



**The ABC's of NBC Warfare Survival**  
**A Public Guide to Surviving Nuclear, Biological, and Chemical  
Terrorist Attacks**  
**[WWW.SURVIVE-NBC.ORG](http://WWW.SURVIVE-NBC.ORG)**

**Photograph by Kevin Ready**

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## **Disclaimer**

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## **Dedication**

We would like to dedicate this booklet to:

NYC Firefighters

NYC Police

NY/NJ Port Authority Officers

Emergency Medical Personnel

The first response teams who arrived at the World Trade Center and the Pentagon to save those who could not save themselves. Many lost their lives in doing so

The countless citizens – including those who crossed borders and state lines - to aid in the rescue effort  
Passengers and crew of American Airlines Flight 11, United Airlines Flight 175, United Airlines Flight 93 and American Airlines Flight 77

The brave men and woman of the armed forces who lost their lives on September 11, and those who continue to protect our borders and freedoms

The Coast Guard, National Guard, Law Enforcement personnel and countless American citizens who will be fighting terrorism on the home front

Every person directly or indirectly affected by the September 11<sup>th</sup> attacks

The children

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## The ABC's of NBC Warfare Survival – An Introduction

The Nuclear, Biological and Chemical (NBC) Warfare Survival Group was founded on Sept 22<sup>nd</sup> 2001 as a direct response to the probability of future terrorist attacks on the United States of America. For the first few weeks after the attack, I spent much time contacting political representatives and in-place organizations to determine what measures were being taken to train our public at large in ways to survive an NBC event. I went forth with a private agenda shortly thereafter.

### How This Was Done

#### Phase 1

Our group was divided into two developmental phases. Phase 1 combined two groups; a core group that met locally and the other located on the Internet. Phase 1 centered around the processing of information, which was gathered both from personal experience and existing text on the subject and developing a booklet with which to better educate the general public.

You do not need to be a nuclear, chemical or biological expert in order to survive an NBC attack; it is enough (and very important) to know the basics, and this booklet and proposed training course will cover them. For those of you wanting to study this subject further, there are many additional resources available at your library.

For those simply wanting to improve their chances of survival all that is required is a thorough review of this booklet and/or attendance at one of our classes. Phase 2 below will be determined on participation by volunteer instructors in your area.

#### Phase 2

The second objective was to find a way in which to present the material to the American public through presentations at public gathering facilities (such as town halls, local fire stations, and community centers). Building an all-volunteer instructor pool would also be critical for the overall success of the project. It was during this time that I met the National Director of the United American Civil Taskforce (UACT), and plans were laid to approach individuals with NBC Warfare military training, medical backgrounds and emergency rescue training as possible candidates. This project is in constant evolution. A training program for instructors is planned, and will be initiated and managed through UACT. Those wishing to become volunteer instructors may contact UACT at their website: <http://uact.4t.com/>.

It isn't enough to merely outline the approved gear or expedient equipment you will need. Therefore, I asked the members to tell you where quality items could be found and we have developed a list of suppliers in a separate section (see **List of Suppliers**).

'Expedient' in this booklet refers to advisable and makeshift equipment. This type of gear is **not** state-of-the-art; it is a cheaper alternative that will only provide **some** protection. I wanted to keep these items at a price that the average income-earner could afford. In this booklet, you will also learn what actions to take before, during and after an NBC attack - things that might save your lives.

## What This Booklet Covers

We will teach you the ABC's of surviving a Nuclear, Biological and Chemical (hereafter referred to as NBC) event. In this booklet, you will find such valuable and life-saving information as:

- Making your own "Ready Kit" (a kit made up of gear you will need to carry with you).
- Purchasing Personal Protective Equipment or Expedient Gear.
- Making a protective hood.
- The importance of having a safe room.
- Sealing a room.
- Home preparedness checklists.
- Air filtration.
- Home and skin decontaminants - what to use and how to make up a kit.
- Decontaminating procedures, including the construction of a decontamination shower.
- Medicinal alternatives that can be useful at a time when medical stockpiles are low or non-existent.

Most importantly, this booklet will provide you with the skills you need. The information herein provided can be applied to any type of NBC attack, whether at a global or local scale.

### Conclusion

We cannot provide any guarantees that you will survive an NBC attack. The probability of your survival will ultimately depend on such variables as time, distance, type of weapon, weapon yield/payload and community disaster preparedness response capability. Your chances for survival can improve, but only **if** you read this booklet, and learn and practice the proper procedures.

It is our hope that you will support this non-profit, volunteer-based program. One of the ways this can be accomplished is by copying and distributing this booklet to friends and loved ones. Ultimately, 'neighbor to neighbor' support is what will make this project a success.

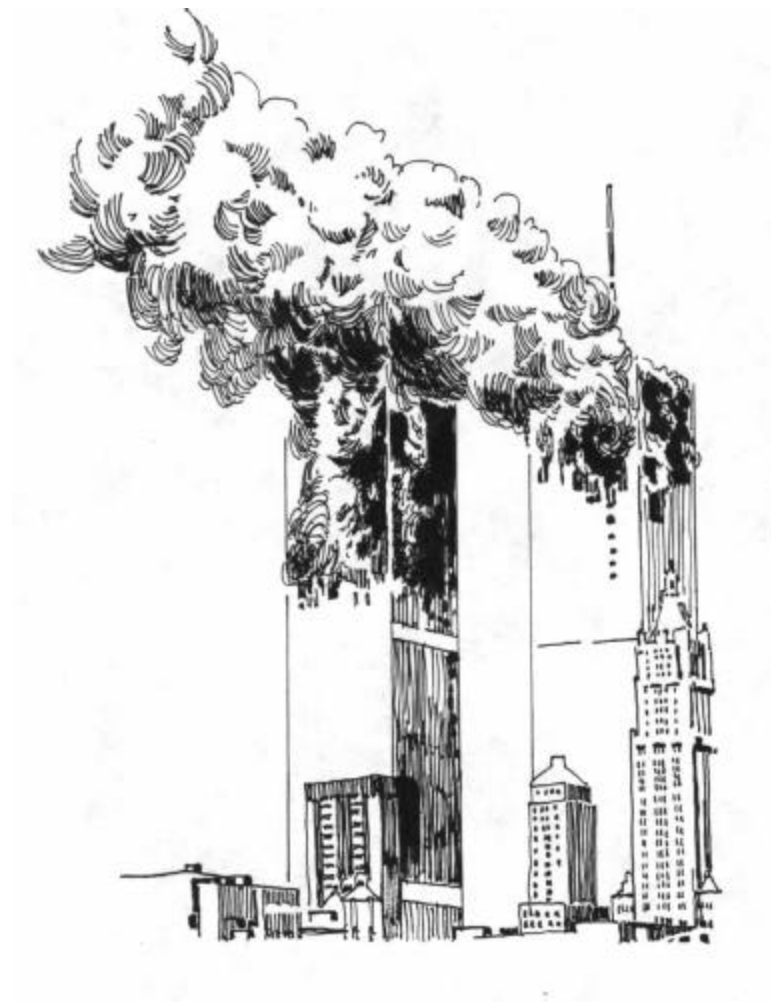
### Note for those attending classes

Instructors are volunteers, and **not** NBC Warfare experts, although some have had specialized education in this area. They are trained to teach the information contained in this booklet. Their role is one of neighbors helping neighbors.

Should you be interested in becoming an instructor, please keep in mind that specific knowledge is not required. We are looking for those who are able to effectively convey the material. Those interested in volunteering may speak with the instructor or contact us at our website. Please type "instructor" on the subject line of the email. There will be plenty of time for questions before, during and after the presentation.

Fred H. Lane, Founder, NBC Warfare Survival Training Group

## Section 1 – The ABC’s of NBC Warfare Survival



## **The ABC's of Nuclear, Biological, and Chemical Warfare Survival**

**Definitions of words, phrases and abbreviations used throughout this booklet:**

- **Ex-pe'di-ent, n 2. A makeshift; a resource; means devised or employed in a situation which demands immediate action, supply or remedy (From Webster's New Universal Unabridged Dictionary).**
- **NBC – Nuclear, Biological, Chemical. Types of weapons and attacks**
- **Bio/Chem – Biological/Chemical. Often grouped together due to the similar nature of attack and defenses against the attacks.**

### **A Word to the Reader: Rule #1: When in Doubt - Put on Your Gear; Protective Mask First!**

So you think you can't survive a nuclear, biological, or chemical attack! All seems lost and there is no hope. Many Americans share this misconception. It is because very few people have the slightest idea of where to begin and even fewer have had the proper training to survive. We are not going to cover the academics of physics, biology, and chemistry and their applications to NBC Warfare. If you want an in-depth study of these subjects there are many textbooks available at your library. What we do is to give you straight talk and suggestions on the basics. It is not our intention to downplay or over-emphasize the severity of an NBC attack. We all know it is serious. That's why you are reading this booklet. If you are willing to try to not give in to what the terrorists want by throwing up your hands in despair, this booklet is for you.

Nuclear, Biological, and Chemical Warfare is an intimidating subject. The fact is you can survive if you equip yourself and your family with a little knowledge about the subject in advance and develop some basic skills. You will also need to provide yourself and your family with adequate supplies. Three to five weeks' of supplies is a good start.

Your chances of surviving will be affected by where you are located in relationship to the point of the attack and the type of attack (nuclear, biological, or chemical). Additionally, the weapon's size in terms of nuclear yield or type and quantity of biological and chemical agents will play an important role as will weather conditions and many other factors.

Nuclear weapons' power is expressed in kilotons and megatons. A one-kiloton weapon is equal to the explosive power of a thousand tons of regular explosives. A one-megaton weapon is equal to a million tons of regular explosives. The bombs dropped on Nagasaki and Hiroshima had yields of 15-16 kilotons. They were small in comparison to some contemporary weapons whose yields are measured in megatons. Modern nuclear weapons range in size from sub kiloton tactical weapons to the multi-megaton weapons targeted at hardened military objectives.

They can be detonated below the surface of the earth, at the surface, in the air well above the surface, or at the edge of space to create specific damage. Sub-surface bursts are to destroy targets under deep cover. Radiation hazards are much greater from surface bursts. Blast effects are greatest in air bursts. Bursts near the edge of space create widespread electromagnetic pulses, which can cause damage and failure of electrical and electronic equipment.

The total death toll caused by the bombs in Nagasaki and Hiroshima was approximately 340,000. Fortunately, weapons of this capability are not yet available to terrorists. They do unfortunately have other possible means of nuclear attack. Nuclear power plant sabotage, suitcase bombs, and radiation bombs are all possible means of attack by terrorists.

Most of us are familiar with the term suitcase bomb. It is simply a small nuclear device that is easy to transport and conceal. Radiation bombs (dirty bombs) do not depend on a nuclear explosion (fission or fusion) for their effect. They are made of conventional explosives with radioactive material around the explosive. When it detonates, the bomb scatters radioactive material (waste) around an area.

The sequence of events that occur during an actual nuclear detonation are listed below.

### **Warheads (bombs) with 1 to 20 megaton yields**

#### **Light and Sound**

A blaze of light brighter than the sun is produced by a nuclear detonation. It lasts about 11 seconds for a one-megaton and 44 seconds for a 20-megaton yield. Temporary blindness and eye injury can result from the glare if eyes are not shielded (do not look at the light). Nighttime greatly increases the distances that blindness will occur. The blindness however, usually goes away with time. A very loud explosion accompanies a nuclear detonation.

#### **Electromagnetic Pulse (EMP)**

Electromagnetic pulse is an intense burst of radio frequency radiation that can be picked up in power lines and through antennas. Your electronic equipment is going to get damaged, if not ruined, by a pulse that occurs at the time of detonation and continues to be a possibility throughout an attack with multiple weapons. To keep from damaging your FM and CB radios use only the internal antennas that are 10 inches or less. Wrap your radio in aluminum foil and store in a freezer bag.

#### **Heat**

The heat rays from the explosion travel at the speed of light or about 186,000 miles per second. Depending on yield, they can start fires up to 20 miles away. Many fires are caused when the heat pulse comes through a window to set fire to curtains, paper, clothing and furniture. The heat flash can also set fire to wooden buildings. The possibility of firestorms started from many smaller fires is high.

Some examples of the predictable effects on unprotected skin of the heat flash of a 5-megaton weapon exploded on a clear day (note that thermal burns are treated the same way as any other burn) are:

- Skin is badly burned up to 15 miles from the explosion.
- Skin is blistered up to 18 miles from the explosion.
- Sunburn types of burns up to 23 miles from the explosion.

#### **Blast**

The blast wave travels more slowly than the heat flash. Several seconds may pass after you have seen the light or felt the heat before the blast wave reaches you, depending on the distance you are from the explosion. It is like the interval between seeing a flash of lightning and hearing the sound of thunder. For example, at six 6 miles from the center of an explosion, it takes about 22 seconds for the blast wave from a one megaton weapon to reach you. If caught in the open during a nuclear explosion, this time can be used to find some protection from the blast wave. Being thrown about by the blast might injure you, therefore, keep low. Flying glass, bricks, and other debris may injure you as well. The blast from a five megaton explosion could injure people as far away as 15 miles. A 20-megaton air burst will destroy homes up to 16 miles from ground zero. Depending on your distance from ground zero, your eardrums may burst from the blast and increased air pressures.

#### **Fallout**

The radioactivity in fallout weakens rapidly in the first hours after an explosion. This weakening is called "decay". After seven hours, fallout has lost about 90% of the strength it had one hour after the explosion. After two days it has lost 99%; in two weeks 99.9% of its strength is gone. Nevertheless, if the radiation at the beginning were high enough, the remaining 0.1% can be dangerous. Ascertain radiation levels before going outdoors. This is the correct time to use your Kearny Fallout Meter (KFM). How much is fatal? A whole-body dose of 350 to 450 roentgens (pronounced "rank-ins") will kill about half those receiving it.

**Note:** The radiation produced from these weapons can not be seen, felt, heard, tasted, or smelled.

85% of the blast and thermal effects of a nuclear explosion are over in the first 60 seconds. The remaining percentage accounts for nuclear radiation and fallout as well as EMP. The fine particles sucked up into the air will stay suspended from two days to a month, even years, and fall back to earth as material that has lost a lot of radiation.

## Symptoms of Radiation Sickness

Radiation illness develops slowly. It is not contagious and cannot be spread to other people. Except for temporary nausea shortly after exposure, evidence of serious effects from radiation may only appear after an interval of a few days to three weeks. These effects include:

- Loss of hair.
- Loss of appetite.
- Increasing paleness.
- Weakness.
- Diarrhea.
- Sore throat.
- Bleeding gums and
- Easy bruising.
- A combination of the above symptoms indicates that the individual requires medical attention.
- Nausea and vomiting may be caused by fright, worry, food poisoning, pregnancy and other common conditions and is not an indicator of radiation sickness by itself.

## Pre-Attack Preparation

The very first step is to prepare psychologically. Commit to memory exactly what you intend to do the instant you see or hear of an attack in your area. The decisions you make within the first few seconds are critical ones. Rehearse over and over in your mind exactly what you must do. This same procedure is used, along with physical practice, by our military personnel to create almost automatic responses for any given situation. See the Home Preparedness Section on Family Planning. You must learn the procedures in the next section.

## Nuclear Attack Procedures When in the Open

### General Instructions

- Drop to the ground. **STAY THERE FOR AT LEAST 2 MINUTES!**
- Lay face down toward the detonation and keep arms tucked up under your sides. If you are some distance away from the detonation, lie in a culvert or depression in the earth. Get under a car or truck or up against the wall of a strong building.
- Cover your nose and mouth with handkerchief or any filtering material you may have available.
- Keep down until the blast wave passes and debris stops falling.
- When All Clear, seek good shelter.
- Get your gear on! Use your “Ready Kit”. (see section on Expedient Suit, Mask and Ready Kit.)

### If You Are Away from Home

- If you are away from home take protective cover immediately.
- If you are traveling, stop and take protective cover immediately, or if you are only a few minutes from a safe destination, proceed and take protective cover immediately.
- If you are some distance away from the detonation, lie in a culvert or depression in the earth. Get under a car or truck or up against the wall of a strong building.
- Listen to your radio for further instructions

## Nuclear Attack Procedures when in the Home or Shelter

### If there is a Public Warning before Attack

If sirens or warning systems signal impending attack, regardless of where you are or what you are doing, take the best available cover against the blast, heat, and light effects of nuclear explosions.

- If you are at home and do not have a fallout shelter, go to the basement or strongest part of your house or a building which offers the best protection.
- If material is handy, improvise blast protection (see section on Sealed Rooms and Shelters).
- Take your battery radio with you or turn up the house radio so that you can hear it while under cover.
- Stay away from windows.

- Lie down and protect yourself from flying glass and falling debris. Shield your eyes from the flash of an explosion.
- Keep down until the blast wave passes and debris stops falling.
- Monitor your radio for civil defense broadcasts.

#### **If there is no Public Warning before the Attack**

- Drop to the floor away from windows and close to a wall. **STAY THERE FOR AT LEAST 2 MINUTES!**
- Cover your nose and mouth with handkerchief or any filtering material you may have available.
- Keep down until the blast wave passes and debris stops falling.
- Go to your shelter.
- Monitor your radio for civil defense broadcasts.

#### **After the Attack**

**Stay in your sealed room or shelter for at least 2-3 weeks, longer times for very high fallout areas.** Radio broadcasts will identify areas that will be affected by the fallout and give instructions and advice. These might include:

- Location of nuclear explosions causing local fallout.
- Information about the parts of the country to be affected by fallout.
- Length of time before fallout is likely to reach specific communities or areas.
- Ways to increase fallout protection.
- Supplies to take to your fallout shelter.
- Whether it is safer to stay in your community or area or to go to other areas.
- Advice on which areas are free of danger.
- Advice on when to leave shelters and for how long as danger from radioactive contamination diminishes.
- Requests for help in rescue operations, such as rescue, fire fighting and medical assistance.
- Advice on conservation of food, water, and fuel.
- How to keep warm when power is off and the weather is cold.

**Note:** Personal decontamination must start at a time when it is safe to do so (see section on **Decontamination**). Get the dust and debris off yourself as soon as possible. Use your mask during this operation, or at least some sort of covering over the mouth and nose.

#### **Don't Use the Telephone**

- When the sirens sound don't use the telephone.
- Listen to a radio or television for information. In the event of an attack, "warning" telephone lines will be required for official use.

#### **If You are Away from Your Sealed Room or Shelter, Get Out and Stay Out of the Contaminated Area.**

- If you are already upwind of the area, that is good. Stay there!
- If you are downwind, get upwind as soon as possible and remain upwind.
- Seek shelter.

**Note:** Learn the prevailing winds in your area (they change with the seasons). Learn how to determine wind direction at any given time. Hold up a piece light material. The direction the wind is coming from is opposite the direction the material is trailing. Observe the direction flags are trailing from their flagstaffs. Turn until the wind is in your face, that is the direction from which it is blowing. Weather forecasts give wind direction as the direction the wind is coming from, not blowing to!

## Evacuation

- Early in the attack and during the aftermath, it may be far better to stay where you are rather than risk further contamination by evacuating with others who are contaminated.
- Sit tight and listen to the radio. There may be large traffic jams and mass panic.
- If you decide to evacuate, put on your gear and leave it on until you reach a designated safe area.

**Note:** Put together an evacuation kit consisting of items you would take on a camping trip. Make sure to include your **Ready Kit**. You should wear your gear if the area you are leaving is still heavily contaminated.

## Know How to Get Rid of Radioactive Dust and How to Decontaminate (see section on decontamination)

Contaminated particles can be like sand, flakes, or a powdery substance. If you suspect that your clothes have fallout on them, remove your outer clothing before you come inside your home and leave it outside. Don't shake these clothes inside the house or shelter. You would only scatter the fallout grit and create unnecessary danger to others. If you have water, wash thoroughly, particularly exposed skin and hair. But do not scrub your skin as this might rub in the radioactive particles.

## Home-Made and Professional Radiation Detection Systems

The Kearny Fallout Meter (KFM) is an inexpensive kit that works well in measuring radiation doses (See **List of Suppliers**). State of the art systems are also available to you or your community (See **List of Suppliers**).

## Bio/Chem Warfare Survival

### Biological Warfare

Biological Warfare is perhaps the terrorist's best means of delivering a heavy blow to large populations. Anthrax is probably their agent of choice. Anthrax is persistent and easily manufactured. It has been said that three hundred pounds of anthrax could impact the health of one-third of the population of the United States. In layman's terms, biological warfare is simply germ warfare. Many different types of agents have been developed by various nations over many years. Some of the more serious types that have been around for a while are discussed. Smallpox, anthrax, and plague (Bubonic and Pneumonic) are basic biological agents. Today's modern technology and scientific capability, however, has refined these agents to include Smallpox-Vee, which is a combination of Smallpox and Venezuelan Equine Encephalitis (brain virus). Ebolapox is a combination of the Smallpox virus and Ebola. Finally, but certainly not the least is the Marburg Virus, a virulent "Variant U" that is reported to be a genetically engineered anthrax bacteria. It is 1000 times more lethal than natural anthrax.

Most of these agents were products of Soviet research and manufacturing, but with the collapse of the soviet regime it is thought that other nations have acquired the research. If such weapons are deployed, our medical facilities may be overwhelmed by those stricken by the diseases. Stay in top physical health and ensure your body's immune system is at its peak. You should **familiarize yourself** with medical alternatives and try to procure extra supplies of prescription antibiotics as well as optional choices. (See **Medical Options**).

### Biological Agent Symptoms

**Anthrax:** Incubation period from one to seven days. Anthrax can enter the body through inhalation or small cuts in the skin. The symptoms are tightness of the chest and cold or flu-like indications. Anthrax is not contagious.

**Smallpox:** Incubation period from seven to 16 days. Smallpox begins as small blisters (like chickenpox) on the face, chest, and hands. The blisters get larger with time. Symptoms include high fever and secondary infection.

**Plague** (Bubonic and Pneumonic): Incubation period from two to six days. Symptoms are chills, fever, weak, rapid heartbeat, skin smooth and red but not warm. Person is likely to become restless, delirious, confused and uncoordinated, and have swollen lymph nodes. Pneumonic plague is an infection of the lungs and the symptoms are high fever, chills, rapid heartbeat, and severe headaches. A cough with rapid and labored breathing develops in 24 hours.

#### **Other Diseases and Agents:**

|             |            |                        |
|-------------|------------|------------------------|
| Brucellosis | Diphtheria | Ebola                  |
| Glanders    | Hantavirus | Influenza              |
| Pertussis   | Q Fever    | Typhoid                |
| Varicella   | Tularemia  | Pulmonary Tuberculosis |

**Note:** Those wanting a closer insight into Biological Warfare, it is suggested that you read *Bioterrorism, Secrets for Survival* by Duncan Long.

### **Chemical Warfare**

This form of warfare is relatively new and is categorized into three main types: Nerve, Blood and Blister Agents.

#### **Nerve Agents**

Nerve agents disrupt the nervous system, thus inhibiting the signals the body needs to perform automatic functions. (The same thing happens to those allergic to insect stings.) Nerve agents affect the body the same way snake and insect venom does. Nerve agents are the hardest to detect, and can enter the body the same way blister agents can. Nerve agents can also be defended against the same way as blister agents can. The most deadly and the least deadly chemicals share a common defense. Once a nerve agent has entered the body, however, life can be touch and go for a while. Unlike blister agents, nerve agents rarely have a smell or color. Sometimes concentrations of nerve agents will show up as brown spots of liquid.

The common defense for nerve agents is Atropine (which over-stimulates the nervous system – or “short circuits” the nervous system). Atropine is then dissipated by 2 Pam Chloride. This is currently unavailable to the general public, so get your gear on and stay covered until you know the area is safe and the threat is over. Again, if you survive the first minute or so of nerve agent ingestion, the chances of living are good (though you are not going to feel very good for a few days).

#### **Blood Agents**

Blood agents prevent the body’s blood from carrying oxygen as needed, and attack primarily the respiratory system. Blood agents act JUST LIKE CARBON MONOXIDE POISONING. Common respirators cannot protect against blood agents. They are unstable and short-lived, therefore not economical to use. If contact with a blood agent is suspected (tightness of chest, loss of breath, redness of overall skin hue, bluish lips), get the affected individual to fresh air, or give oxygen. If you survive the first 60 to 90 seconds of blood agent inhalation, you will most likely live.

#### **Blister Agents**

Blister agents irritate and inflame the skin and mucous membranes of the respiratory system or any other parts of the body that can get wet, or are wet. Parts of our body that readily become wet also readily absorb liquid, or vapors (**remember, your skin breaths as well as your lungs**). Most blister agents are dispersed in white or yellowish clouds, and have a PUNGENT ODOR, like ammonia, chlorine, or mustard (vinegar). Blister agents, (with the exception of tear gas), however, are rather obsolete and can be defended against more effectively than other agents. Though not normally fatal, blister agents can debilitate and demoralize. They are also short-lived and have a short range of effectiveness. Mother Nature neutralizes them to their basic elements relatively quickly.’

## Chemical Agent Symptoms

### S L U D G E

**S**-Salivation -Drooling.

**L**-Lacrimation -Tearing.

**U**-Urination.

**D**-Defecation.

**G**-Gastrointestinal; pain and gas.

**E**-Emesis -Vomiting.

### **Pre-Attack Preparation**

As in the section on Nuclear Warfare, the first step is to prepare psychologically. Commit to memory exactly what you plan to do the instant you see or hear of an attack in your area. The decisions you make within the first few seconds are critical ones. Rehearse over and over exactly what you must do.

### **How to Detect a Bio/Chem Attack**

A chemical agent attack will sometimes appear as an ominous looking cloud. **Most Blister agents are dispersed in white or yellowish clouds and have a PUNGENT ODOR, like ammonia, chlorine, or mustard (vinegar).** Biological agents are disseminated, however, using several methods such as aerosolizing, and contaminating water supplies. These methods are not so obvious to those under attack and require laboratory testing to be identified. A simple to use and inexpensive chemical detection paper that detects the presence of chemical agents by a color change. This paper can also be activated by solvents such as brake fluid, and therefore is currently unavailable to the general public because regulatory agencies believe that it may be misread and cause panic. The military name for it is M8 Chemical Detection Paper.

All biological and chemical procedures (bio/chem) are written assuming that early detection and warning has been given. Currently, only military establishments and designated FEMA agencies (HAZMAT Teams) have this capacity. They should constantly do air samples in metropolitan and other areas of high population densities or at least during times of “peak alert”.

Perhaps FEMA will, at sometime, mandate that all disaster control facilities and local fire departments equip their stations with radiation, biological, and chemical monitoring equipment for early detection and warning,. Then an audible alarm or radio frequency could alert the population at risk. Until then, the population is on its own.

It has been argued that it does no good to buy PPE equipment or supply our homes with the necessary items that it will take to possibly survive an NBC attack. The reasoning is that we will already have the disease or condition before we learn of it. This is the same mindset that was in place on September 10<sup>th</sup>, 2001.

This argument is weak. The actual anthrax event in Washington, D.C. can be used as a case in point. How many people living outside the DC area came down with anthrax who did not receive or handle a contaminated letter? For that matter, how many people in this sprawling metropolis came down with anthrax? not many. Want to know why? Only a small distribution of the substance occurred and it was contained early. The entire United States is not going to be instantly contaminated by random, or even strategic, bio/chem attacks. The agent takes time to spread, but once it does, it quickly becomes an epidemic. What is bad news for some is good news for others. Unfortunately, those who do come down with the disease are the early warning detectors for those outside the area.

The authorities will quarantine any area that has an outbreak of a communicable disease such as smallpox (the worst scenario). What happened to the bridges and tunnels in NYC? Closed weren't they? It's in the standard operating orders to quarantine and close down.

The cities, towns, and hamlets across America that are located outside the area where agents are first used and outside the quarantine envelope will have a fighting chance. Once you learn that an area near your

location has had a breakout of anything, begin using precautionary health and decontamination measures outlined in this booklet. Keep yourself and your living spaces clean. All inside the area should practice the procedures as well.

## **Procedures to Follow upon Suspecting a Bio/Chem Attack Near You**

### **If You Are Away from Home**

- Put on your gear, mask first! (See section on **Wearing Your Gear**).
- If possible, get upwind and seek shelter.
- Decontaminate any liquid material by blotting it off your gear. Never rub it. That spreads the agent and can force it into the skin. (See section on **Decontaminating Procedures**).
- Monitor your radio for civil defense broadcasts.

**Note:** If you are caught in the open without your gear, button up your clothes and stuff pant bottoms in socks or the tops of shoes. Put something over your nose and mouth (same for nuclear attack).

### **During the Attack**

- Stay put if under cover, or,
- Seek shelter.

### **After the attack**

- Do not leave your sealed room or shelter until you have been told it is safe to do so.
- Begin total personal decontamination (see section on **Decontamination**).
- When conditions permit, you can begin decontamination on the exterior of your home, transport, and equipment (see section on **Decontamination Procedures** for home and equipment).

## **Procedures to Follow upon Suspecting a Bio/Chem Attack Near You**

### **If You are at Home**

- If you were outside, decontaminate yourself before entering your sealed room,
- Then go to your sealed room.
- Monitor your radio for civil defense broadcasts.

### **During the Attack**

- Stay in your sealed room!

### **After the Attack**

- Monitor your radio for civil defense broadcasts.
- Do not leave your sealed room or shelter until you have been told it is safe to do so.

**Note:** When conditions permit, you can begin decontamination on the exterior of your home, transport, and other equipment. (see section on **Decontamination Procedures** for home and equipment).

## In Closing

The following titles are covered in detail in this booklet. They are essential items that you must provide for yourself and your family if you are to survive a serious attack. It is advisable that after reading this booklet that you begin acquiring the materials and supplies that are discussed.

- Personal Protective Equipment.
- Expedient Suit.
- Ready Kit.
- Decontamination Kit, etc. (see **Expedient Gear** section).
- Sealed Room or shelter.
- Air Filtration System.
- Water
- Food
- Alternative Heating.
- Alternative Lighting.
- Medical Alternatives.

## **Section 2 – Expedient Gear (Suits, Masks and Hoods)**



## Expedient Gear (Suits, Masks and Hoods)

**Webster Handy College Dictionary:**

**Definition in the context of which the word “expedient” is intended in this booklet.**

**Expedient: “ex-pe’di-ent advisable, a makeshift”.**

**Warning: The NBC Warfare Survival Training Group does not claim that the expedient gear listed in this booklet is certified NBC Warfare Personal Protective Equipment (PPE). It is expedient gear that may offer some protection in the absence of professional grade equipment. We are not encouraging you to choose expedient gear over tested equipment. However, there are many that will not be able to afford tested and commercially manufactured equipment. If you can afford it, buy the best equipment your budget will allow. Contact the dealers we have provided and ask them to recommend the type of personal protective equipment within the limits of what you can afford.**

There are many protective suits, boots, gloves, hoods and mask manufactured for First Responder and HAZMAT Teams that are available to private citizens through safety supply houses (see list of suppliers). Each suit is different in the degree of protection it can provide and some are limited to specific types of agents. They do not protect you from gamma radiation (nothing but a proper shelter will). Nuclear radiation in gamma form can only be stopped by a given thickness of various materials (see shelter section). Nevertheless, Alpha and Beta particles (radioactive) can be stopped by a thickness of clothing and do not present a large health threat unless swallowed or inhaled.

Common sense would suggest that any rubberized waterproof material that sheds liquid could be an expedient suit. US Army manuals suggest that soldiers wear their ponchos when proper gear is not available. It is stated that the ponchos are good only for a very brief time (minutes) against some forms of agents. Listed below some of the options you have in making your own gear or selecting manufactured equipment.

### **A Low Cost Expedient Suit Would Consist Of the Following Items**

- Mask (full face, half mask respirator type and/or the disposable cloth type).
- Goggles if using half mask or disposable mask.
- Rubberized Rain Suit.
- Hood (impermeable).
- Gloves (outer and inner) butyl and surgical.
- Boots (rubber).

**Warning: Using waterproof outer garments (rain suits) for an expedient suit can greatly increase heat stress (production and retention of body heat) and heart and lung complications. Avoid extreme exertion while wearing the suit. It is recommended that you wear this suit just long enough to get to a sealed room or shelter that is free of contamination.**

### **Disposable Suits**

Disposable chemical suits and masks are available from safety supply houses at a variety of prices. DuPont distributors offer a fine upper end and mid price selection. Their Tyvec Protech F, Tychem 9400 and Tychem ® SL materials have been rigorously tested and are found acceptable for police officers operating just outside the range of heavily contaminated areas (see **Test Results** at the end of this section). When ordering, ask them to help you determine which suit will best suit your purpose and budget.

### **Gear for Infants and Small Children**

There are some companies making gear for children. The "BARDAS" Youth Protective Suit and "SHMARTAF" Infant Protective Suit is offered by Approved Gas Mask (see suppliers). These suits are expensive to the average wage earner. You may have to create your own infant and child's expedient suit using common sense and methods described for adults. There are powered air supply systems for infants and babies that may not be able to pull air through a respirator or full-face mask. If you cannot afford a powered air supply system for your infant, then other options will have to be considered (see suppliers)

## **Full and Half-Face Mask Respirators and Disposable Masks**

Filters labeled specifically for NBC are available. Ask for the supplier's help in determining which type of mask will fit your requirements and budget. Scott, MSA and North are among those who make top quality gear. HEPA or N95 and Air-Aide Emergency Mask are three types of disposable mask that are available. The Air-Aide mask above is impregnated with a neutralizing substance and distributed by B&A Products. Look in the "Suppliers Section" for a list of companies that carry mask-type respirators and disposable masks.

**Tip:** Contact with air deteriorates unsealed mask filters. Once your filter is out of its sealed container and on the mask (where it should be) cover the intake opening with duct tape and put the mask and filter in a plastic freezer bag (squeeze out all the air you can)..

## **Home Made Baking Soda Disposable Mask (for Biological Agents)**

- Mix 1 tablespoon of bicarbonate soda to a cup of water.
- Mix solution well.
- Soak rag or handkerchief in mixture and wring out leaving damp.
- Fasten over face, ensuring mouth and nose are covered.

**Note:** This type of gas mask can also be used for pets and other animals. However, it offers minimal protection against biological agents, and therefore should be used as a last resort. As with any disposable mask, it will provide some protection against Alpha and Beta radioactive particulates.

## **Homemade Expedient Hood**

A homemade hood can be made of a plastic trash bag with holes cut out for the full-face half mask (respirator style) or disposable mask. You will have to use goggles if you use the half mask (respirator) or disposable mask (the type that covers the mouth and nose). If you chose a disposable mask, we recommend the Air-Aide mask which is impregnated with a neutralizing substance. The manufacturer states the mask will protect against fire and smoke, Hanta virus and toxic chemicals (see suppliers). No specific claims are given in regard to anthrax.

### **Materials**

- Heavy duty clear plastic trash bag.
- Goggles, full-face mask or half mask (respirator type).
- Duct tape.
- Scissors.

**Note:** Goggles that form an airtight seal tight around eyes with an elastic headband are preferred. Don't purchase the kind that has air vents around the area where they form the seal to your face. Any opening will allow an agent to seep in. A disposable mask is a viable alternative ONLY if the mask types above cannot be located or are cost prohibitive.

### **Procedure**

- Pull trash bag over head and downward so no excess is left at the top of your head.  
Warning: Leave loose at bottom or you'll risk suffocation.
- Have someone mark the eyes and mouth with an appropriately colored magic marker crayon or paint marker.
- Insert goggles or full-face mask into trash bag, lining them up with area previously marked for eyes.
- Pull bag flush around goggles or full face mask.
- Trace around this area with magic marker, crayon or paint marker.
- Remove goggles or full-face mask from trash bag.
- Cut out along your trace lines.
- Put goggles or full-face mask back inside bag and insert into cutouts.

- Duct tape the goggles or full-face mask to the cutouts in trash bag.

### **Procedure for Full Face Mask, Goggles With Half-Mask or Goggles With Disposable Mask**

#### **For Full Face Mask**

- Cut out for the full-face mask using the same tracing procedure as above and duct tape it firmly to the hood.

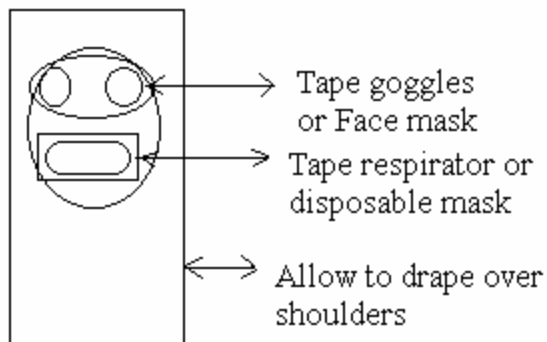
#### **For Goggles With Half Mask Respirator**

- Cut out for the respirator using the same tracing procedure as above and duct tape it firmly to the hood or tape a disposable mask over the opening in the plastic bag to provide air intake and wear the respirator under the bag.

#### **For Goggles and Disposable Mask (medical type)**

- Cut out the mouth opening and tape one disposable mask over the opening. You should also wear another mask over your nose and mouth.

**Note:** Make sure the areas where the duct tape and plastic bag joins the mask are smooth. There should be no openings around the taped area to allow seepage.



Plastic trash bag

You can use clear vinyl for the lens with goggles under the mask. There are all kinds of plastics and rubber materials available at fabric shops (they should be water proof). Silicon the stitching or duct tape the seams.

## Test Results on some Personal Protective Suits Made from Tyvec Material

The following is an excerpt (partial report) taken from the Internet.

**Final; Jan 1999 – Nov 1999**

### SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)

Commander, U.S. Army, ECBC  
ATTN: AMSSB-REN-HD-DI  
Building E5307, Hanlon Road  
APG, MD 21010-5424

### PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES)

DIR, ECBC, ATTN: AMSSB-REN-HD-DI, APG, MD 21010-5424  
PERFORMINGORGANIZATIONREPORT NUMBER ECBC-TR-131

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This report covers Man In Simulant Testing (MIST) of the following commercially available, Level C chemical protective suits: the Tyvec.... Protective Wear...suit (garage-type,for mechanics), the Kappler CPF....4 suit (model # 4T434), the TyChem.... 9400 (style 94160) suit, the TyChem.... SL (style 72150) suit, and the Tyvec.... ProTech F suit. These suits are being considered by law enforcement agencies for use at scenes where chemical warfare agents have been used by terrorists. This testing examined how well the complete protective suit ensembles protect the wearer against vapor adsorption at the skin by exposing test participants wearing the suits to a chemical agent simulant (methyl salicylate) and measuring the Physiological Protective Dosage Factor (PPDF) the wearers received while performing a set of typical law enforcement activities. The results showed that the suits provided the wearers an average Overall Physiological Protective Dosage Factor (PPDF) of: standard police uniform –

### CONCLUSIONS AND RECOMMENDATIONS

This assessment demonstrates that Law Enforcement and EMS personnel can be equipped with an effective low-cost clothing ensemble when responding to an incident of CW terrorism. An ensemble consisting of a high quality respirator, butyl rubber gloves and a commercial chemical over garment (**elastic wrists & hood closures with built in boots**) provides some liquid-droplet and vapor protection to the responder. This level of protection is excellent for personnel working on the perimeter (**cold zone only**) of an incident and also provides some protection in the area around the cold/warm zone boundary (i.e., assisting with the evacuation or decontamination process). However, it must be emphasized that this clothing ensemble is inadequate protection for patrol officers in areas where significant levels of CW agent vapor concentration may be present (hot zone) i.e.: the immediate vicinity of the actual weapon or the weapon's release. This area should only be entered by HazMat qualified personnel.

**Warning: The above suits are not Nuclear Bio/Chem state of the art suits, they may however, offer some protection and are better than nothing at all.**

As you can see, the suits tested did well in “cold areas” (areas where concentration levels are extremely low). In the “hot zone” where concentrations are high, they would not be suitable.

**In summary:** It would appear that a rubberized rain suit with hood, gloves, boots and mask would afford a fair amount of short term protection for those not being able to afford manufactured personal protective equipment designed for a specific purpose .

### **Section 3 – Procedures for Wearing Your Gear**



## **Suiting Up in Your Personal Protective Equipment**

### **(How to Use Your Expedient Personal Protective Equipment (PPE))**

**Practice the following procedure until you can put on your mask, fit, and clear it and check for seal in 10 seconds.**

**Fitting The Full-Face Mask: (in order to work correctly the mask must be properly fitted to you)**

- Place chin in mask.
- Hold the mask firmly against the chin with one hand.
- Center the head harness pad (if provided) in the middle of the back of the head. Hold the pad in place.
- Remove the hand from the chin position and adjust the forehead (top) straps with a pull.
- Tighten each cheek strap (below the ears).
- You can now remove the hand from the head harness pad and pull on the temple straps (they are located above the ears) until they are reasonably tight.
- Clear and check the mask for leaks. Most masks can be cleared by placing palm over outlet valve and exhaling forcefully. If a voicemitter (device that allows you to talk) is used, cover that too.
- Check for seal. Place palm over inlet and breath in. The mask should collapse to your face and stay that way for 10 seconds.
- Make sure the mask remains fitted to your face by checking it periodically.

**Note:** Procedures may differ slightly depending on the mask. If you have the instructions that came with the mask use them instead of the above procedure. Keep extra filter cartridges available in sealed packages. Contact with the air will deteriorate unsealed mask filters. Once your filter is out of the sealed container and affixed to the mask (where it should be) cover the intake opening to the filter with duct tape and put the mask and filter in a plastic freezer bag (squeeze out all the air you can).

### **Removing The Mask (Don't do it until you know it's safe.)**

- Grasp the mask by the bottom.
- Pull down and out.
- Lift up and over your head.

### **Unmasking Procedures in an Emergency Where Detection Equipment is Not Available**

- In a shady area, have someone take a deep breath, hold it, and break their mask seal for 15 seconds with their eyes open.
- Have the person clear and reseal mask. Observe the person for 10 minutes for symptoms.
- If no symptoms appear, have the person break mask seal, take two or three breaths, clear and reseal their mask. Observe the person for 10 minutes for symptoms.
- If no symptoms appear have the same person unmask for 5 minutes and then re-mask. If no symptoms appear in 10 minutes, it is safe to give the all clear signal and unmask.
- Continue to observe the individual in case delayed symptoms develop.

### **Basic Instructions for Putting on Your Expedient Suit**

**Put your gear on in the following order**

- Mask
- Pants
- Jacket
- Boots
- Inner gloves
- Outer gloves

**Note:** This assembled unit is not proof against all NBC contaminants, but is low cost and does offer significant short term protection to low concentrations of NBC contamination.

### **Taping Your Suit**

- Boots to pant bottoms.
- Pant fly shut.
- Jacket bottom to the pant waist.
- Front closure of the jacket shut.
- Jacket collar to the hood.
- Hood to the mask and to the earflaps of the helmet.
- Jacket cuffs to the gloves.

### **Taking off Your Gear After the Decontamination Shower (see next section)**

Assuming you are in a location away from the contamination and have gone through your decontamination shower, follow the below procedure

- Leave mask and inner gloves on until last (after the decon shower).
- Remove outer gloves. If you don't have inner (surgical type) gloves leave your outer gloves on.
- Remove suit.
- Hang the suit in a designated "clean" location for reuse. If the suit is disposable, place it in a plastic bag and then in a covered garbage container.

## Section 4 – Ready Kit



## Make your Ready Kit

Your ready kit is portable and can be carried with you or left in your car or workplace. Here is what you will need:

- Mask
- Suit
- Goggles (if you use the half mask respirator or disposable kind)
- Boots
- Hood
- Gloves (inner and outer)
- Spray bottle of bleach and water solution (1 to 3 ratio).
- Decontamination Kits (see **Skin and Equipment Decontamination**)
- Rags
- Supply of antibiotics and radiation sickness pills (Potassium Iodide)
- Water bottle (drinking water)
- Safety Helmet (optional)
- Duct tape

## **Section 5 – Decontamination**

- Household Products and Procedures You Can Use for Decontamination.
- Expedient Decontamination Showers and Procedures for Use.
- Expedient Field Decontamination Kit and Procedures for Use.
- Equipment and Structural Decontamination.

## **Decontamination**

### **(Household Products and Procedures You Can Use for Decontamination)**

#### **If The Contaminant Is Radioactive**

- Wear full personal protective equipment (PPE).
- Scrub with soap and water or,
- Caustic soda or lye (use manufacturers instructions).

#### **If The Contaminant is Biological**

- Wear full personal protective equipment (PPE).
- Scrub with fresh household bleach at  $\frac{1}{2}$  to  $\frac{3}{4}$  cup bleach to 1 gallon of water up to full strength or,
- Caustic soda (lye). (use manufacturers instructions).

#### **If The Contaminant Is Chemical**

- Wear full personal protective equipment (PPE).
- Scrub with soap and water.

**Note:** We have not listed bleach here because of the possibility of a reaction with chemical warfare agents that may be used during an attack.

#### **Decontaminating Canned Food**

- Wear full personal protective equipment (PPE).
- Immerse the can in full-strength household bleach. Make sure to mark the cans for identification, as the labels will disintegrate.
- Wash thoroughly with soap and water, or
- Bring water to a boil then immerse cans for 20 minutes.

#### **Medical Instruments**

- Wear full personal protective equipment (PPE).
- Rubbing Alcohol or,
- Submerge in bleach solution (3 parts water to 1 part bleach) or,
- First bring water to a boil then completely immerse instruments for 20 minutes.

#### **Clothing**

In an emergency, clothing that has been contaminated with radioactive particles or biological agents may be washed in bleach solutions. However, it is recommended that you discard them in a covered container.

## Expedient Semi-Permanent Decontamination Shower

A home decontamination shower can easily be built by using the following materials

### Materials List

- 25-50 foot length of garden hose.
- Sprayer used for mixing garden chemicals or lawn fertilizer.
- Child's 6x6 plastic wading pool .
- 9x12 plastic tarp (medium ply) will also be required.

### Set Up

- Configure the apparatus in the same fashion as the shower in your home. It can go in your garage or basement or it can go outside the house (weather permitting).
- Attach the water hose to a faucet and hang the hose with the sprayer attached, over a ceiling joist (don't forget to put the decontaminating agent in the sprayer).
- Configure the tarp to make an enclosure, approximately 3 feet on each side.
- Have entry and exit openings in the tarp (in dirty, out clean!)
- Place the bottom edges of the tarp inside the plastic pool to catch all contamination runoff.

### Decontamination Agent

Household bleach is a good decontaminant as long as it has not exceeded its shelf life of 1 year.

Mix it in a ½ to ¾ cup per gallon of water solution, fill your sprayer and shake it vigorously before using.

### Entry and Exit Paths - Getting To and From Your Decontamination Shower

- Designate separate entry and exit paths to the shower (ALWAYS step into the shower from the "contaminated" area and out into the "clean" area!)
- Use one path to the shower and another from the shower to the house...keep the path into the house decontaminated with the same solution used in the sprayer
- **Never** re-contaminate the clean area or you will track material into your home. Remember, in dirty, out clean!
- Locate a foot bath at the end of the clean path to your home or shelter with the same decontamination solution. **Always** step into the foot bath before you re-enter your home or shelter!

### Procedures for Use

- Step into the shower with everything on (mask too) and run the shower for 5 minutes. Scrub yourself thoroughly with a long handled scrub brush.
- Step out on the clean side and take your NBC Suit off (suit, hood, boots and outer gloves) still leaving the mask and inner surgical gloves in place and proceed to the entrance of the safe room or shelter.
- Once inside, have a designated place to hang your clean NBC gear near the entrance of the shelter.
- Remove your outer clothing and place them in a plastic garbage can. (They can be decontaminated later using the same bleach and water solution).
- Remove your mask and wipe your face using a cloth dampened with the same solution as used in the shower.
- Decontaminate the inside of the mask the same way.
- Remove your surgical gloves placing them in a garbage can provided for contaminated items.
- Take a regular shower (remove undergarments) using anti-bacterial soap.

**Note:** It is convenient to have a mudroom to store your gear before entering the main part of your home or shelter. A door between the mudroom and the main house is ideal because one would have an anti chamber before entering the sealed room and/or living spaces. The next time you suit up to leave the house, empty the plastic pool in a designated location and use this spot each time you empty the pool. Cold weather with freezing temperatures will call for a different set up. In temperatures below 0 Celsius or 32 F the water will

freeze in the hose and sprayer. Take the sprayer off and bring it inside with you; don't forget to decontaminate it.

**Note:** If the hose on your semi permanent decon shower is to remain in place (recommended), angle the hose so that it will drain out toward the connection to the faucet. This is done to prevent the hose from freezing up during the winter months. Disconnect the hose from the faucet and make sure it is completely drained. If the shower is in the basement and it is equipped with a drain, squeegee any liquid into the drain. Remember to use the same "Entry and Exit Paths" as previously outlined.

#### **If There is no Electricity, And no Pressure to your Well or Water Main:**

If the power is off and you have no pressure to your well or water main, purchase a sprayer with 2 to 6 gallon capacity from your local garden shop or hardware store and use the same applicable method listed in above to decontaminate yourself.

#### **Optional Decon Shower (not as good as the semi fixed but functional)**

The following materials are available at your local hardware, greenhouse, building supply, or grocery store.

- 2 to 6 gallon hand pump tank sprayer.
- 8' x 10' plastic tarp medium to heavy ply.
- Long handle scrub brush.
- Plain household bleach (  $\frac{1}{2}$  to  $\frac{3}{4}$  cups per gallon of water).

#### **Procedure for Using the Optional Decon Shower**

- Arrange the tarp to direct runoff to the most contained point available.
- Follow applicable instructions as given in the above "**Procedures for Use**".

**Note:** You might have to use the sprayer on yourself, have the wand shortened to one-person-usable length. Remember to localize the contaminated material as much as possible in any of the decontaminating procedures you perform.

#### **Expedient Personal Field Decontamination Kit and Procedure for Use**

Scenario:

You have been involved in an NBC attack (**for details on how to recognize an NBC attack, see 'ABC's of NBC Warfare Survival'**). You notice droplets on your person, and they appear to be greasy or liquid in consistency. What do you do, and how?

Whether these droplets are bio/chem or not, you should assume they are. If you suspect that you have been exposed to an bio/chem agent, you must follow the decontamination procedure as soon as possible. The droplets must be absorbed from your clothing and gear, and then promptly removed.

This can be accomplished using a personal decontamination kit.

The following list of materials can all be purchased from chemical, industrial, or grocery suppliers. Below, you will notice 2 columns; one for absorbents and one for decontaminants. Any of the ingredients in the list can be used by themselves, however, an absorbent such as sodium carbonate will be more effective when mixed with a decontaminant such as powdered chlorine.

We suggest mixing the below material at a 3 to 1 ratio. For example: let's say you wanted to mix Fuller's Earth with chlorinated lime. If measuring by teaspoons, you would mix 3 teaspoons of Fuller's Earth to 1 teaspoon of chlorinated lime. The unit of measurement can be just about anything ie teaspoons, tablespoons, cups, shovels, etc.

**Warning: Do not take any of the following materials internally. Do not inhale. Avoid contact with eyes and other mucous membranes. Apply materials ONLY to affected areas of skin, clothing or NBC gear.**

**Follow manufacturer's instructions and warnings when using any of the following materials. Strong concentrations of bleaches and limes can be very harmful or fatal if inhaled or taken internally. They can also cause burns.**

### **Materials List**

#### **Absorbents**

Sodium Carbonate (washing soda, laundry soda)  
Fullers Earth (Bentonite)  
Talcum Powder  
Flour

#### **Decontaminating Agents**

Powdered bleach  
Chlorinated lime  
Powdered chlorine  
Scouring powders containing bleach

**Note:** any of the above absorbents and decontaminants can be mixed with one another.

### **Storing Your Decontamination Mixtures**

- Put 1 or 2 cups of your mixture into the toe of a regular sock or nylon stocking.
- Tie off the open end of the sock or stocking with string or a twist-tie.
- Place the tied sock or stocking into a zippered plastic sandwich bag and store in your Ready Kit (see **Expedient Suit** section for details).

**Warning: Do not take internally or inhale. Do not get in your eyes. Apply only to the contaminated skin area or area on your NBC gear that has become contaminated.**

### **Immediate Personal Field Decontamination Procedure (Outside and away from your decon shower)**

Assuming that you have your suit on and the situation permits, use the following procedure

- If outside, seek shelter immediately.
- Wipe mask with a rag saturated with the bleach and water mixture in your Ready Kit (see section on **Expedient Suits**).
- Shake some of the decon material (enough to cover and absorb) onto any greasy looking blotches or liquid on your gear and anything else that looks like it may be a contaminant.
- Leave it on for a minute or two until it absorbs the greasy blotch or liquid.
- If using the spray bottle with bleach solution, spray it on the contaminated area and blot or scrape off.
- Get to your decon shower when conditions permit and use the methods described in that section.
- Avoid re-contact.

#### **If you are wearing regular clothing**

- If possible, take shelter.
- Immediately decontaminate the affected areas of your skin.
- Decontaminate the affected areas of your clothing.
- Put on your mask and Expedient Suit.

**Note:** It is advisable to cut away any soiled areas on your clothing after decontaminating if time permits and you are under cover. Spray products like Lysol are said to have no affect on spores. Therefore it would not be advisable to use for Anthrax.

Fisher Scientific (see list of suppliers) has a web page [www.fishersci.com](http://www.fishersci.com) that offers several new decontamination products, including skin wipes or liquid that may be carried in your Ready Kit. BACDOWNGEL and BACDOWN skin wipes which are antimicrobial cleansers. BACDOWNGEL p/n L021-04-355-53 is a 16 oz bottle for list price of \$8.90. BACDOWN Skin wipes p/n L021-04-355-60 is a dispenser of 50 wipes for \$10.19 as of Feb 8<sup>th</sup> 2002.

## Equipment and Structural Decontamination

How to decontaminate larger surfaces (automobiles, tools and equipment and the interiors and exteriors of your home).

**Warning:** The run off water from decontamination procedures will be highly toxic and will therefore have to be disposed of safely when time permits. You will have to replace the contaminated earth around your home and buildings by removal and burial. This large-scale decontamination will hopefully be addressed by emergency assistance crews.

### Procedures

#### If The Contaminant is Nuclear Radioactive Particulates

- Wear full personal protective equipment (PPE).
- Soap and water. When conditions permit, wash the entire exterior of your home, outbuildings, vehicles and equipment with soap and water.
- Use a garden hose and spray attachment to mix the soap with the water.

**Note:** When using a garden hose and sprayer make sure they are thoroughly flushed out before adding the bleach solution. Bleach may react with chemicals remaining in the hose or sprayer from previous use. The possibility of backflushing any garden chemical residue remaining in the hose or sprayer will also be reduced or eliminated.

#### If The Contaminant is Biological

- Wear full personal protective equipment (PPE).
- Fresh household bleach at  $\frac{1}{2}$  to  $\frac{3}{4}$  cup bleach to 1 gallon of water up to full strength. When conditions permit, wash the entire exterior of your home, outbuildings, vehicles and equipment with this solution.
- Caustic soda (lye). (use manufacturers instructions).

#### If The Contaminant Is Chemical

- Wear full personal protective equipment (PPE).
- Soap and water. When conditions permit, wash the entire exterior of your home, outbuildings, vehicles and equipment with soap and water.
- Use a garden hose and spray attachment to mix the soap with the water.

**Note:** We have not listed bleach here because of the possibility of a reaction with the chemical warfare agent used during the attack.

### Home Exteriors

- Wear full personal protective equipment (PPE).
- Fresh household bleach at  $\frac{1}{2}$  to  $\frac{3}{4}$  cup bleach to 1 gallon of water up to full strength. When conditions permit, wash off the entire exterior of your home and outbuildings with this solution.
- Caustic soda (lye) (use manufacturers instructions).

**Note:** Common household bleach containing 5.25% hypochlorite is considered effective as a "sporicidal agent" for disinfecting "anthrax" and other spores. Wash down the entire exterior surface of your house and walkways using the garden hose and spray attachment procedure. Automobiles and machinery may be decontaminated in the same manner.

## Home Interiors

- Wear full personal protective equipment (PPE).
- Fresh household bleach at ½ to ¾ cup bleach to 1 gallon of water up to full strength. When conditions permit, spray and wash the entire interior of your home with this solution or,

**Warning: The following chemicals are extremely dangerous to your health. It is advisable to let a professional decontaminate your home when using formaldehyde or formalin.**

- Mix 5 parts formaldehyde to 3 parts methanol alcohol. It will take 4 to 5 quarts to decontaminate 100 cubic feet of space. Keep the space closed for 8 hours and do not occupy the space for two days. These products can be bought at most pharmacies or specially ordered.
- Formalin - use full strength at 1 quart per 1000 cubic feet. Keep indoor areas closed for 16 hours, and do not occupy the area for **3 days**.

**Note:** Formaldehyde, Formalin and methanol alcohol can be found at most pharmacies or specially ordered. Many viruses and other bacteria can be destroyed or neutralized with a solution of common household bleach. Use ½ to ¾ cup of bleach per gallon of warm water for interior surfaces. Allow the disinfectant to remain on the surfaces for at least 4 hours. Always read and thoroughly understand the label and any literature, which accompanies these chemicals before using for decontamination.

## Other Decontaminants, and Where to Find Them

Most decontamination materials are available from commercial cleaning suppliers. Several brand-name cleaning solutions and concentrates are available from local industrial cleaning supply houses. Many of these companies will sell retail. If not, many individuals will know of someone that can purchase the items for them.

Medical supply houses carry biological decontamination solutions. Again, individuals that cannot buy directly from these suppliers often know someone that can, or may be able to purchase them through their employer.

Home-made solutions are not much cheaper than ready-made industrial supplies. Whether home-made or commercial, supplies must be obtained prior to an event or attack. The use and mixture of home-made solutions should be learned in the event that their commercial counterparts are unavailable.

**Warning: Those that use home oxygen support systems should not use any petroleum based product on their skin while hooked up to the system. There is an ignition danger.**

## **Section 6 – Expedient Fallout Shelters and Sealed Rooms**

## Fallout Shelters and Sealed Rooms

There are some major differences between a fallout shelter and a sealed room type shelter. For example, fallout shelters are for nuclear attacks, but can also be used for biological or chemical attacks if they are well sealed and have an air filtration system. Radioactive contamination (fallout) persists over decades (see *ABC's of NBC Warfare*) This type of contaminant must be encapsulated, removed from living areas and buried. Fallout shelters must be able to withstand a nuclear blast and thermal effects. They must also be able to shield against radiation. This is done by knowing the protective values of certain materials. The thickness of a material will determine its ability to reduce a certain amount of radiation (see **ABC's of NBC Warfare**).

The following paragraphs will explain the procedures for neutralizing and protecting yourself from biological and chemical agents. Biological agents are persistent and will multiply and spread. They must be neutralized (killed), encapsulated and removed. It is not likely that all three types of NBC Warfare would be initiated at the same time. For example, a nuclear detonation would render the other types useless. If you are located far enough away from the nuclear detonation, explosion at a nuclear plant or radiation delivered by a (dirty bomb), your sealed room may suffice.

Chemical agents are short-lived, but can be deadly depending on the agent used. They too must be neutralized, encapsulated and removed. Biological and Chemical agents are designed to seek low-lying spaces. This can pose a problem for the individual who is trying to build a shelter that withstands all three types of attack. Basements or crawl spaces can be used as fallout shelters. An upstairs room can be sealed and used with an expedient fallout shelter centered in one of the living spaces in your home. A fallout shelter that is fully sealed with air filtration can do both.

**Note:** The book, *Nuclear War Survival Skills* by Cresson Kearny has several plans and drawings related to fall out shelters you could build. In addition, we have given numerous manufacturers in the list of suppliers at the end of this booklet.

### Expedient Shelter for Nuclear Fallout Using Basement or Crawl Space

If there is little or no danger of biological or chemical agents and there is a high risk of fallout, the following instructions will greatly increase protection against radiation. The first section consists of tips on how to increase your protection in a basement or crawl space. Following that section are general instructions on how to build a small emergency shelter in the interior of your home using furniture, doors, dressers and other materials. The amount of protection you will be afforded will depend on how much time is available before fallout arrives.

- Select a corner of your basement or crawl space, if possible away from windows, in which to build your shelter.
- Remove inside house doors from hinges and lay them on the floor that is above the basement area you will occupy.
- Supports for the improvised roof can be cabinets, chests of drawers, workbench, or anything that will bear a heavy load.
- Either of the above options provides a base for the heavy material you will place on it.
- On the upstairs floor above the corner of the room you select as your shelter area, pile any heavy objects you may have available. Examples are bricks, concrete blocks, earth, sand-filled drawers or boxes, furniture, trunks filled with clothes, dirt-filled boxes, newspapers and other dense items. These will help reduce radiation penetration.
- Build walls of dense materials to provide vertical shielding around the sides and front of your shelter.
- A small cabinet or dirt-filled box may be used at the crawl-in entrance to close behind you after entry.
- Remember, the heavier or more dense the material around you, the greater the protection.
- Block basement windows with earth, bricks, concrete blocks, books or even bundles of newspaper. In winter, if nothing else is available, use packed snow.
- Outside, against above ground walls of the basement around your shelter area, heap earth, sand, bricks, concrete blocks or packed snow.

**A half thickness is a given thickness of material that will reduce the amount of radiation by ½ its sum. The following thicknesses of material will stop 99 percent of radiation caused by a nuclear detonation.**

- 16 inches of solid brick
- 16 inches of hollow concrete blocks filled with mortar or sand
- 2 feet of packed earth
- 3 feet of loose earth
- 5 inches of steel
- 3 inches of lead
- 3 feet of water

### **Expedient Shelter for Nuclear Fallout in Homes Without Basement or Crawl Spaces**

If your home has no basement or crawl space, build your emergency shelter in a part of the house that is the farthest away from outside walls and the roof (examples are a center hall or clothes closet). Build it as described for houses with basements and crawl spaces. On the floor immediately above your shelter area, and against surrounding walls, pile up furniture, trunks, dressers, dirt-filled boxes or other heavy material that will reduce radioactive penetration into your emergency shelter.

#### **Expedient Sealed Room**

The following is a list of materials needed to prepare and occupy an expedient sealed protective room during a nuclear, biological or chemical emergency. Each person using this information must use common sense to determine specific needs, size of area to protect, items to use, and ability to survive in the space based on conditions as time passes.

**Note:** This type of sealed room may not withstand the blast, heat or intense radiation that occurs near ground zero. This depends on the weapon's yield (see **ABC's of NBC Warfare** section).

#### **Materials list**

- Medium or heavy weight sheet plastic (to cover openings).
- Several rolls of duct tape (to attach sheet plastic).
- Scissors, utility knife or box knife (to cut sheet plastic & tape).
- Several old towels or blankets cut to a similar size (to seal bottom of doors).
- Small dishpan (to hold water & baking soda solution to soak towels).
- Water in one to five gallon containers (to wet towels that go at the bottom of the entrance door).
- Box of baking soda (to add to water to soak towels).
- Storage bag or container (to hold items until needed).
- Cardboard, towels or blankets, rigid insulation or similar items (to protect plastic from broken glass).

**Note:** Materials for making a sealed room can be purchased at local building supply and hardware stores.

## Preparing Your Sealed Room

When danger is imminent, bring everyone inside the largest area that you are able to seal (depending on amount of materials at your disposal). The larger the area, the longer the air will remain fresh for a number of occupants. Whatever the case, be sure you have enough materials to cover all openings.

- Cover all windows and heating and air conditioning ducts with the plastic, taping it in place.
- If you have time and materials are available, tape cardboard, blankets or towels, sheet insulation, or anything similar over the window glass before applying the plastic sheeting. This will help prevent the plastic being punctured if the glass is broken by something.
- Cover openings such as electrical outlet boxes with plastic or duct tape.
- If the sealed area includes a kitchen or bathroom take extra care in sealing things such as the exhaust fan, stove hood vent and similar areas that could allow contaminants to enter the room.
- Use long overlapping strips of tape to ensure a good seal.
- Tape the sides and top of the door(s) into the room.
- Soak towels in a dishpan of water/baking soda mix, wringing them out to place along the bottom of the door(s).

**Note:** If the area is small and there are many occupants, the air supply will become stale and deplete quickly. If possible, have a filtered air system (see section on air filtration) for your sealed room or shelter and use it when necessary to provide filtered air into your room.

The above procedure will provide expedient protection against Biological & Chemical Agents and gaseous radiation such as that from a damaged nuclear power plant. Monitor radio reports for the reduction of danger. It is strongly advised that you stay in your shelter or sealed room until you have heard from an official source that it is safe to come out. If for some reason you must leave the shelter, do so in full NBC gear.

If the structure is well built, plastic can be laid on the ceiling joists. You can then cover the plastic with a thin layer of earth, dry cement, or barite. This can only be done in a few cases, as the amount of weight in even one inch of covering will be too much for the ceiling joists without additional supports.

If you are setting up a sealed room in multi-story building, use intermediate floor locations. This will provide distance shielding from radiation and also provide protection from heavy biological and chemical agents.

## Expedient Toilet

You can make a simple toilet by using a five gallon plastic bucket (with or without lid) and lining it with a plastic trash bag. Sprinkle the waste with baking soda or lime to assist in eliminating odors and to slow the decomposition rate. Remove all waste materials and when safe, burn, bury or follow the procedure your local authorities prescribe.

## **Section 7 – Expedient Air Filtration Systems**

## Air Filtration

### A Word About Electrical Air Filtration Systems:

For years, Israeli families have been using vacuum cleaners for biological decontamination. Unfortunately, this requires electrical power. It is therefore recommended that you purchase a generator. This is a formidable power source, and a good backup in case there is a power outage in your area.

Vacuums are available for just about any home or industrial application and come in an assortment of prices (i.e. \$125.00-\$1000.00 for some HEPA name brands). Most top line, special application, industrial vacuums are out of the price range for average citizens. However, there are reasonably priced products that either come with a sealed HEPA filtration system (recommended) or similar filtration devices that afford protection against particulates down to 0.3 microns.

This system would appear to be practical for some grades of Anthrax and radioactive material resulting from fallout. A vacuum system with a HEPA filter is not likely to be effective against a chemical attack using vaporized agents. For chemical weapons one would need a filter for that specific purpose and this would be expensive. In such a case it would probably be better to seal your safe room and eliminate air flow to it. Be sure to wear your mask while inside the safe room. Remain in your safe room until the agent dissipates. Listen to the radio for civil defense announcements informing you that the danger is past.

How and where a biological or chemical contaminant spreads depends on many factors. Some examples are weather, wind currents, people traveling from contaminated areas to clean areas, animals...etc.

For example, let's say you live in the north end of town. The wind is blowing from north to south and the south end has just reported a biological or chemical attack. Would you be at risk? Not likely, but you would hopefully prepare yourself, because the wind could change at any time to bring the contaminants to your area.

## The Israeli Vacuum Cleaner Trick

### Material

Purchase a vacuum cleaner that has an exhaust port and a HEPA filter or similar sealed filtration system

### Steps:

- Place the vacuum outside of your dwelling. Run the exhaust hose into the house through a port (such as the dryer exhaust port).
- You may opt to a) cut a hole in the door or b) make a window panel/insert from plywood, cutting a hole for the hose.
- Use silicon or duct tape to seal any seams that would permit unfiltered air from outside to penetrate your home.
- It is recommended that you leave the vacuum running for the **first 24 hours after the attack** providing its' motor is capable of handling the demand.
- If not, run the system until you have enough fresh air in the house, then turn it off. Long run times may wear out the vacuum motor.

**Note:** A second alternative is to have the vacuum inside the home and place the suction hose in the dryer vent or the port that goes to the outside of your home. Remember to seal all of the seams with duct tape or silicon!

**Note:** Using the above alternative results in having the vacuum and the contaminated filter inside your home. Therefore, you will have to take the vacuum outside when you want to change filters. **Make sure you are wearing full "Ready Gear" when performing filter removal. You must also decontaminate your entire vacuum and yourself, before coming back inside. Do not re-contaminate your home!**

## Other Options

If you have a forced air furnace or central heating and air conditioning in your home, you can purchase HEPA filters from your local HVAC supplier. Common sense must be applied when setting up this type of filtration system; tape off any and all cracks and openings that would allow contaminated air to be drawn in from outside. This system serves another important purpose: the blower from your heating and air conditioning system creates an overpressure in your home that may prevent outside agents from filtering in through the seams, cracks and roof ventilation.

**Note:** All openings must be tightly sealed. Duct tape or plumbers putty is a good choice. It is advised that you use foam-backing plates behind electrical outlet covers. Your local building supply and hardware stores carry these items. Local heating and air conditioning contractors can install systems to prevent allergens from entering the home of persons having allergies. They may be able to install a system for you or upgrade your existing system.

### **"Keep it Simple" Air Filtration System: (by Jerry D. Young)**

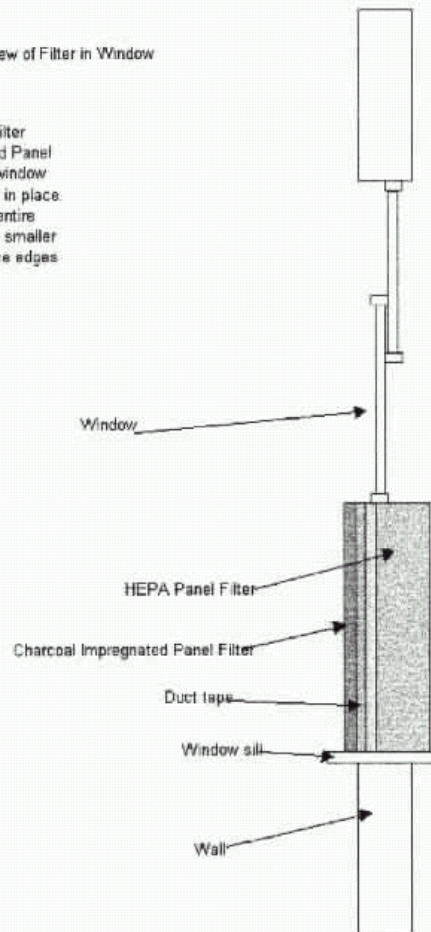
The following filtration system provides the homeowner with the simplest approach to resolving the fresh air supply issue. It should be used for in a small safe room because it would not furnish the larger volume of air needed for several rooms. The two drawings given below are almost identical. The exception being that the first drawing simply illustrates how to use a fan made of cardboard for drawing air through the filters and into your room. The fan should be placed as close to the filters as possible when pulling the air through them.

While not as effective as a commercial NBC filter, the two filters will be much better than no filtering at all, and will provide limited protection for low concentrations of war gasses, biological contamination and bio-chemical accidents. It is an effective filter for radioactive particles, however an awning type hood should be placed above the filters on the exterior side of the house to deflect said particles. Care will need to be taken when handling the filters after use in all cases. All components are readily available from local HVAC outlets; W. W. Grainger catalog and retail outlets; and the McMaster-Carr catalog, from which the part numbers and pricing above is taken.

The filter can provide fresh filtered air to a moderately well sealed room. An electric fan placed in front of the filters (if electric power is available) will pull air through the filter. If electricity is not available use a sweep fan as illustrated. Easily available, moderate cost filtration for sealed rooms are provided in this booklet (see **List of Suppliers**).

Side View of Filter in Window

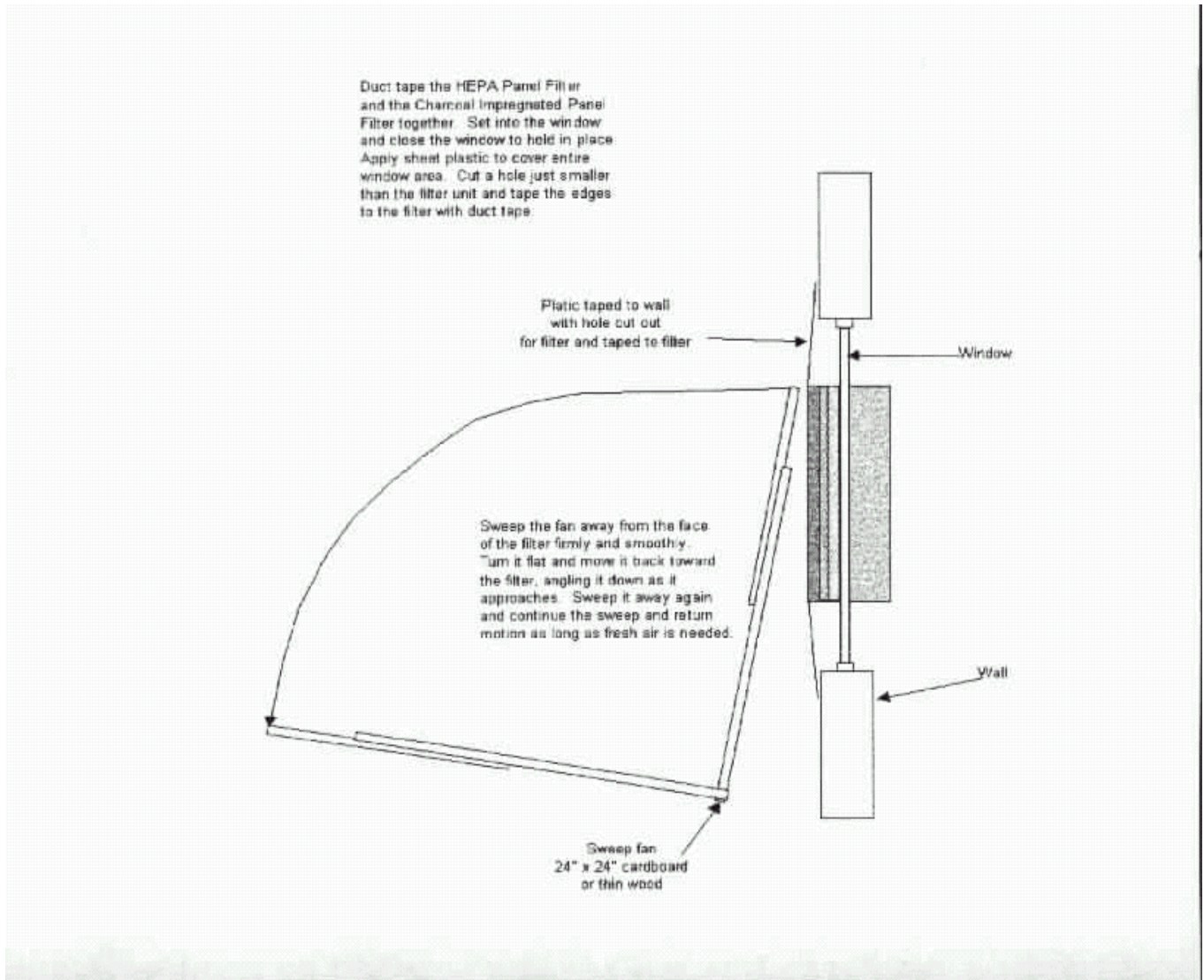
Duct tape the HEPA Panel Filter and the Charcoal Impregnated Panel Filter together. Set into the window and close the window to hold in place. Apply sheet plastic to cover entire window area. Cut a hole just smaller than the filter unit and tape the edges to the filter with duct tape.



HEPA filter (p/n 2153K73) 24" x 24" x 6" Will remove small particles (down to 0.3 micron) which includes most biological contaminants

Charcoal-impregnated pleated panel filter (p/n 20695K86) 24" x 24" x 2"

McMaster-Carr  
 PO Box 54960  
 Los Angeles, CA 90054-0960  
 Internet: <http://www.mcmaster.com>  
 Sales & Customer Service: 562.692.5911  
 Ventas y Servicio: 562.695.0677  
 FAX: 562.695.2323  
 See list of suppliers for other companies offering filters.



HEPA filter (p/n 2153K73) 24" x 24" x 6" Will remove small particles (down to 0.3 micron) which includes most biological contaminants

Charcoal-impregnated pleated panel filter (p/n 20695K86) 24" x 24" x 2"

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(see **List of Suppliers** for other companies offering filters).

## **Section 8 – Medical Alternatives**

## Medical Alternatives

When it comes to medical care, you do have some options to counter some of the threats addressed in this booklet. One of the best things you can do is to get healthy and stay healthy. The effects of biological, chemical and radioactive agents will have a greater impact on one whose health is poor. The stress of the situation complicates matters. General good health is your first defense.

The first, and probably the preferred medical option, is to discuss the risks with your family doctor. Your doctor can tell you the warning signs for which to watch, prescribe the best available medicines for you and your family, and inform you of their proper use. Your doctor should be able to obtain the medical information if he or she does not already have it. Your pharmacist can also be of help for information on storage requirements and shelf life of medications. Many in the medical professions are willing to provide this type of help when they know they can trust their patients not to misuse the information and medications. There may be help available from the authorities and medical personnel during the actual emergency.

Several useful items are available that can be purchased beforehand and stored for times of emergency. Some of these are listed below.

There are antibiotics available over the counter for animal treatment that may be suitable for human use in an emergency such as Terramycin, Auremycin and Penicillin G. Many are the same medication as produced for human consumption, but the packaging, handling and storage requirements are not always the same. The dosages given are for animals, therefore, recalculation of proper human dosage should be performed by a qualified individual. This booklet can not go into enough detail to present the information or assume responsibility for recalculating human dosages. For more information please refer to the sources listed under Medical Options in the supplier section of this booklet. As always, use common sense and find out everything you can about these options before using them. **ALWAYS READ INSTRUCTIONS CAREFULLY!**

**WARNING: AS WITH ALL MEDICATIONS, TERRAMYCIN, AUREMYCIN AND PENICILLIN G SHOULD NOT BE TAKEN WITHOUT CONSULTING YOUR PHYSICIAN. AN ALLERGIC REACTION OR INTERACTION WITH OTHER MEDICATIONS YOU ARE ALREADY TAKING COULD BE LIFE THREATENING.**

### Item list

#### **Beta 1,3/1,6 glucan**

Usage: An immune system booster  
Distributor: National Supply Corp  
3107 North Deer Run Rd., Ste. 14A  
Carson City, Nevada 89701  
Telephone: 1-888 246-7224 ext 222

#### **Colloidal Silver**

Usage: Natural antibiotic  
Distributor: Quality Silver  
3964 South Mariposa  
Englewood, CO. 80110  
Telephone: (303) 781-0442  
**Note:** Company offers inexpensive kit for making your own at pennies per gallon.

**Hobes Instant Hand Stabilizer**

Usage: Antibacterial soap for personal hygiene  
Distributor: The Vitamin Shop  
4700 Westside Ave  
North Bergen, NJ 07047  
1-800-223-1216  
Note: Any antibacterial soap will suffice.

**Penicillin-vk and Doxycycline**

Usage: Antibiotics  
Distributor: IAS, LTD  
PO Box 337  
GY1 Channel Islands, Great Britain  
Telephone: 011-44-541-514144

**WARNING: AS WITH ALL MEDICATIONS, PENICILLIN-VK AND DOXYCYCLINE SHOULD NOT BE TAKEN WITHOUT CONSULTING YOUR PHYSICIAN. AN ALLERGIC REACTION OR INTERACTION WITH OTHER MEDICATIONS YOU ARE ALREADY TAKING COULD BE LIFE THREATENING**

**Potassium Iodide or Iodate**

Usage: Thyroid protection radiation blocker  
Distributor: B&A Products  
Rte 1 Box 100  
Bunch, OK 74931-9705  
(918) 696-5998

**WARNING: POTASSIUM IODIDE SHOULD NOT BE TAKEN WITHOUT CONSULTING YOUR PHYSICIAN. AN ALLERGIC REACTION OR INTERACTION WITH OTHER MEDICATIONS YOU ARE ALREADY TAKING COULD BE LIFE THREATENING.**

**Stabilized Oxygen**

Usage: An immune system booster and additive to drinking water to kill harmful bacteria.  
Distributor: Lets Talk Health  
Dept 22753  
1229 3<sup>rd</sup> Ave., Suite C  
Chula Vista, CA 91911  
Telephone: 1-800 359-6547

**Terramycin Soluble Powder**

Usage: Antibiotic  
Distributor: Look for it at Farmers Markets and feed stores  
**Note:** It is labeled "Not for human consumption," Pfizer has stated that it is identical to the terramycin they sell to drugstores! A scale to weigh out the substance must be purchased.

**WARNING: AS WITH ALL MEDICATIONS, TERRAMYCIN SHOULD NOT BE TAKEN WITHOUT CONSULTING YOUR PHYSICIAN. AN ALLERGIC REACTION OR INTERACTION WITH OTHER MEDICATIONS YOU ARE ALREADY TAKING COULD BE LIFE THREATENING.**

**Thieves and Lavender Oil**

Usage: Black Plague medicine  
Distributor: Young Living Essential Oils  
250 South Main Street  
Payson, Utah 84651  
1-800-763-9963

## **RadBlock**

Usage: Thyroid protection radiation blocker

Distributor: The American Civil Defense Assoc.

PO Box 1057 118 Court Street

Starke, Fl. 32091

Tele: 1-800-425-5397

e-mail: [defense@tacda.org](mailto:defense@tacda.org)

web address: [www.tacda.org](http://www.tacda.org)

**Note:** If only a limited number of RAD BLOCK <sup>TM</sup> or similar pills are available, these should be given to infants, children and young adults first as its effectiveness (and also the risk of thyroid cancer) drops off with adults over 40 years of age. Adults 40 and over should not take KI beyond 1 day unless directed to do so by a physician (or unless the adult is continuing to be exposed to high levels of radioactive iodine that threaten thyroid function).

## **Some Facts About Potassium Iodide**

"Potassium Iodide Solution saturates the thyroid gland. This prevents the thyroid from absorbing radioactive iodine if exposed to radiation. This will help prevent damaging contamination and poisoning. It is best used three days prior to exposure, but the effects of radiation are lessened if taken once receiving the announcement of radiation being detected and present in the air.

(K1) Potassium Iodide is available at chemical supply houses and larger photo supply outlets, and can be utilized in mixing your own solution, which is as effective as prescribed tablets. Few are aware of the fact, but the science lab in most high schools stores enough K1 to protect hundreds of students and residents. A single 500 gram bottle of K1, the usual size available in the science class, can be used as a thyroid blocker with nearly 7700 adult doses and double that amount for children age 3 to 12. If community leaders, pharmacists, science teachers and doctors worked together in utilizing the school stock of K1 in the event of a nuclear emergency, they can save many lives in the community from future thyroid cancer.

### **Homemade Potassium Iodide (K1 Solution)**

Nuclear War Survival Skills written by Cresson H. Kearney for Oak Ridge National Laboratory, states on page 114:

*"To prepare a saturated solution of potassium iodide, fill a bottle about 60% full of crystalline or granular potassium iodide. (A 2-fluid ounce bottle made of dark glass and having a solid, non-metallic, screw top, is a good size for a family. About 2 ounces of crystalline or granular potassium iodide is needed to fill a 2-fluid ounce bottle about 60% full.) Next, pour room temperature potable water into the bottle until it is about 90% full. Then close the bottle tightly and shake it vigorously for at least 2 minutes. Some of the solid potassium iodide should remain permanently un-dissolved at the bottom of the bottle; this is proof that the solution is saturated.*

*An adult needs about 4 drops of the solution as an expedient dosage. A child (age 3 to 12) would require half that amount or two drops.*

*There are two types of K1: saturated and less than saturated. K1 solution should be even more accurate in dosage when properly mixed. Mixing and dissolving exactly 26 grams of Potassium Iodide USP into a one-liter bottle of water produces 1000ml of solution. There are 200 5 ml servings per one liter bottle. Each dose is equal to one teaspoon of the solution for adults, and half for children.*

*Regardless of what type of solution you mix (saturated or other) it is very bitter. Each dose should be mixed with juice, milk, or at least water, to dilute it even further before drinking." Copyright © 1986 by Cresson H. Kearny.*

## IDENTIFICATION AND TREATMENT OF BURNS

Nuclear and Chemical Warfare has the potential for producing serious burns and secondary infection. In closing this section we will address procedures for the identification and treatment of burns. In addition, we suggest that you provide your home with a medical publication in regard to home treatment and/or a first aid manual.

FIRST DEGREE: Also known as "superficial" or "minor". Think "sunburn". Aloe Vera lotion will soothe. Does not require medical attention unless symptoms of infection (colored drainage, fever, increased pain) become apparent. (See Terramycin Powder.) Should heal on it's own within a week.

SECOND DEGREE: Also known as "partial thickness" burns result in blistering. DO NOT OPEN BLISTERS! They are the body's own best defense. DO NOT PUT ICE ON THE BURN! Cold water for 15 minutes.(running water is best, but immersion is O.K.) DO NOT PUT BUTTER ON THE BURN! Aloe Vera lotion will soothe without irritating. Xeroform (petroleum in gauze), zinc oxide, or Silvadene cream can be used on blisters once opened. if allergic to Sulfa, be cautious with use of Silvadene. Wrap gauze LOOSELY around/on burn. Expect healing in 2 weeks. Watch for infection.

THIRD DEGREE: Also known as "Full Thickness" or "major" require medical attention as quickly as possible, as this type of burn affects internal organs and can result in shock quickly. The appearance of third degree burns varies from pearly white to dark, leathery brown.

BURNS TO MUCOUS MEMBRANES: Eyes, nose, mouth, genitalia... Require much more attention than burns to dry skin. Flush these areas with cold water for at least 20 minutes, and seek available medical treatment as soon as possible.

LARGE AREAS OF BURNS: For multiple burn areas of more than two to three inches, treat as if they were a grade up. IE; treat a large area of second degree burns as a third degree burn, as there may be risk of compromising internal organs.

CHEMICAL BURNS: Treat as above, but in addition, continue to flush with cold watery 20 minutes flush, break the blisters, 20 minutes flush) for as long as moderate to severe pain persists.

## **Section 9 – Home Preparedness**

## **Home Preparedness**

This booklet has been designed to be brief but informative. The objective is to get you started in the right direction. You will be able to modify and add to the lists and instructions in this booklet based on your particular circumstances and means. Check with local authorities as well as the others in your neighborhood who might have experience in this field. Apply common sense when making your preparations. Your local Federal Emergency Management Agency (FEMA) has detailed checklists available. The Complete Disaster Home Preparations Guide by Robert Roskind is an excellent source for detailed lists and is available at most bookstores and libraries.

Learn all you can about potential hazards and the means to avoid or survive them. Evaluate the equipment and supplies you currently use in the household, then evaluate the equipment you don't normally use, but that could come in handy in case of emergency (camping gear, etc). Once you have identified the equipment you will use and deem it appropriate, continue by adding other equipment and supplies as you are able. Soon you will have the proper equipment to deal with situations lasting a few hours to a few days, weeks or months. You must plan both for evacuation, and the possibility of having to stay within your home. Develop plans and obtain equipment and supplies for extended emergencies lasting a few weeks, months and even years.

It is up to you, the reader, to decide what is best for you. Every individual and situation is different. Use your best judgment based on the information that is available to you. Take necessary steps to protect yourself, your family and your community from the hazards of terrorist activity, accidents, and nature.

## **The Family Plan**

Protecting your family during an emergency or disaster can be very stressful and traumatic, especially for the children. For this and other reasons we suggest you have your house and family as prepared as possible before having to activate your family plan. This will help to decrease stress and also help to ensure that your plan is executed in an orderly fashion.

We recommend involving your children in the planning process, and when activating your family plan during an emergency. While developing your family plan include various scenarios. Will you be staying in your home or shelter? Will you be packing your belongings to relocate? Will you be at work and the kids in school when an event occurs? Take each of these situations into considerations when preparing your plan. Give your children individual tasks to complete during each situation and scenario. Assign the size and importance of each task according to their age and maturity level. Run through your plan every now and again as a drill. Make your children aware that it is not a game, but an important task. Try to keep them relaxed while performing their designated duties. If they make a mistake, go over it with them until they are comfortable and confident. Let them know you are relying on them. And when they have learned their part, reward them in some way.

Involving your children in the preparedness plan will teach them that each part is important, regardless of the size of the task. It will also keep them focused on their duties during an actual emergency; they will spend less time focusing on the emergency itself, which will ultimately reduce the stress of the situation. It will also help to move the important procedures along quickly and efficiently.

The family that is involved in preparing together will be much more organized during a true emergency or disaster, and more comfortable when the important work is done. During this 'settling down' period, keep the children occupied with games so that attention is diverted from the emergency, but do remind them of the great job they did carrying out their important parts.

## Home Preparedness Checklist

The first six items (in **bold**) are a must for survival in any emergency situation. The remaining items are very important if you are to be prepared for worst case scenarios that may last weeks, months and even years.

- ☐ **Food:** Canned and dried (non perishable)
- ☐ **Water:** Minimum 1 (or more) gallons a day per person. Additional water for pets if present. (see section).
- ☐ **Shelter:** Your Sealed Room and/or shelter.
- ☐ **Heat:** Alternative sources.
- ☐ **Light:** Alternative lighting .
- ☐ **Air Filtration:** Fixed or Portable System manually or auxiliary powered (see section on air filtration).
- ☐ Medicines: Generic and prescribed to include every day items such as cough medicines, laxatives etc.
- ☐ First aid kit (tweezers and sewing gear included).
- ☐ Personal Protection Equipment (PPE): Suit, Mask, Hood, Boots, and Gloves (see section).
- ☐ Decontamination materials (see section on **Decontaminants**).
- ☐ Decontamination Shower (see section on **Decon Shower**).
- ☐ Home monitoring equipment: Kearny Radiation Meter (see **ABC's of NBC Warfare** section)

## Basic Survival Item Checklist

### Food

- ☐ Dried beans
- ☐ Rice, grains, dry cereals
- ☐ Canned meat and fish
- ☐ Canned vegetables
- ☐ Canned fruits
- ☐ Canned and packaged soups
- ☐ Powdered milk and beverages
- ☐ Spices
- ☐ Baby food
- ☐ Pet food
- ☐ High protein snacks
- ☐ Olive Oil
- ☐ Comfort foods (chocolate, sugar, nuts, raisins, etc)

**Note:** Know and monitor the expiration date and shelf life of each item by referring to the dates on the labels.

### Water

- ☐ Drinking water
- ☐ Water for cleaning
- ☐ Pump (hand pumps are available at most hardware and building supply centers)
- ☐ Purification tablets
- ☐ Distilled (if you have a stabilized oxygen generator, see medicinal supplies)
- ☐ Keep the water stored in well sealed containers. (see **List of Suppliers** for storage containers)

**Note:** To purify drinking water, add 8 drops of the household bleach (less than one year old) per (clear) gallon and 16 drops if cloudy. Use 1 oz per 55 gallons if clear and 2 oz per 55 gallons if cloudy. Or, use 2-5 drops of tincture of iodine per (clear) gallon or bring the water to a rapid boil for 15 minutes. At higher altitudes boil for 20-30 minutes longer. Date containers and change every six months.

### Heating Alternatives

- ☐ Wood
- ☐ Oil
- ☐ Kerosene
- ☐ Coal
- ☐ Propane
- ☐ Sterno for heat and cooking

**Note:** Purchase several fire extinguishers that are rated ABC. Store them in areas that will be easy to access.

**Warning:** The above options are not advisable to those with respiratory conditions and/or on home oxygen. Consult a heating specialist in regard to a system that is suited to your needs.

### Lighting Alternatives

- ☐ Hand cranked electric lights.
- ☐ Household electric generator.
- ☐ Flashlights.
- ☐ Gas lanterns.
- ☐ Kerosene lanterns (use oil as fuel to reduce the amount of smoke produced).
- ☐ Light sticks.
- ☐ Candles.

**Note:** Buy extra wicks, mantles and batteries.

**Warning :** Do not use open flames and oil burning lamps in small enclosed spaces. The oxygen levels will be depleted, resulting in suffocation. Inhaling fumes from the above fuels can be fatal. The above options are not advisable to those with respiratory conditions and/or on home oxygen. Consult a heating specialist in regard to a system that is suited to your needs.

### Start up List (additional items for your shelter or sealed room)

- ☐ NBC Gear
- ☐ Kearny Fallout Meter (see suppliers)
- ☐ Bedding i.e. blankets and sleeping bags
- ☐ Clothing suited to your area's weather conditions
- ☐ Portable AM/FM radio, NOAA All-Hazards warning receiver, cellular phone or portable CB radio.
- ☐ Battery or wind up clock
- ☐ Batteries and more batteries for everything that uses them
- ☐ List of important phone numbers (police, fire, ambulance, neighbours, relatives, work, etc.)
- ☐ Personal hygiene kits. (tooth brush, comb, bar soap, feminine products, toilet tissue
- ☐ Wash cloth
- ☐ Towel
- ☐ Dish washing detergent
- ☐ Fresh household bleach (duration and number of attacks will vary; therefore, we suggest an initial supply of 10 gallons)
- ☐ Hand soap (antibacterial)
- ☐ Steel wool
- ☐ Rubber gloves
- ☐ Bleach-type cleanser
- ☐ Freezer bags
- ☐ Plastic 5 gallon buckets (for making an expedient toilet and for general use
- ☐ Plastic trash bags ( purchase several large 30 gallon rolls; you'll need them for human waste and other things such as disposing of contaminated items)
- ☐ Paper towels

- ☐ Matches
- ☐ Water filters if you have filtered well water
- ☐ Hand operated can opener
- ☐ Eating utensils, cups, plates and/or bowls
- ☐ Baking soda or Lime (preferably) to sprinkle over human waste before sealing. Baking soda can also be used in place of toothpaste.
- ☐ Small tool kit (pliers, cutters, knife, screwdriver, etc.
- ☐ Vitamin and mineral supplements
- ☐ Games/toys for the children
- ☐ Eyedropper and measuring spoons (down to 1/8 teaspoon)
- ☐ Eyeglasses
- ☐ Gasoline for your vehicle and generator/s

**Note:** Alkaline batteries have a much longer shelf life. Check the dates on them to ensure you get fresh ones. Rechargeable batteries are also an option, but keep in mind that you will require a source of electricity with which to recharge them. It is advisable to keep a full tank of gas in your car and to store quantities for your electric generator. Check with your local fire department to determine if there are any restrictions on storing gasoline in your area and/or proper storage instructions.

#### **Do**

- ☐ Listen to any and all public information sources. Determine what is best for you to do considering your particular situation.
- ☐ Rotate food, water, medicines, batteries and all other consumables on a regular basis to ensure freshness when needed.
- ☐ Practice your emergency procedures.
- ☐ Come up with alternate plans for when some family members are at work, school, etc.
- ☐ Include children and every one with special needs in the planning and practice drills.
- ☐ Give children and every one with special needs tasks during the emergency. Everyone needs to help, both to ensure safety, as well as the psychological benefit of doing something constructive.
- ☐ Prepare everything ahead of time, as every situation is different. Study, learn and practice.
- ☐ Do keep all the supplies packed in containers. You may need to evacuate and take them with you.

## **Section 10 – List of Suppliers**

## List of Suppliers

### Absorbents (for your Decon kit)

Fullers Earth Powder

For: Skin Decontamination

Distributor: MediChest 25 Van Zandt St. Suite 1A-1 Rear East Norwalk Ct. 06885 Tele: (203) 854-0606

email: [sales@medichest.com](mailto:sales@medichest.com) website: [www.medichest.com](http://www.medichest.com)

Fullers Earth Powder

For: Skin Decontamination

Distributor: Monterey Bay Spice Company 719 Swift St. Suite 106 Santa Cruz, CA. 95060 Tele: 1-800-500-6148

website: [www.herbco.com/goto.html](http://www.herbco.com/goto.html)

Bentonite (Fuller's Earth) is also available (in 50 and/or 100 pound bags) from well drilling outfits (oil well and water well). It is also used as a pond sealer and can often be purchased from local Farm & Ranch supply

outlets. Golf courses also often use it to seal the ground for water traps. Golfers might be able to finagle a supply from their local golf course if the grounds keeper uses it.

### Air Filtration Supplies

You may find the products necessary for making your own air filtration system at the below supply houses or a local heating and air conditioning supplier).

**Warning: We make no claims other than what the manufacturer list as the maximum micron removal capability on each specific product. The agent used may be refined above the micron removal capability of the filters. Check the micron removal capabilities on the product or package.**

McMaster-Carr

Mail: PO Box 54960 Los Angeles, CA 90054-0960

Sales & Customer Service: 562-692-5911

Ventas y Servicio: 562-695-0677

FAX: 562.695.2323

website: Internet: [www.mcmaster.com](http://www.mcmaster.com)

HEPA Vacuum Cleaners:

For list of distributors in you area call 1-800-NILFISK

Airguard Industries, Inc.

For: HEPA Filters

Distributor: Airguard Industries, Inc. PO Box 32578 Louisville, KY 40232-2578 Tele: (502) 969-2304

HEPA Vacuum Cleaners:

Note: Many local stores sell various name brand vacuums with HEPA filters. In order for these to work as described in the section on the "Israeli Vacuum Cleaner Trick" they must have a hose attachment on the discharge side of the filter. All openings and seams must be sealed so as to prevent leakage of contaminated air.

There are other vacuums that can use HEPA filters! They are very reasonably priced...make sure they are fully sealed and won't pull contaminated air from around the suction, discharge or inside the machine.

### Chemicals

The Science Alliance

The Science Alliance 1920 Treble Drive Suite J1 Humble, TX. 77338 Tele: (281) 540-3115

website: [www.sciencealliance.com](http://www.sciencealliance.com)

Callery Chemicals

For: Chemicals

Distributor: Callery Chemicals 1420 Mars-Evans City Road Evans, PA. 16033 Tele: (412) 967-4141

Email: [callery.info@msanet.com](mailto:callery.info@msanet.com)

Spectrum Chemical

Customer Service: 1-800-772-8786

<http://chem.com/directory/>

[sales@spectrumchemical.com](mailto:sales@spectrumchemical.com)

On Line directory of 500 chemical companies

<http://chem.com/directory/>

**Diet Scales (local health food stores):**

Precision Weighing Balances

10 Peabody Street

Bradford, MA 01835-7614

Orders Only: 800-881-9570

**Manufactures of Blast and Fallout Shelters**

The Hive

P.O. Box 223

Cedar Ridge, CA 95924

530-272-4574

FAX 530-274-2907

[thehive@jps.net](mailto:thehive@jps.net)

<http://www.psyber.com/biz/thehive/pricing.html>

Kleen Air Technologies, Inc.

P.O. Box 4145

Frisco, CO 80443

(970) 668-0219

[katinc@amigo.net](mailto:katinc@amigo.net)

<http://www.undergroundshelter.com/>

Radius Defense

222 Blakes Hill Road, Northwood NH 03261

Tel. 603.942.5040

Fax. 603.942.5070

[radius@worldpath.net](mailto:radius@worldpath.net)

<http://www.radius-defense.com/>

Safe-Trek Outfitters

90 Safe -Trek Place

Bozeman, MT 59715

1-800-424-7870

Shalbi Industries, Ltd.

48 Ruhama St. Ramat Gan

Israel

972-3-6741476

972-3-6772781

[shalbi@internet-zahav.net](mailto:shalbi@internet-zahav.net) [www.shalbi.co.il](http://www.shalbi.co.il)

Shelters Direct  
10756 Rhode Island Ave.  
Beltsville, MD 20705  
1-800-865-5555  
Fax: 301-595-3090  
<http://www.sheltersdirect.com/>

Utah Shelter Systems  
P.O. Box 638  
Heber, Utah 84032-0638  
(435) 657-2641 or (801) 280-8303  
spacker@netoriginals.com  
[http://www.netoriginals.com/uss/contact\\_ordering.html](http://www.netoriginals.com/uss/contact_ordering.html)

### **Home Medicinal Remedies**

**Warning: The following alternative medicines are said to be not harmful if taken as directed. However, please contact your doctor or pharmacist before using. NBC Warfare Survival Training Group assumes no responsibility for illnesses or death occurring from the use of the below drugs and chemicals. The below products are a compilation of material gathered from various texts on the subject of NBC Warfare Survival.**

Potassium Iodide  
For: Radiation sickness.  
Distributor: B&A Products Rte 1 Box 100 Bunch, OK 74931-9705 (918) 696-5998

Note: This supplier also has the Kearny Radiation Meter Kit and an extensive line of other survival products.

Beta 1,3/1,6 glucan  
For: Immune system boost  
Distributor: National Supply Corp 3107 North Deer Run Rd., Ste. 14A Carson City, Nevada 89701  
Telephone: 1-888 246-7224 ext 222

Stabilized Oxygen  
For: immune system boost and adding to drinking water to kill harmful bacteria.  
Distributor: Lets Talk Health Dept 22753 1229 3rd Ave., Suite C Chula Vista, CA 91911  
Telephone: 1-800 359-6547

Thieves and Lavender Oil  
For: Plague  
Distributor: Young Living Essential Oils  
250 South Main Street Payson, Utah 84651 Telephone 1-800-763-9963

Colloidal Silver  
For: Biological pathogens...natural antibiotic  
Distributor: Quality Silver 3964 South Mariposa Englewood, CO. 80110  
Telephone: (303) 781-0442

Note: Company offers inexpensive kit for making your own at pennies per gallon.

Penicillin -vk and Doxycycline  
For: Antibiotic  
Distributor: IAS, LTD PO Box 337 GY1 Channel Islands, Great Britain Telephone: 011-44-541-514144

Terramycin Soluble Powder

For: Antibiotic

Distributor: Look for it at Farmers Markets and feed stores.

(see **Diet Scale** in this list for measuring instrument)

**Note:** The product is labeled "Not for human consumption" Pfizer has stated to an undisclosed source stated that it is identical to the terramycin they sell to drugstores (see warnings in medical alternatives).

BioRadDefense ASAP and Disposable Mask

For: Antibiotic and Inhalation Protection

Distributor: The American Civil Defense Assoc. PO Box 1057 118 Court Street Starke, FL 32091

Tele: 1-800-425-5397 email: [defense@tacda.org](mailto:defense@tacda.org) website: [www.tacda.org](http://www.tacda.org)

Hobes Instant Hand Stabilizer

For: Personal hygiene (antibacterial)

The Vitamin Shop 4700 Westside Ave. North Bergen, NJ 07047 Tele: 1-800-223-1216

Note: Any anti-bacterial soap will suffice.

### **Manufacturers of Meters and Dosimeters**

Kearny Fallout Meter (KFM)

B&A Products

Distributor: B&A Products Rte 1 Box 100 Bunch, OK 74931-9705 Tele: (918) 696-5998

website: [www.baproducts.com](http://www.baproducts.com) email: [byron@baproducts.com](mailto:byron@baproducts.com)

This supplier carries a wide variety of survival gear and emergency response equipment.

Arrow-Tech

417 Main Ave. West

P.O. Box 1240

Rolla, ND 58367-1240

Phone: 701-477-6461

Fax: 701-477-6464

[info@arrowt.com](mailto:info@arrowt.com)

<http://www.arrowt.com/chargers.htm>

Dosimeter Corporation of America/Artisan Electronics Corp.

5 EASTMANS ROAD

PARSIPPANY, NJ 07054

800-322-8258

<http://www.dosimeter.com/>

Harwell Dosimeters Ltd.

Becquerel Avenue, HARWELL International Business Centre,

DIDCOT, Oxfordshire OX11 0RA, United Kingdom

+44 (0)1235 435704

FAX: +44 (0)1235 436313

[dosimeters@harwell-dosimeters.co.uk](mailto:dosimeters@harwell-dosimeters.co.uk)

NDS Products

111 Anderson St.

Pasadena, TX 77506

800-413-4750

FAX: 713-477-6741

[info@ndsproducts.com](mailto:info@ndsproducts.com)

<http://www.ndsproducts.com/>

Safety and Security Instruments  
16701 West Bernardo Drive  
San Diego, CA 92127  
800-962-1632  
Fax: 58-826-9718  
securityproducts@saic.com  
<http://www.ssio.saic.com/>

Spechtgasse 32, A-2340  
Moedling, Austria  
phone +43-2236-410450  
fax +43-2236-410459  
<http://www.elimpex.com/indexv.htm>

Technika  
4757 East Greenway Road #103-177  
Phoenix, AZ 85032 Tele: 480-348-0278 Fax: 480-348-0279 email:prime@technika.com  
<http://www.technika.com/radidx1.htm>

**Personal Protective Equipment (PPE) Disposable Mask, Mask, Suits, Gloves and Boots etc.**

Approved Gas Mask  
For: PPE and **childrens and infants suits and mask**  
Box 9509  
San Diego, CA 92169  
Toll-Free Telephone: 1-(877)-AGM-1010  
website: <http://www.approvedgasmasks.com> email: sales@approvedgasmasks.com

B&A Products Disposable Mask  
For: PPE and line of related products  
Distributor: B&A Products Rte 1 Box 100 Bunch, OK 74931-9705 Tele: (918) 696-5998  
website: [www.baproducts.com](http://www.baproducts.com) email: [byron@baproducts.com](mailto:byron@baproducts.com)

©2000 Brigade Quartermasters, Ltd.  
PO BOX 100001  
1025 Cobb International Drive NW Ste. 100  
Kennesaw, GA 30156-9217 1-800-228-7344  
<http://www.actiongear.com/>

Defcon Tech  
For: PPE and related supplies  
Distributor: Defcon Tech  
website: [www.defcontech.com](http://www.defcontech.com) email: [sales@defcontech.com](mailto:sales@defcontech.com)

DuPont Personal Protective Equipment  
1-877-797-5907  
[www.dupontprotectiveapprl.com](http://www.dupontprotectiveapprl.com)

Fisher Scientific  
For PPE and a full line of related quality products including skin decontaminants\  
3970 JOHNS CREEK CT,STE 500,  
SUWANEE, GA 30024. Tele: 1-800-766-7000 [www.fishersci.com](http://www.fishersci.com)

MSA Products

For: Many items of personal protective gear, mask, suits etc.

Distributors: MSA International PO Box 426 Pittsburgh, PA. 15230 Tele: 1-800-MSA-2222

NBC Protect

For: PPE (many high quality items)

Distributor: NBC Protect

website: [www.nbcprotect.com](http://www.nbcprotect.com) Tele: 1-800-296-9898

Nitro-Pak

For: PPE

Distributor: Nitro-Pak 151 N. Main St. Herber, Utah 84032 Tele: 1-800-866-4876

Survive America

For: PPE

Survive America

4100 US 45 N Bruce Crossing, Michigan 49912

Tele: (906)827-3600

website: [www.surviveamerica.com](http://www.surviveamerica.com) email: [sales@surviveamerica.com](mailto:sales@surviveamerica.com)

**Other Distributors of Safety Gear**

5 Star Safety

4 North 240 Calvary

Bloomington, IL 60108 Tele: 847-351-3080

A 1 Safety

374 Centre Street

Middleboro, MA 02346 Tele: 508-946-0073

Accurate Safety Distributors Inc.

10320 N Thor Dr

Freeland, MI 48623 Tele: 517-695-6446

All Safety & Supply Inc

1840 Suntide Rd

Corpus Christi, TX 78410 Tele: 512-265-9613

Brenton Safety

242 Shaw Road

S. San Francisco, CA 94080 Tele 1-800-733-4333

<http://www.brentonsafety.com/>

General Laboratory Supply

438 Pompton Rd

Wayne, NJ 07470 Tele: 973-956-9292

Fax: 973-595-8445

General Safety Equipment

PO Box 909

Niagara Falls, NY 14109 Tele: 716-297-9922

Lab Safety Supply Inc

401 S Wright Rd

Janesville, WI 53547-1368 Tele: 608-757-4805

Marfred Industries  
12708 Branford Street  
Pacoima, CA 91353 Tele: 1-800-529-5156  
<http://www.marfred.com/>

Marmac  
P.O. Box 278  
McBee, SC 29101 Tele: 1-800-845-6962  
<http://www.marmac.com/c.htm>

**Note:** If you buy a surplus military grade mask make sure both the mask and the filters are still serviceable. Most military surplus supply houses are now offering a line of mask and suits as well as other related PPE gear. If you use one of these suppliers make sure they offer new gear, many air filtration canisters (they go on your mask) are outdated. In addition, you must have more than one replacement filter for your mask because they need to be changed periodically. If you are in an area that is heavily contaminated your filter won't last nearly as long as it would if you were some distance away.

**Note:** Most local hardware stores carry a line of safety products that can be used as protective clothing and mask that are affordable to the general public. Whereas they are not the best out there, they may offer some form of protection.

## **References, Reading Material and Recommended Websites**

## References

21<sup>st</sup> Century Complete Guide to Bioterrorism, Biological and Chemical Weapons, Germs and Germ Warfare, Nuclear and Radiation Terrorism. ISBN1-931828-09-01

Numerous Military Training Manuals included in above reference.

Bioterrorism Secrets for Survival by Duncan Long

Nuclear War Survival Skills by Cresson Kearny

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The Complete Disaster Home Preparation Guide Robert A. Roskind

11 Steps to Survival Canada Emergency Measures Organization

Department of National Defense Blueprint for Survival No. 4. Although protected by Crown Copyright, the contents may be reproduced in whole or in part provided proper acknowledgment of the source is made.

FEMA Instruction on Sealed Rooms

## Recommended Reading

*Bioterrorism Secrets for Survival* by Duncan Long

B&A Products Rte 1 Box 100 Bunch, OK 74931-9705 (918) 696-5998

*Nuclear War Survival Skills* by Cresson Kearny

Oregon Institute of Science and Medicine PO Box 1279 Cave Junction, Oregon 97523 (541) 592-4142

*The Complete Disaster Home Preparation Guide* by Robert A. Roskind

*Beginners Guide to Family Preparedness* by Rosalie Mason

*US Army Special Forces Medical Handbook 31-91B*, US Army Institute  
by Lyle Stuart

*Where There Is No Doctor* by David Werner

## Federal Organization

Fema

500C Street

Washington, DC 20472

1-800-238-3358

## **Recommended Survival Websites**

Oregon Institute of Science and Medicine <http://www.oism.org>

Duncan Long, author Bioterrorism Secrets for Survival <http://www.duncanlong.com>

The United American Civil Taskforce owned by Barry Pagliaroli [www.uact4t.com](http://www.uact4t.com) Affiliate of NBC Warfare Survival Training Group.

SurvivalRing owned by Richard Fleetwood. [www.survivalring.org](http://www.survivalring.org)

[www.cybercities.com/a/ausurvivalist/group](http://www.cybercities.com/a/ausurvivalist/group)

## **Medical Information**

Medical Society of the State of New York [www.mssny.org](http://www.mssny.org)

Association for Infection Control Practitioners [www.apic.org/bioterror](http://www.apic.org/bioterror)

American College of Physicians [www.acponline.org/bioterror/](http://www.acponline.org/bioterror/)

Infectious Disease Society of America [www.idsociety.org](http://www.idsociety.org)

Johns Hopkins Center for Civilian Biodefense [www.hopkins](http://www.hopkins) [biodefense.org/faq.html](http://biodefense.org/faq.html)

US Army Medical Research Institute of Infectious Diseases  
[www.usamriid.army.mil/education/bluebook.html](http://www.usamriid.army.mil/education/bluebook.html)