters are by nature, unpredictable in character and scope, and it is impossible for any national or state government to have everything and everyone needed to respond to every possible scenario. **In reality a major disaster like the current one will deplete resources, damage the economy, and create social instability that makes further disasters more likely.**

For those of you who ignored our recommendations in the past and were lucky enough to get through this disaster, now is the time to get serious about preparedness! **You**

have survived a “near miss” that should be a wakeup call not an excuse for complacency and procrastination. You have been granted this opportunity to save yourself and your family in the future. Some get a second chance, few get a third.

For those of you who were prepared and used your acquired skills and equipment to ride out the virus and the secondary effects of shortages, disorder, and unemployment, this is the time to restock and rededicate to preparedness like never before. The next disaster could be next week, next year or a few years off, and yes it could be even worse and of longer duration.

Again: being able to shelter in place and survive completely isolated from society and completely independent of the grid for food, water, sanitation, medical care, police protection, and other critical needs for from 60 to 90 days (minimum) is the **ONLY** way to survive most serious emergencies.

Again: being able to evacuate from your home and community in the event that your home is destroyed or unsafe is a necessity, but should be avoided when possible.

Surviving one disaster does not make you any safer or less likely to be faced with another-one, but it should make you smarter tougher and more prepared

While you can't shoot a virus or a hurricane, civil unrest often follows any kind of disaster and may kill as many or more than the original cause of a disaster. Having some form of firearm available must be part of your preparedness. Socio-economic disruption generates increased crime and the potential for civil disorder when police response may be limited or unavailable. In such cases you are responsible for the protection of your own life and that of loved ones.

Finally: we hope that we will receive more support from the public and more active support from our members after this first example of the new normal for the twenty-first century.

Membership has been declining for the past several years and members (even officers) have put very few hours into helping us. **We are the only not-for-profit, tax-deductible organization dedicated to promoting individual and family emergency preparedness,** yet our future survival is in doubt? We have never received a sponsorship, grant or significant contribution. **We can only hope to be around to inform and educate good citizens to face future survival challenges.**

What Has Past Is Prologue

It's not like we didn't see this coming. The inevitability of a world-wide pandemic has been addressed in multiple ways for the past decade in issues of American Survivor. These back issues are available to all online members.

- Asymmetrical Disaster, May/June 2019
- Hunkering Down or Bugging Out: Jan/Feb 2019
- Almost Human Extinction, Sept/Oct 2018
- Surprise Disasters, July/Aug 2017
- How Prepared is America, Sept/Oct 2016
- Descent into Chaos, Jan/Feb 2015
- Ebola and Other Frights, Nov/Dec 2014
- Aftermath: Recovery from Disaster, Nov/Dec 2014
- Viruses: Double Trouble for Humanity, May June 2013
- Practical Hazmat Protection (including decontamination, proper use of N95 masks and six ways to protect against Nuclear, Chemical and Biological contamination) ,May/June 2012

The Political Lessons from the Pandemic

While Live Free does not usually engage in politics, it is impossible to separate the current pandemic from political issues associated with its spread and the response to it. We should be able to learn some lesson from this event that will change political attitudes and actions

related to trade, borders, medical care, and the issue of self-reliance vs dependency.

The first cases of Covid19 appeared in China in early December 2019, but the Chinese Communist regime always puts politics before the safety of the public and the truth. They did not admit the spread of the epidemic to the World Health Organization until January 2020. By then thousands of travelers from China had visited just about every major nation on the planet. The more advanced the nation, the more visitors they had from China. Those in China that first tried to sound the alarm to the world were severely disciplined including imprisonment. Many died or just disappeared. Now China is trying to spin the tale of how China stopped the epidemic. **If there ever was an argument against socialized medicine it is this epidemic.** China and then Italy completely bungled their response because of political consideration. Socialized medicine is politicized medicine. The much criticized slow availability of test kits and other items in the US was caused by Obama era regulations and red tape from the FDA. **One can only imagine how “Medicare for all” and more regulations would have botched this emergency response.**

China is a predatory and brutal dictatorship and nothing they say can be trusted. The story has been that the virus originated at an exotic food market in Wuhan. The Wuhan Institute of Virology is located just a few miles from that market. This facility is a P4 laboratory specializing in easily transmittable diseases and is known to work with variations of the Coronavirus. There have been several past incidents of laboratory personnel sneaking out lab animals to sell on the black-market. This may well be how this pathogen escaped, but the Chinese will never admit this. China has bragged about how they brought the epidemic under control, but their death rates may be greatly under reported. **Every Chinese adult is required by law to own and carry a smart-phone with facial recognition so the number of phones should reflect the number of adult**

citizens. As the population grows so should the number of phones, but the number of phones in China declined by over two million from January through March of 2020.

When the Trump administration stopped travel from China it was roundly criticized as over-reacting and even xenophobic, Whereas Italy procrastinated and paid a price in lives. The European Union's open borders allowed millions of legal and illegal migrants to roam from nation to nation. Only after the virus had spread did they try to reestablish, long abandoned border control. **ICE agents that had been vilified in previous months, suddenly were on the front line of protecting American lives.**

China had become the supplier for the vast majority of medications, medical devices, protective equipment and many other critical supplies. The totalitarian regime has been leveraging cheap labor to dominate the markets and put the American worker out of work for decades. **The so-called global economy favored totalitarian regimes and predatory trade practices.** Efforts to curb our dependency on foreign sources have been resisted by financial interests, but the folly of such global policies is now evident. The whole theory of globalization must be put to rest in favor of national security.

Whether it was intentional or accidental. China and the Chinese Communist Party is responsible for a world-wide pandemic that has cost millions of lives and billions in damages to the world economy. Chinese incompetence caused the virus to be released and the efforts of the Chinese Communist Party to cover up the emerging epidemic for months resulted in its spread throughout the world. **Although China had a head start in dealing with the disease it has done nothing to provide testing, or treatment technology to other nations while the United States has accelerated both detection and treatment options that will help reduce the death-toll world-wide.** China should not be permitted to gain economically

from the damage it has done to the US and other nations. **The United States Government should bring suit against China for billions of dollars in damages and the world should demand reparations. Any debts or trade imbalance credits that China has should be canceled.**

While there seemed to be a trend towards so-called “common sense” gun laws prior to the outbreak of Covid19, gun sales skyrocketed immediately after the outbreak became an accepted fact. **Clearly Americans decided that it is better to have one and not need it than to need one and not have it.** This is precisely why the Second Amendment was written.

While the federal, state and local governments and emergency responders did their best, it was clear (as we have been saying) that no government agencies can be expected to be fully capable of responding to every conceivable disaster or series of disasters to protect and provide for the needs of every citizen. **The actions of responsible individuals is and will always be the most important factor in the preservation of human life and individual freedom in time of emergency.** It was heartening to see how many Americans were prepared and ready to step up, but it is obvious as well that much more needs to be done in the realm of personal and family preparedness before the next (there will be a next) national and world-wide disaster occurs. **We can hope that more private and government funding is devoted to this need.**

The Case against China

The Chines Communist Party (CCP) and the nation of China are solely responsible for the release of the Coronavirus on the world population and for the illness, death and economic damages that resulted from their incompetents and duplicity.

While the world continues to struggle with the horrendous consequences of the Covid-19

pandemic. Few have expressed outrage at the nation and political entity that is totally responsible for this world-wide disaster. **The fact that China also suffered from this virus does not in any way reduce their liability for causing it.** If you are injured in an accident that you alone caused, you are still liable for the damages done to other lives and property. This same principle applies to international law. Where a nation initiated a war that cost the victimized nations lives and wealth, the aggressor has often forced to pay “reparations”

The first cases of Covid19 appeared in China in early December 2019, but the Chines Communist regime always puts politics before the safety of the public and the truth. They did not admit the spread of the epidemic to the World Health Organization until January 2020. By then thousands of travelers from China had visited just about every major nation on the planet. The more advanced the nation, the more visitors they had from China. **Those in China that first tried to sound the alarm to the world were severely disciplined including imprisonment. Many died or just disappeared.** The story has been circulated that the virus originated at an exotic food market in Wuhan. The Wuhan Institute of Virology is located just a few miles from that market. This facility is a P4 laboratory specializing in easily transmittable diseases and is known to work with variations of the Coronavirus. The Coronavirus meets all of the requirements for a biological warfare agent. It has a long period of communicability before symptoms are noticed. It can be airborne or remain on surfaces for extended periods. It has a high level of incapacitation and a relatively high morbidity rate. **The Chines well may have been developing this as a weapon.** There have been multiple past incidents of laboratory personnel sneaking out laboratory animals to sell on the black-market in Wuhan. This may well be how this pathogen escaped, but the Chines will never admit any of this.

China has engaged in predatory trade practices, and massive theft of technology and

intellectual property over the past decades without being brought to account. Moreover, China has flooded American Cities with Fentanyl and other drugs, resulting in the deaths of millions of Americans (particularly minorities) and the cost of Billions to our economy. **Because China is a so-called trading partner they have been permitted to put millions of Americans out of jobs while accumulating billions in American dept. that they use to build their military power and oppress their own people.**

The Chines government has mastered the Art of War as set forth by Sun Tzu the fourth century and applied it Maoist Communist philosophy. One of Sun Tzu's major concepts was to win a war before the enemy even knows one is being fought. Much depends on doing multiple things to weaken the enemy and distract him from your intentions. **Xi Jinping the president of China has stated that "technology is the sharp sword of the modern {Communist} state" and to this end has initiated a program of tracking and monitoring and facial recognition, cameras and required ownership of government registered and monitored smart-phones by every citizen.** Citizens must carry their phones at all times and cannot make purchases, travel, or get medical care without one. China has aggressively marketed this kind of "made in China" technology to other countries, including the United States with the obvious intention of using it to control everyone.

Conclusion

China is not a peaceful "trading partner" that provided us with low cost clothing and electronics! China is an aggressive, predatory and brutal dictatorship that is dedicated to the destruction of world freedom and the United States in particular by any means. Whether the creation and release of this deadly virus was deliberate or accidently is irrelevant at this point, but it is time to bring China to account for this and other crimes against humanity. **China should be considered a pariah and should**

be sued for billions (maybe a trillion) of dollars in damages by the United States and the World Court. These reparations can be taken out of the debts that are owed to them because of their trade practices and through confiscation of Chines assets abroad. If the world lets China off the hook for this egregious crime, we will unquestionably have sold our souls and our nation for cheap smart phones, jeans, and sneakers.

NOTE: Please do not misinterpret this article. It is not an indictment of the Chines' people who are the victims of the Communist Regime nor should it reflect on the Chines race who are by nature hard-working and law-abiding citizens. Chins Americans are among our most patriotic.

Pocket Respirators a Survival Essential (reprinted from our 2016 issue)

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 most. 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 employees' 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 it 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 for long term use or under high temperature conditions. These would be good for situations where extended use or in high temperatures where hydration is essential.

No filtration mask (even military masks) will protect you in an IDLH atmosphere. This term refers to a point where the atmosphere is

“Immediately Dangerous to Life and Health”
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.

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.

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Inquiries

Address all general inquiries, subscriptions, and advertisements to:

Live Free, P.O. Box 3295, Munster, IN 46321, USA or survivorjj@aol.com

ATTENTION MEMBERS

The Live Free USA 52nd Annual Meeting will be rescheduled sometime in October. Camp Independence that was set for May 30th at Tippecanoe River State Park has been postponed until next year. Additional events will be scheduled for late 2020 and early 2021. Watch your issues of American Survivor and check our AmericanSurvivor.org website for further information.

MEMBERSHIP SUBSCRIPTION APPLICATION

- Yes, I agree with the mission of Live Free and want to join now. My \$20.00 is enclosed []
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