

PREPARING TO SURVIVE: STRATEGIES FOR SURVIVING A TERRORIST ATTACK

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As we watch the news these days, we see Biblical prophecies fulfilled before our eyes. Many Christians believe we as Americans, are headed for a time of great trial and judgment, as God lifts His protective covering from this land.

Politicians and the news media no longer speak of coming terrorist attacks in terms of “if”, but rather “when and where.” We hear of mirror governments being established in hidden locations to ensure a constitutional consistency in case Washington D.C. is destroyed.

The Office of Homeland Security has issued new color-coded levels of alert: Green – Low; Blue – Guarded; Yellow – Elevated; Orange – High; and Red – Severe. To say the least, these are new and uncertain days for Americans. But rather than live in fear and stand powerlessly on the edge of panic – we can prepare ourselves for coming emergencies. We must ready ourselves with a personal plan of action.

GET PREPARED! The key to survival planning is preparation. A few questions asked and answered; relatively inexpensive supplies gathered and ready; and a personal procedure plan; will increase the likelihood of your survival in the event a terrorist attack or natural disaster touches your city and home.

THE WILL TO SURVIVE

“I can do all things through Christ who strengthens me.” Philippians 4:13. You are not alone in your struggle. When disaster strikes – God is still in control! Our God knows how to care for His children. You must resist panic and fear. They can immobilize and confuse you, when time and action are most important. As God so often repeats in His word: “Be strong and courageous. Don’t be afraid or discouraged. For the Lord your God is with you, wherever you go.” Joshua 1:9. Begin now to commit to memory Bible verses that bring comfort and strength. CBN prayer counselors at 1-800-759-0700, can get you started with suggested verses; or you can log on to CBN.com and sign-up for the 21 Day Habit. The Word of God is your strongest defense against fear and confusion. Build up your faith, NOW, with consistent

Bible reading and memorization.

HEALTH PREPARATIONS

Now is the time to take seriously your commitment to improving your overall health. Adequate sleep, regular exercise and healthy food choices will build up your resistance to infection and disease. Your susceptibility to biological agents will be reduced if you have a healthy immune system, and maintain current immunizations. Begin taking antioxidants to give your body the extra help it may require. Pat Robertson has written an excellent guide to Antioxidant therapy in his newsletter called: *Pat’s Age-Defying Antioxidants*. You can receive a free copy by calling 1-800-413-9876. Make an appointment to see your dentist and repair any teeth that need attention. During an emergency, adequate dental care may not be available. You can avoid serious infection and pain, and the mental distraction that it can cause, by getting your teeth cared for now.

PREPARE A SURVIVAL KIT

You will have an advantage in coping with disaster if you have prepared a survival kit before danger strikes. Assemble the following items in an easy to carry container such as a large covered trash can with handles. Kits for the car, office or school can be placed in a waterproof backpack. There are six basic areas to supply: *water, food, first aid supplies, clothing, bedding, and emergency tools and equipment*. Here are a few important factors to consider regarding the two main necessities for survival:

Water. Store water in plastic containers. You will need one gallon of water per person, per day. Keep at least a week’s supply of water on hand. In the event your water supply is depleted you can procure water from other sources. Purify water of uncertain purity before using it to drink, prepare or cook food, or for personal hygiene. Boiling is the safest method for water purification. Bring water to a rolling boil for ten minutes. Also, adding ten drops of household bleach to one gallon of water will purify it, or you can buy

purification tablets at a camping or drug store. Water from a moving source, such as a river or spring will be safer to use than water from a stagnant or standing source, such as a pond or lake.

Follow these directions to make a simple water filter: Purchase a large metal bucket. Poke holes in the bottom of bucket. Cut a circle of clean cloth a little larger than the top of the bucket and press down into bucket. Then fill bucket with 3 inches of gravel. Now fill the bucket with water and allow it to drain through into a clean container below. Boil the drained water for ten minutes and let it cool.

FOOD. Store a week's supply of non-perishable food. Choose foods that require no refrigeration, cooking or preparation. Rotate your supplies every six months. Food can remain edible after that time period, but it's nutritional value is depleted. Include a few comfort foods in your supply. Items such as packaged cookies, instant coffee and teabags, the things your family enjoys will help lift your spirits in hard times.

Here is your checklist:

- The Bible
- Bottled water (1 gallon per person, per day)
- Water filter and purification tablets
- Chlorine bleach
- Food (non-perishable, little or no cooking)
- Unbreakable plates and utensils
- Vitamins
- Energy food bars
- Salt
- Camping cooking stove and fuel
- Battery operated radios (2) and extra batteries
- Flashlights and extra batteries and spare bulb
- First Aid Kit and manual
- Fire extinguisher
- Crescent and pipe wrenches for turning off utilities
- Spare eyeglasses
- All prescription medications taken by family
- Pliers, pocket knife, screw driver, hatchet and shovel
- Tissues, toilet paper, and sanitary napkins
- Soap, toothbrushes and paste, and personal care items
- Pet food (if pets are present)
- Candles and matches (keep in plastic bag)
- Rain gear
- Plastic bags, wrap and aluminum foil
- Sleeping bag (one per person)
- Cash
- Road flares
- Headache and pain medication.

- Plastic tubing for siphoning
- Nausea and diarrhea medication
- Large garbage can with cover
- Manual can opener
- Solar blanket
- Complete set of clothes for each family member
- Extra socks and shoes for each family member
- Paper, pen and pencils
- Extra set of house and car keys
- Important phone numbers

PREPARE A FAMILY PLAN OF ACTION

Having a family disaster plan will enable you to cope and act quickly when an emergency arises. Working together to create this plan will give your family a sense of confidence and readiness, as well as fostering teamwork and unity.

Here are a few suggestions on items you need to cover:

- Choose an out-of-state family contact person. Each member of your family should memorize this phone number and check in with the contact as soon as possible should disaster strike.
- Discuss the types of disasters that could occur and agree on a plan for each situation.
- Call local government and find out about disaster plans for your community.
- Check on pet policies at local shelters and remember to plan for your pet's welfare.
- If evacuation is not required, check your home for damages. Turn off power, gas and water if needed.
- Listen to your battery powered radio and follow travel routes advised by local authorities.
- Check on elderly or disabled neighbors.
- Have a set of protective clothing and sturdy shoes for each member of your family. Have survival drills and practice getting on protective clothing and getting out to the car.
- Assign specific tasks to family members as age and ability allow.

UNDERSTANDING THE DANGERS

We've often heard it said "knowledge gives power." In a survival situation this is especially true. Understanding the particular nature of the disaster and its potential harm will give you the ability to make correct decisions when an emergency arises. In terms of terrorist attack, we realize there are three areas that pose a widespread national threat. They are: *nuclear attack*, *biological attack*, and *chemical attack*. It's important to know the basic effect and defense of each of these possibilities.

NUCLEAR ATTACKS

There are four types of nuclear bursts. An airburst occurs in the air above the target. It has a maximum radiation effect and is the most dangerous in terms of immediate nuclear effects. The second form of nuclear burst is surface. This kind of burst occurs on the water or ground surface. This is the greatest nuclear hazard in terms of long-term radiation effects. The third form of burst is subsurface. This type of burst occurs completely underground or underwater. It creates a crater over its location, but does not pose a radioactive hazard as long as you avoid the crater area. The fourth type of nuclear attack is often called a “dirty bomb.” This occurs when a conventional weapon is loaded with nuclear waste. The explosion distributes highly toxic nuclear waste that has a long-term effect on the immediate area of explosion.

In all cases, the means to protecting yourself against penetrating external radiation are: time, distance and shielding. As a survivor, time is important to you. Radiation doses are cumulative. Get to protective cover as quickly as possible and don’t venture out until fallout levels have decayed. Distance provides an effective defense against radiation. The power of radiation decreases as it travels from its source. Shielding is the most important means to protect yourself from radiation’s effects. The denser the material, the better its ability to shield. Water, concrete, lead and iron are good examples. If you need to seek a natural shelter look for trenches, ravines, rocky outcroppings, caves, tunnels covered with at least 1 meter of dirt, storage cellars, culverts, basements and cellars. Keep your body covered as much as possible with clothing, footwear, goggles, and gloves.

If you are exposed, wash yourself with soap and water – if it is possible to do so without leaving your shelter. This will remove harmful particles (fallout) that can cause beta burns. If water isn’t available wipe your face and hands with a clean cloth to remove particles.

Don’t panic if you have nausea and symptoms of radiation sickness. Even small doses can cause symptoms, and these symptoms may disappear in a short time. If you received a cut or injury it is very important to clean that area and cover with a clean dressing. Radiation can enter the body and do internal damage through cuts and wounds. Radiation effects our immune

systems so you must be fastidious about personal hygiene, and be careful to eat food and drink water that is free from contamination.

BIOLOGICAL AND CHEMICAL ATTACKS

Germ, toxins and chemical agents are the weapons in these kinds of attacks. Many of the same safety precautions apply as discussed earlier. Germs have three routes into your body: the respiratory tract, your digestive tract or a break in the skin. Fastidious personal hygiene, clean water and food supplies are essential to your survival. If at home, you should duct tape window joints, place wet towels on the floor by door cracks, cover heating and cooling vents with plastic and tape closed. Listen carefully to emergency broadcasts for possible drug treatments, and immunizations.

BE A PREPARED STUDENT – LEARN & LIVE

There is a wealth of information available today that will help you in the event of a national emergency. If you do not have personal access to the internet visit your local library and the librarian there will help you find your way to the sites listed below. Community bookstores will also carry informative books on surviving these types of attacks. Check out the following web-sites and be proactive in preparing yourself and your family for uncertain future events.

www.cbn.com – Information and spiritual resources that will help you and your family grow in faith and your relationship to God.

www.fema.gov – An array of information regarding emergency preparations. Good family checklists and workbooks available online.

www.redcross.org – Emergency procedures, shelters and protocols.

www.wilderness-survival.net – In depth instruction and description of survival strategies.

www.WhenEveryMomentCounts.com – Practical advice from Senator Bill Frist, MD on keeping your loved ones safe.

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