

Weapons of Mass Destruction (WMDs)
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1. IMMEDIATE ACTION
Medications &
Alternative Medications

2. Planning Strategies

WMDs include atomic/nuclear weapons, nuclear plants, nuclear wastes, and radiated containers. Accidental release of radiated materials can be: a nuclear plant explosion, or an aircraft, railcar, truck accident while transporting the chemical and toxic radioactive materials. Pre-Planned releases of radioactive materials: Terrorists, Disgruntled Individuals, Enemy Nation(s), dirty bombs e.g. 'medical radioisotopes' with conventional explosives, suitcase nukes, dispersal chemical or biologic bombs or sprayer devices including drone micro-aircraft.

In case you are near a Radioactive Release:

- A. Drop to floor; cover your eyes to avoid blinding flash.
- B. Seek protection by getting under desk, car, or tree to protect from debris. Build a temporary shelter against high energy particles, and seal a safe room for temporary protection from blast heat and micro-particles and high energy glass, steel, brick and other projectiles.
- C. Remain in position until heat wave passes and debris stops falling. A ditch, basement safe room, and blast safe area of a building are options. After initial blast, glass, steel, and building materials become high velocity projectiles, and such debris will come at the time of the sound and pressure wave. A negative pressure wave follows the initial blast followed by the positive counterblast and thermal firewall. Have emergency kit ready for removal of flying debris, clamping blood vessels and lacerations or amputation injuries.

- D. Cover face with uncontaminated water & wet cloth to avoid breathing in radio active dust & Apply RSDL – Reactive Skin Decontamination Lotion for Radiation or Chemical Exposure Decontamination from WMDR Kit. (1) Use of concentrated whole leaf aloe reduces thermal and radiation damage and reduces local inflammatory response best delivered in a spray bottle. Use ponchos and tarps to prevent any post-blast radioactive black rain from contaminating your skin.
- E. Locate and organize survivors and family members. You should have a rally point and plan for meeting not relying on operational cell phones, Walkie-Talkies, or ham radios which may be not operational from EMP damages or Broadband over Power Line disruption. A pre-electronic ignition vehicle or Faraday cage grounded ignition will protect from EMP induced car electronic damage.

- F. Try to determine distance from blast, as if far enough you may not be contaminated. Having a NukAlert and Radiation Surveillance Meter is essential. (1)
- G. Try to hear news broadcasts for what occurred and seek guidance from officials. Use a crank-style SW radio for updates.
- H. Shower as soon as possible with soap and water, to remove any radiation particles. Cover your body with Aloe 5X Gel to neutralize chemical radiation energy and thermal exposure. Your local hospitals and fire departments should have mobile decontamination shower equipment with water stores and clean dry clothes and RSDL Cream, Aloe Gel and treatments such as Silvadene Silver Burn Cream.
- I. If possible, seek medical guidance from authorities. Practice drills and kits for fracture stabilization splints, stopping bleeding, removing foreign bodies, and cleaning wounds, as well as burn care from chemical or radiation or fire.

- J. Locate Norad (KI) or Potassium Iodine kit, use only if advised by medical authorities OR Monitor with NukAlert and Nuclear Surveillance Monitor and start early is indicated by repeat testing.
- K. Locate uncontaminated canned foods, water, liquids. Relocate or restock items. Freeze Dry Guy Foods & Ready Reserve Foods optimal long term & preservative free. Food bars and tablets with stabilized filtered water is an excellent emergency protection from dehydration and electrolyte as well as stress induced hypoglycemia. (1)
- L. Quickly move from area as quickly as possible, to avoid re-contamination. Use First Line of Defense 3M 8233 or equivalent N100 rated mask or upgrade to full gas mask. You must block micro-particles, chemical and biological agents, and seal the airway for protection.
- M. Do not try to help first responders if untrained, you will become a hindrance.

N. Travel as quickly as possible at 90 degrees to the dark long arm of a radiation cloud or the opposite direction to incoming winds for chemical or biological agent zones. Contact friends and relatives once outside the contaminated zone.

O. Once in safe area seek medical guidance. You are now in a survival mode.

P. *In case you are near a Chemical Release:*
The four main categories of Chemical agents or toxic gases of concern are: Nerve; Blister, Blood, and Choking →

Nerve Gas attack:

A. Use gas mask or wet cloth or dry cloth to prevent breathing in gases and fumes. If gas mask is not available use isolation hood or portable toxin and smoke binding airtight sealed mask, such as the 3M 8233 CBN Mask.

B. Cover body with any available cloth or rubber item to keep droplets off body.

C. Flush body with water or any liquid to remove or dilute the gas or liquid droplets.

D. Use Atropine, a nerve agent antidote, or Pralidoxime (Protopam). These should be maintained by all fire, police, military, and civilian militia medics with regular drills.

Blister Agents: There is no direct treatment to Sulfur Mustards or other Blistering Agents. Probable effective for these and white phosphorus or 'Whiskey Pete' can be neutralized with baby oil or high clay mud. The source of oxygen must be smothered to stop the flesh burning heat producing reaction.

A. Use gas mask, First Line of Defense 3M 8233 CBN Mask or wet cloth.

B. Wash out eyes with uncontaminated water.

C. Clean and disinfect wounds & wash body.

D. Cover any blisters with sterile bandages with Silver sulphadiazine or nanoparticle Silver topical to reduce secondary infections -

Do not break or pierce blisters.

E. Seek medical assistance.

F. Natural Aids: NAC, N-Acetyl L-Cysteine, NCD Zeolite Chelator Natural Cellular Defense, Oral Whole Leaf Aloe and Topical 5 X Aloe Gel (Whole Leaf).

Blood Agents:

- A. Use gas mask, First Line of Defense 3M 8233 CBN Mask or damp cloth to prevent inhaling Blood agents.
- B. No medical antidote for Chloride or Cyanide poisoning.
- C. Recommendations: Amyl Nitrate Inhalant, then IV treatment followed by Sodium Nitrate IV, then Sodium Thiosulfate IV & Vitamin B-12.
- D. For Arsine (SA), use IV and blood transfusions to cleanse blood of agent.

Choking Agents:

- A. Use gas mask or wet cloth to prevent inhaling choking agents.
- B. Keep patient upright, warm, inactive. Do not let patient Lie flat on back or stomach.
- C. Main concern: Pulmonary Edema (fluids filling the lungs).
- D. Seek medical assistance.

In case you are near a Biological (Germ) Agent release:

Biological agents normally take time to incubate, so more time is usually available to treat those afflicted with these agents, although some are rapid to spread inside the host body.

Small Pox Virus:

- A. CDC recommended-Cidofovir or vaccinia
- B. Alternative Medications: Variolinum, Vaccinotoxinum, Vaccininum.
- C. See medical officials for guidance.

Anthrax (*Bacillus Anthracis*)

- A. CDC recommended-Ciprofloxacin or Cipro
- B. Alternative Medications: Penicillin, Erythromycin, Chloramphenicol, Doxycycline, Streptomycin, & Tetracycline

Plague (Bubonic & Pneumonic)

- A. CDC recommended for Bubonic- Tetracycline, or if severe Streptomycin.
- B. For Pneumonic- Streptomycin with alternatives: Gentamicin, Oral Doxycycline, and Fluoroquinolones

Botulism (*Clostridium Botulinum*)

- A. CDC recommended-Antitoxin like Connaught Trivalent Botulinum
- B. Botulism usually occurs from consuming contaminated food and the symptoms vary with the amount and type of spores ingested.

C. Seek medical assistance as soon as possible when infants and small children are suffering from Botulism.

2. Weapons of Mass Destruction (WMD) Planning Strategies

Partially Protective Items from WMD Agents:

- Soap & uncontaminated water (the easiest to find decontaminants) Cal Ben Soap and Berkey Gravity Water Filter (Portable)
- Surgical or gas masks to limit inhalation of contaminated dust particles.
- Surgical gloves to avoid contaminating self or others
- Paint drop plastic cloth for doors & windows as well as self if need be
- Tarpaulins to seal off rooms or protective coverings
- Plastic raincoats to limit droplet invasion on skin or structure
- Ponchos, galoshes, rain hats/hoods to prevent direct exposure to WMD agents.

- Rubber gloves to protect skin and to work on patients or structure.
- Elmer's Glue to seal and repair damage
- Baby wipes and hand sanitizers to keep area and individuals clean of contaminants.

Useful Home Supplies

- Basic pain killers- Tylenol, Aspirin, etc.
- First Aid items, Bandages, Band Aids, Disinfectants-Iodine, Hydrogen Peroxide
- Water containers and water purification tablets & Berkey Light Gravity Filter
- Bleaches for Decontamination-Clorox, 409
- Canned and Dried Foods
- Rugged Clothing-Levis, Boots, Heavy Socks
- Radios-Hand Crank type best, or Transistor with many batteries
- Flashlights-Hand Cranked Best or new Shake & Light ones, else take many batteries and bulbs
- Gas cans and containers for transport, generators (oil), or for other needs
- Heating needs- camping or Butane heat sources for cooking or sterilization

- Cash or travelers checks- Banks might not be open and ATMs may not work
- Guns & Ammo- Self & Family Protection
- Extra Medications-Pharmacies may close.
- Spare set of eyeglasses or contact lenses.

Minor First Aid Kit

- 10 ea. Bandage adhesive 3/4" X 3"**
- 1 ea. Dressing Burn 4" X 16"**
- 1 bt. Providone-Iodine Solution**
- 1 bt. Water Purification Tablet iodine**
- 2 ea. Bandage, Gauze triangular: 40 X 40 X56"**
- 5 ea. Bandage, Adhesive: 2 X 4 1/2 in.**
- 1 ea. Laceration Adhesive Wound Glue**
- 3 ea. Butterfly Bandages & Fingertip bandages**
- 2 ea. Stretch compression dressing rolls 2 and 3 inches**

Trauma Kit

- 2 ea. Bandage, Elastic 8 X 10 in.**
- 2 rl. Bandage, Gauze**
- 1 ea. Tourniquet, one handed**
- 1 ea. Wound Pack, Stop Bleeding Type (Hemostatic)**
- 2 ea. Mosquito forceps, Clip bleeders**
- 2 ea. Mayo forceps, Large tissue clamps**
- 1 ea. Large curved suture 3 '0' Silk + Needle Holder**
- 1 ea. Small and large toothed forceps**

REFERENCES:

1 NukAlert, First Line of Defense Kit, 5X Aloe, etc. @ www.NutriMedical.com

2 RSDL Chemical and Nuclear Protection Cream – Pending supplier at EZM and perhaps in the future at www.NutriMedical.com

3 Approved Gas Masks – supplier of emergency kits and surgical supplies.