



The U.S. Armed Forces Nuclear, Biological and Chemical Survival Manual

Everything You Need to Know to Protect Yourself and Your Family from the Growing Terrorist Threat

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Take-Aways

- Nuclear, biological and chemical terrorism is a real and growing threat.
- Make a survival plan for your family and business, and use a checklist.
- The list should cover destination, communication and supplies.
- Learn the warning signs and appropriate defense measures for each type of biological, chemical or nuclear attack.
- Create a survival plan and rehearse it.
- Preparation is the best defense against biological attack.
- In case of chemical attack, use a gas mask or avoid breathing during the initial onslaught.
- Military grade gas masks and protective clothing are available.
- Do not be afraid. You can improve your and your family's survival chances.
- Personal defense is your right and your responsibility.

Rating (10 is best)

Overall	Applicability	Innovation	Style
8	8	9	7

Relevance

What You Will Learn

In this Abstract, you will learn what you need to know to protect yourself against chemical, biological and nuclear attack as effectively as the U.S. armed forces protect themselves.

Recommendation

getAbstract's assigned writer prepared this recommendation on a lovely, though warm summer day, while butterflies fluttered over a stand of purple thistles. Until he read this book, it seemed like a peaceful scene. Then, it seemed full of threats and hidden perils. He wondered if his building is strong enough to protect against a nuclear attack. What will his family do if someone sprays anthrax spores from a crop duster? Is there a clear spot in the basement to store enough gas masks, and which ones? This book will make you paranoid, too. It says that the threat of an attack is real and growing. You could laugh that off, except that the police just busted an arms dealer for trying to bring missiles into the U.S., except that someone mailed anthrax to strangers, except that there used to be towers at the World Trade Center. *getAbstract.com's* recommendation — buy this book, read it, then decide whether it is better to prepare or to take your chances. Feeling lucky? At least go buy some flashlight batteries.

Abstract

The Threat is Real

The terrorist attackers who flew planes into the World Trade Center on September 11, 2001, killing thousands, were only the advance guard. Other terrorists continue to seek weapons and opportunities to use them against the civilian population of the United States. Most Americans are as unprepared as the people whose ashes mingled indistinguishably with the dust and rubble of the two towers. Every American is at risk. Enemies are everywhere. Some have the backing of powerful governments. Some are cultists. Some are freelance agents of destruction. They hate us. They envy us. They want to destroy us. And they can — easily. If you doubt it, ask the dead. Let their silence convince you.

Terrorism attacks the mind and spirit. The 1995 Sarin gas attack by Japanese cultists killed only a dozen people, but unleashed panic in Tokyo and destroyed public confidence in peace and security. The terrorists have many weapons. The following weapons have equal killing power, that is, they will destroy the same number of people per square mile: a 705,000-pound fragmentation cluster bomb, 7,000 pounds of mustard gas, 1,700 pounds of nerve gas, an 11-pound crude nuclear bomb or three ounces of botulinal toxin type A.

Terrorists often want to be secretive and anonymous. Biological weapons might kill for days, maybe even weeks, before anyone recognizes that an attack has occurred. Terrorism using weapons of mass destruction can cause damage far beyond fear and death. It can attack a country's economic infrastructure. Consider these horrible examples:

- From 1977-1979, a Palestinian plot to contaminate Israeli oranges with poisonous mercury threatened Israel's exports to Europe.
- In the early 1980's, Tamil rebels threatened to introduce diseases to Sri Lanka's tea and rubber crops.

"The threat is real, and the threat is growing."

"Checklists are vital."

“Your family must have an emergency plan to deal with all types of disasters.”

“Develop an escape plan by drawing a floor plan of your residence.”

“If a nuclear explosion is imminent, immediately seek shelter in a strong building.”

“Local first aid cannot help radiation casualties.”

- In 1989, Chilean radicals stopped Chile’s grape exports to the U.S., Canada, Denmark, Germany, even Hong Kong, by claiming they had tainted grapes with cyanide poison.

Fear of terrorist attack is not groundless paranoia. Somewhere between two and three dozen terrorist organizations are trying to obtain weapons of mass destruction. Osama bin Laden called this effort, “a religious duty.” One al-Qaeda leader alleged that his organization already had chemical and biological capabilities. If that was braggadocio, if they don’t have weapons of mass destruction yet, there’s plenty of evidence that al-Qaeda has been seeking them. The threat of chemical, biological or terrorist attack is a clear and present danger.

Family Planning

At the height of the Cold War, the Office of Civil Defense, part of the U.S. Department of Defense, published a “Personal and Family Survival Manual.” Then-Secretary of Defense Robert McNamara publicly acknowledged the importance of individual citizens taking actions to protect themselves against attack. In those days, every city had fallout shelters, and signs directing people to them.

Living in fear is useless. When you live in fear, the terrorists win. It is far better to live in preparedness. These steps are simple, commonsense and, for the most part, inexpensive.

First, plan. Do not leave preparedness to chance, nor can you leave it until later. When an attack comes, it’s too late to plan. Plan now. Don’t put it off. Make a survival plan, review it, get the supplies you need, then rehearse and drill so that when an attack comes you will know automatically, reflexively, what to do, how to do it, where to do it.

Second, use checklists. The general checklists here are for general guidance. They won’t be appropriate for every family or every circumstance. Adapt them to your own situation and your own requirements. All checklists cover three basic areas: communication, equipment/supplies and escape/refuge.

Third, rehearse. Disaster victims often have plans. Rehearsal can make the difference between a survivor and a victim-with-a-plan. Take these steps to help your family rehearse:

- Discuss with your family the dangers, threats and emergencies they may face.
- Work together to develop a plan to meet each threat.
- Cooperate in identifying the safest spots in your house.
- Discuss power failures and what to do if they happen.
- Clearly identify and mark escape routes — two per room.
- Find the main electricity, gas and water switches; show everyone how to use them.
- Keep emergency numbers beside all phones, including cell phones.
- Show children how to use 911.
- Show everyone how to get emergency updates via radio.
- Identify two contacts — one local, one remote — for people to call if separated.
- Set two meeting sites — one near home, and an alternate if home is unreachable.
- Take first aid and CPR courses and get the *Boy Scout Handbook*.
- Keep family records safe from fire and flood.

Evacuation

Take these steps to be ready to get out speedily and safely if you must evacuate:

- Draw a map of your house with a separate page for each floor.

“Putting on a protective mask and keeping the clothing buttoned up protects adequately against living biological agents.”

“Go through your daily activity with a greater sense of purpose based on the knowledge that your nation is leading the international fight against terrorism.”

“Once you have familiarized yourself with the appropriate procedures and practiced them you will have dampened many of your fears and anxieties.”

- Show all windows, doors, stairways, hallways, and important furniture.
- Show water, power and gas shutoffs, fire extinguishers and smoke detectors.
- Show the location of ladders and first aid supplies.
- Use colored ink to draw an escape route marked by dashed lines.
- Mark an assembly point outside the house.

Now practice what you will do in case of emergency:

- Turn on a battery-operated radio. Listen for information and official instructions.
- Follow directions to emergency shelters, if any.
- Wear durable clothing and shoes that afford protection.
- Bring your Emergency Supply Kit. Include cash — bank machines might not work.
- If you have time, shut off power, water and gas. Lock the door behind you.
- Tell someone where you are going, if there is time.
- Shelters won’t allow pets. Provide extra food and water for them.
- Use officially-recommended roads to travel to a shelter.

Hazards that you can live with under ordinary circumstances can be deadly in an emergency. One of the most important steps to take to prepare for an emergency is to fix hazards long before an emergency happens. Specifically:

- Fix gas and electric connections; repair wiring if it is broken or out of order.
- Make sure shelves are fastened to the wall so they won’t fall.
- Put heavy things on low shelves and light things on top shelves.
- Make sure light fixtures are securely braced and strap the water heater to wall joists.
- Fix any cracks or holes in the ceiling, walls and foundation.
- Keep any liquid poisons (herbicides, pesticides, etc.) far from heat.
- Keep oily rags in covered metal cans or discard them.
- Make sure chimneys, flues and vents are in good repair.

Every emergency supply kit should include:

- Water — one gallon per day, per person, in unbreakable jugs or bottles.
- At least a week’s supply of prescription medicine.
- Food, canned or freeze-dried, nonperishable, and a can opener.
- Special diet food if needed for infants, seniors, the allergic, diabetics, etc.
- Nonprescription painkillers, antacids, laxatives and so on.
- Spare clothes for each person, including rainwear, footwear.
- Emergency sleep gear — sleeping bags, Mylar blankets, etc.
- First aid kit with extras, as well as sanitary and personal supplies.
- Cell phone and necessary numbers, including physicians’ names and numbers.
- Radio (battery-operated), flashlight with spare batteries and bulbs.
- Credit cards, cash, spare car keys.
- Passports, wills and financial documents.
- Compass, matches, tent, and camping supplies.
- Personal comfort items (eg. Bibles, Gameboy, etc.).

“Ricin’s significance as a potential biological warfare toxin relates in part to its wide availability.”

“Sarin binds with a specific enzyme to destroy nerve function.”

Carry these emergency supplies in your car: flashlight, batteries and bulbs; jumper cables; fire extinguishers; tire patch; maps; emergency flares, flashers or blinkers; and gas plus a legal gas container, in case you have to walk to get gasoline.

In Case of Nuclear, Bio-terror or Chemical Attack

Do not get vaccinated unless you really need it. Vaccinations against smallpox and anthrax have side effects. Don’t stock up on antibiotics because they lose their efficacy when stored for a long time. Learn which vaccinations or medications are appropriate for each type of biological, chemical or nuclear attack and be prepared to ask your doctor or your emergency officials where to get the necessary treatments if and when you need them.

In case of nuclear attack, find shelter. The best shelter is a building built for or rated for civil defense. Try to get underground. Out of doors, the best shelters are culverts under roadways or bridges. Second best is a deep ditch; third is a sturdy wall behind which you can cower. First aid is useless after exposure to nuclear radiation. Take a shower and try not to breathe in contaminants. Put a wet rag over your face. Stay indoors, with doors and windows sealed.

Biological attack may occur and wreak its sickening or fatal effects for a long time before anyone figures out what has happened. Good warning signs are epidemics, appearances of unusual insects, or usual insects in unusual numbers. If you have an early warning, wear protective gear — masks and clothing designed for the purpose. Masks are especially important because the most dangerous form of transmission is inhalation. After an attack, you can decontaminate yourself or a victim by swabbing or rinsing with a solution of one part Clorox (but not Clorox II) to nine parts water.

Chemical substances can be solid, liquid or gas. Nerve gas, especially Sarin, poses a threat. Military gas-protection masks and clothing may often be available to civilians.

Preparedness is the best form of prevention. Many of the more sophisticated devices and detection meters are beyond the reach of civilians. But if you take the basic steps outlined above, you will certainly improve you and your family’s chances of surviving a terrorist attack using chemical, biological or even nuclear weapons.

About The Author

Captain Dick Couch, U.S. Navy (retired), is a former Navy SEAL, combat veteran and CIA case officer. He is the author of *The Warrior Elite*. He is also a novelist, fly fisherman, skier and resident of central Idaho.

Buzz-Words

Bio-terror / Decontaminate / Sarin