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Kathy Eiland

Inside This Issue:

*Post Nuclear War Survival
Techniques, TACDA Staff*

*Intro to Crisis and Emergency
Risk Communications, CDC*

*U.N. Authorization for War
with Iraq is Unnecessary,
Brett D. Schaefer*

*Letter To Members, Kathy
Eiland*

*Featured Product, NBC
Emergency Preparedness Kit*

FEATURED ARTICLE

Post Nuclear War Survival Techniques *By The American Civil Defense Association*

This issue's featured article was written to present reasonable and practical techniques to assist in post-nuclear war survival. The main point that we want to stress is that there is something that you as an individual or community can do to greatly improve your chances of surviving a nuclear or radiological disaster or emergency. It is very important that we remember that prevention and preparedness are 90 percent of survival. If we do not prepare ourselves and our communities to deal with the effects of all types of potential disasters, before they occur, our chances of surviving and successfully restoring a meaningful way of life after disaster strikes are greatly reduced. We hope that you will find the following topics to be a great source of information and assistance to you in your efforts to prepare yourself and your community for disaster.

Decontamination. In the event of a nuclear war or disaster, decontamination would be a major undertaking. Radiological defense manuals, published by the government suggest hosing down or sweeping driveways and sidewalks, plowing and scraping radiation from the garden areas, vacuuming our carpets and washing clothing in a washing machine. These procedures may be possible in a limited exchange and if there has been no loss of power as a result of EMP. However, it seems much more likely that there will be no water in our water hydrants, no gasoline for our cars or tractors, and no power or water for our vacuums and washing machines. ...

Post War Housing. It would seem likely that there would be mass evacuations from areas of high fallout accumulation. Homes in low blast regions could be used for sheltering facilities from fallout. Plastic sheeting and staple guns would be useful in repairing damaged windows and doors and also for securing other structural breeches/cracks that could potentially allow fallout to enter the shelter. ...

(Continued on page 2)

The American Civil Defense Association (TACDA)
P.O. Box 1057, 118 Court Street, Starke, Florida 32091
Toll-free (800) 425-5397 or Direct (904) 964-5397
Online at www.tacda.org

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... Heavy canvas tents, such as those that are used by the military, can also be utilized as expedient sheltering facilities. These types of tents are especially convenient in that they are able to be used along with wood-burning stoves. People who camp and have the needed camping supplies would be much more likely to survive as opposed to those who do not have the necessary supplies.

Even though there are a large number of possibilities for above-ground expedient shelters, as mentioned above, underground facilities would be the most desirable. One big, yet probably most overlooked advantage to underground structures is the fact that they would not need heating or cooling, as underground temperatures remain virtually constant year-round. These sheltering facilities could be lived in indefinitely. Regardless of your acquired sheltering facilities, life could most definitely go on after nuclear war if the necessary and proper disaster preparedness planning has been done. Building materials could be scavenged from damaged homes, and Construction could continue if tools (not power tools) had been stored in a safe place from blast.

Food & Water. The prudent will store at least a years supply of basic non-perishable foods and supplies. Additional suggestions for equipment and food lists can be obtained from TACDA's web site, located at <http://www.tacda.org/>. When attempting to prepare your disaster food and supplies for consumption, be sure to take a few simple precautions to any additional health risks. For example, before opening canned or packaged food, the package should be wiped or washed if contamination is suspected. Meats and dairy products that are wrapped or are kept within closed showcases or refrigerators should be free from contamination. Refrigerated foods should be eaten first, then food from the freezer as it thaws, and then packaged or canned foods. Fruits and vegetables harvested from fallout zones in the first month of post-attack may need to be decontaminated before consuming. Decontamination can be accomplished by washing exposed parts, removing outer leaves and peeling. Soft foods such as strawberries and raspberries should not be eaten. Crops which are in the early stages of growth in heavy fallout areas will absorb radioactive materials through their leaves or roots and would be difficult to decontaminate.

If possible, animals should be put under cover before fallout arrives and should not be fed contaminated food and water. Animals can be slaughtered if they don't appear to be sick. The bones and organs, however, should be removed and disposed of before cooking the meat.

Also, it is vitally important to keep in mind that a deficiency of vitamin C could cause symptoms of scurvy within 4 to 6 weeks. A good expedient way to provide this vitamin is to eat sprouted seeds or beans. Further instructions concerning obtaining the nutritional resources available through sprouted seeds and beans are discussed in the widely available book entitled *Nuclear War Survival Skills*, by Cresson Kearney. This book is a wonderful resource for information on survival skills and techniques and includes Instructions for six expedient shelters are included along with a fallout radiation meter which can be built for a few dollars, homemade ventilating pump, furnishings, improvised clothing, protective items, constructing a cooking stove, and many more useful instructions.

Other issues to consider are protecting your thyroid from the absorption of harmful radioactive Iodine, and providing a clean and sufficient water supply for yourself and co-shelterees. Potassium Iodide tablets should be taken to prevent the uptake of radio active Iodine. Water can be found in hot water heaters and wells. Hand pumps which will pump from as deep as 200 feet are available through Amish catalogs. Emergency water treatment units can be made containing several 2-inch layers of sand, gravel, humus, coarse vegetation, and clay.

Emergency Sanitation. During times of emergency, when normal sanitation methods of food, water, garbage, trash, and sewage may be disrupted, it is critical that rules and procedures be established to safe-guard proper health, or disastrous results may be experienced. We have broken this concept down into two distinct areas.

The first is proper disposal of Garbage and Rubbish. Garbage may sour, decompose, breed bacteria, or attract insects and small animals, --rubbish (trash) will not. Garbage, or any mixed refuse containing garbage, must be carefully stored and handled if odor and insect nuisances are to be prevented. Since rubbish (trash) alone is fairly easy to dispose of, garbage should be kept separate from it and not mixed. Garbage should be drained before being placed in storage containers. If liquids are strained away, garbage may be stored for a longer period of time without developing an unpleasant odor. After wrapping in double thickness of newspaper place in a container with a tight fitting lid. Garbage should never be dumped on the ground because it will attract rats, skunks and other scavengers. If collection by authorities is not possible garbage may be buried in a hole deep enough to cover it with at least 18 to 24 inches of dirt, which will prevent insect breeding and discourage animals from digging it up. Trash and rubbish may be burned in open yard areas or left at dumps established by local authorities. Cans should be flattened and bottles should be broken to reduce their bulk.

The second concept is that of Chemical Toilets. The proper management of toilet facilities during times of emergency may have a greater affect on your health than any other single element of sanitation. Bacterial infections such as typhoid and dysentery can be just as devastating as the disaster that caused the emergency. Unsanitary toilet conditions may cause disease and under some conditions can be lethal. Yet with proper planning and by taking the proper sanitary precautions, it is very easy to insure good health.

A temporary toilet can be made from a water tight container with a snug-fitting lid or cover (5 gallon plastic buckets work great). Line it with a garbage can liner or leaf bag. Mix one cup of liquid chlorine bleach to one half gallon of water (one to ten ratio--do not use dry or powdered bleach as it is caustic), or mix laundry detergent or other disinfectant with one half gallon of water and pour the

mixture into the temporary toilet. This will kill germs and insure adequate coverage. Every time it is used sprinkle on a little more pine sol, chlorine, bleach, baking soda, alcohol, laundry detergent, ammonia, insecticide or other disinfectant to keep down odors and germs. Replace the lid tightly after each use. When the container is one third to one half full, tie the garbage bag liner shut and empty it into a larger, covered container (such as a 20 or 30 gallon trash can). Put another liner inside the bucket, can, or other temporary toilet and continue to use.

Never deposit human waste or garbage on the open ground. If you have no other alternative for disposal it is safe to bury waste in trenches deep enough that the waste is covered with 24-30 inches of dirt.

Farming. People in areas of low accumulation may be able to plant crops the next season. Small plots of land could be scraped and hoed by hand. It seems unlikely that there would be any large farming activities for some time. Low fallout areas that have received no blast may have opportunity to cover small plots with plastic before fallout arrives, hence, the storage of large rolls of plastic would be advantageous.

Some plants requiring calcium will take up radioactive strontium because of its chemical similarities to calcium. The liming of acid soil will reduce this uptake. If possible, in areas of significant fallout deposition, plant foods with low calcium content such as potatoes, cereal, apples, tomatoes, peppers, sweet corn, squash and cucumbers.

Storage of non-hybrid seeds is extremely important. Hybrid seeds will not reproduce quality fruit. Seeds last several years if stored covered in air tight containers in a cool, dry area. Farming implements should also be stored in a safe place from blast.

Communications. It is likely that most, if not all, of the radio stations would be off the air. Many would be damaged by blast and EMP, and power outages would not be restored for some time. Some small communities (in particular those on hydro power) would restore their power earlier than others. Amateur radio capabilities would be limited to line of sight until relay stations could be restored. Hams typically keep spare parts and would have knowledge of EMP protection, which would put them on the air long before commercial units. Many people have CB capabilities. Radiation levels and other emergency communications could be sent line of sight on these frequencies.

Heat & light. Diesel generators would be useful until the fuel was depleted. A battery system with solar panels for recharging would be a more practical solution for long term recovery. Wood or coal-burning stoves and fuel storage should be part of every home's emergency systems. One helpful point to remember is the fact that coal stores well if placed between a straw blanket and covered with dirt. Also, keep in mind that solar power and the use of solar energy for heating and lighting needs is also another very viable option.

Transportation. Fuel would be difficult to find. Many cars with computerized ignitions could be damaged by EMP, however, older cars, made before 1965, would probably remain functional. Bicycles, wagons, horses and carts would become very valuable.

Conclusions. The post-nuclear war topics discussed above offer some basic thought-provoking insights into the possible effects of a nuclear war on our everyday lives, and offer many useful survival techniques in the event that we as a country are faced with actual nuclear war or even an isolated radiological disaster. For more information on what TACDA is doing to help our members organize local chapters to better enable communities to work together in emergencies, see our "Letter to Members" section. You may also visit our online local chapters area located at www.tacda.org/chapters/. It is very important to remember that people need other people. Neighbors should start now in helping each other to prepare for future emergencies, before it is too late.

Disclaimer. TACDA provides the above information as a public service. While we have worked hard to ensure the accuracy of all of the above information, we are not infallible. We welcome any questions or comments you may have. TACDA and the author are not medical professionals and are not providing specific medical or professional advice or recommendations to any specific individual. For specific medical advice for you or your associates, please consult Dr. Gerald Looney, a long-time member of the TACDA board of directors and former President of Doctors for Disaster Preparedness, DDP) at docger@hotmail.com for medical advice related to your specific situation. In addition, you may also contact Dr. Jane Orient, President of DDP, at jorient@mindspring.com for a list of physicians possessing knowledge of the effects of NBC warfare and their medical solutions.

FOCUS ON EMERGENCY MANAGEMENT

Intro to Crisis and Emergency Risk Communications

Part 2 of 2

Centers for Disease Control (CDC)

Disasters are the ultimate test of emergency response capability. The ability to deal effectively with disasters is becoming more relevant as the factors that tend to increase risk are also increasing. Some of these factors include the following:

- **Increasing Population Density.** As areas become more densely populated, there are more potential victims when a disaster strikes.
- **Increased Settlement in High-Risk Areas.** Another reason for rising disaster losses is that part of this increase in population density is occurring in disaster-prone areas. There is greater settlement in such high-risk areas as floodplains; earthquake faults; coastal hurricane areas; unstable hillsides; areas subject to wild land fires; and areas adjacent to hazardous waste landfills, airports, and nuclear power plants.
- **Increased Technological Risks.** New technology is adding to the list of disaster agents at an ever-increasing rate. One of these is the 4 billion tons of hazardous chemicals that are shipped annually in this country. Our society is also becoming more dependent on technology and specialization, making us more vulnerable to such disasters as a mass power outage.
- **Emerging infectious diseases and Antimicrobial resistance.** Infectious diseases are a continuing danger to all people, no matter their age, gender, lifestyle, ethnic background, or economic status. They are still among the most common causes of suffering and death, and they impose an enormous financial burden on society. Because we do not know which new diseases will arise, we must always be prepared for the unexpected. For example,, looming over the yearly routine of preparing for each flu season is the threat that a pandemic strain might emerge—a virulent new type of flu that can span the globe in months and decimate the world’s population—the kind that killed more than 20 million people in 1918–1919. Such a lethal virus can sweep the world without warning. The recent avian influenza scare in Hong Kong in 1997 raised the specter of a possible global pandemic and jolted the world from any renewed complacency about infectious diseases.
- **Increased International Travel.** International travel and trade play a role in the development of microbial resistance. A microbe originating in Africa or Southeast Asia can arrive on North American shores within 24 hours. In the United States, published reports show that the majority of multi-drug-resistant typhoid cases originated in six developing countries. In the next 25 years, the world may have as many as 20 cities with populations above 20 million, most of which will be in developing countries where poverty, population density, and lack of sanitation will allow microorganisms to incubate and spread rapidly. Add to that the speed of travel, and the global threat is obvious. Also, the rapid geographic movement of products and populations, changes in lifestyles and behaviors, the emergence of new infectious diseases, and the deliberate use of microorganisms and toxins as terrorist weapons add to the current public health risks.
- **Increased Terrorism.** The threat from terrorism is real, it is immediate, and it is evolving. State-sponsored terrorism appears to have declined over the past 5 years, but transnational groups—with decentralized leadership that makes them harder to identify and disrupt—are emerging. Terrorists are also becoming more operationally adept and more technically sophisticated in order to defeat counterterrorism measures. For example, as security around government and military facilities has been strengthened, terrorists are seeking out “softer” targets that provide opportunities for mass casualties. Employing increasingly advanced devices and using such strategies as simultaneous attacks, the number of people killed or injured in international terrorist attacks rose dramatically in the 1990s, despite a general decline in the number of incidents. Approximately one-third of these incidents involved U.S. interests.

An act of biological or chemical terrorism may range from the dissemination of aerosolized anthrax spores to food product contamination; predicting when and how such an attack may occur is impossible. The probability of biological or chemical terrorism cannot be ignored, especially in light of the events of the past 10 years.

Crisis and emergency risk communication encompasses the urgency of disaster communication with the need to communicate risks and benefits to stakeholders and the public. Crisis and emergency risk communication differs from crisis communication in that the communicator is not perceived as a participant in the crisis or disaster, except as an agent to resolve the crisis or emergency. Crisis and emergency risk communication is the effort by experts to provide information to allow an individual, stakeholder, or an entire community to make the best possible decisions about their well-being within nearly impossible time constraints and help people ultimately to accept the imperfect nature of choices during the crisis. This is the communication that goes on in emergency rooms, not doctors’ offices.

Crisis and emergency risk communication also differs from risk communication in that a decision must be made within a narrow time constraint, the decision may be irreversible, the outcome of the decision may be uncertain, and the decision may need to be made with imperfect or incomplete information. Crisis and emergency risk communication represents an expert opinion provided in the hope that it benefits its receivers and advances a behavior or an action that allows for rapid and efficient recovery from the event.

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CIVIL DEFENSE NEWS AND OPINIONS

U.N. Authorization for War with Iraq is Unnecessary (Executive Memorandum #831)

By Brett D. Schaefer

[Brett D. Schaefer is Jay Kingham Fellow in International Regulatory Affairs in the Center for International Trade and Economics at The Heritage Foundation.]

For Americans, openly debating important security issues like the necessity or timing of an invasion of Iraq is healthy. It helps ensure that U.S. foreign policy and military planners are aware of all possible ramifications of various actions and incorporate criticisms in contingency plans.

There is a great difference, however, between a legitimate debate on such concerns as the effects a war would have on the region and dwelling needlessly on settled issues, such as the need to obtain a U.N. Security Council resolution before taking military action in Iraq--a known aggressor that possesses ballistic missiles and pursues weapons of mass destruction (WMD). French President Jacques Chirac and German Chancellor Gerhard Schroeder are among those who claim that an attack on Iraq would be justified only if the U.N. Security Council approves it. But this assertion is a red herring for several reasons. Specifically:

1. International law confirms the right to self-defense. The right to self-defense is codified in customary international law, which recognizes that sovereign nations have the right to defend themselves from attack, and the United Nations Charter, which reflects that law. Article 51 states: "Nothing in the present Charter shall impair the inherent right of individual or collective self-defense if an armed attack occurs against a Member of the United Nations."

That right to self-defense also incorporates the centuries-old principle of "anticipatory self-defense" in the face of an imminent threat to national security. In the 16th century, the British applied that principle when they attacked Spanish and Portuguese ports in anticipation of an attack by the Spanish Armada. The United States used it more recently in placing an embargo on Cuba to prevent Soviet deployment of nuclear missiles there.

Iraqi dictator Saddam Hussein has stated publicly his intention to engage in a war against the West, particularly Israel and the United States. He seeks to develop biological, chemical, and nuclear WMD and the ability to deploy them against his enemies. The U.S. government has identified Iraq as an imminent threat, justifying military action in anticipation of an attack.

2. America does not need U.N. permission to use its armed forces. Under the U.S. Constitution, the authority to determine when it is appropriate for the United States to invoke and exercise its right to use military force in its own defense is vested in the President, as Commander in Chief of the armed forces, and Congress, which has authority to raise and support armies and to declare war. No treaty, including the U.N. Charter, can redistribute this authority or give an international organization a veto over U.S. actions otherwise lawful and fully in accordance with the Constitution.

3. America has permission to act through existing U.N. Security Council resolutions. The Security Council has passed nearly 60 resolutions on Iraq and Kuwait since Iraq's invasion of Kuwait in 1990. The most relevant to this issue is Resolution 678, passed on November 29, 1990. It authorizes "member states co-operating with the Government of Kuwait...to use all necessary means" to (1) implement Security Council Resolution 660 and other resolutions calling for the end of Iraq's occupation of Kuwait and withdrawal of Iraqi forces from Kuwaiti territory and (2) "restore international peace and security in the area."

U.S.-led forces in the Persian Gulf War accomplished the first objective swiftly, but the second has never been achieved. U.S. and allied air forces have been in nearly constant conflict with Iraqi forces since Iraq's aggression against Kuwait was repelled. Resolution 678 has not been rescinded or nullified by succeeding resolutions. Its authorization of the use of force against and in Iraq remains in effect. Further, Iraq's refusal to allow U.N. weapons inspectors to fulfill their mandate is a violation of its 1991 cease-fire agreement--a clear indication that peace has never been achieved.

4. America would be acting in the interests of international peace and security, as all U.N. members pledge to do. Article 1 of the U.N. Charter states that the paramount purposes of the organization are to "maintain international peace and security," "take effective collective measures for the prevention and removal of threats to the peace," and suppress "acts of aggression or other breaches of the peace." Saddam Hussein is the single greatest threat to stability in the Middle East. He started two wars in the region, continues to support terrorism, and poses a clear and ongoing threat to the United States and the region. He has shown no compunction about using chemical weapons, either against his own people or during the war with Iran. His willingness to use them in the past illustrates the threat he poses should he gain access to more devastating WMD and the means to convey them to his enemies.

Clearly, those who seek to constrain U.S. military action in Iraq with arguments about the necessity for obtaining yet another Security Council resolution ignore the facts of the issue.

Conclusion. The Administration has the legal authority under international law to take action to protect U.S. interests. U.N. Security Council Resolution 678 authorizing U.N. member states to "use all necessary means" to restore international peace and security to the region remains in force. Those who argue for more weapons inspections are in denial over Iraq's refusal to observe existing resolutions mandating that U.N. inspectors be permitted to operate freely in Iraq. Saddam has frustrated every effort to conduct these inspections in the past, and there is no reason to believe that future inspections will be more successful. His most recent letter to the U.N. states that he wants more discussion before resuming the inspections, which ended four years ago over his intransigent obstruction.

As Representative Tom DeLay (R-TX) stated on August 22, "Until Saddam Hussein's regime topples, our national security will suffer an unwise and unacceptable risk." There is room for legitimate debate over the best means for accomplishing this goal, but the risk Saddam poses to U.S. interests and peace and security in the Middle East is obvious. Options for toppling him deserve the full attention of the Administration, Congress, and America's allies. Specious arguments on the necessity of obtaining U.N. authorization for such action do not serve either U.S. interests or U.N. mandates regarding peace and security. The United States may or may not decide to attack Iraq, but it does not need a new Security Council resolution to do so.

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LETTER TO MEMBERS

Many of you, in recent weeks, have expressed your interest in establishing a local chapter of The American Civil Defense Association in your community or area. This is something that the TACDA staff has wanted to do for quite sometime now. Since the tragic events of September 11, 2001, and given our country's current national threat posture and elevated alert status, the establishment of a set of guidelines for creating local TACDA chapters across the country has now become a necessity, rather than just a desire. It is TACDA's strong belief that if individuals will work together in their communities and combine their efforts, their chances and the chances of their friends and families of surviving the potential disasters that we face as a country, can be significantly increased. This is our goal for each TACDA chapter that is established.

In these most uncertain times in which we live, it has become our responsibility to protect not only ourselves and our family, but our community as well. We applaud the efforts of the Bush administration to provide a Homeland Security task force to help better protect our homeland from future attacks of terror, however, we should all realize by now that the government can not provide the necessary means to protect each one of us, or even each of our communities. We understood this important fact during World War II, when the national Civil Defense program was in place. Although it was funded by the Federal government, it was made up of concerned citizens that were dedicated to protecting their homeland and families from danger. Now the time has come, for us as American citizens, to take action once again and become diligent in our effort to prepare for the unknown and uncertain. Although we know that more attempts to harm U.S. citizens are inevitable, we do not know how, when or where these potential attacks will occur. Sure, we can make educated guesses as to the nature of the next disastrous event, who it will target, when it will occur, and by what method it will be implemented, but in reality, no one knows. That is exactly why we must act now, as American citizens and as members of The American Civil Defense Association to set in order the absolute essential elements necessary for surviving the effects of such a disaster.

The TACDA staff is working to prepare the necessary guidelines and mandates to allow individuals to establish and become a part of a local TACDA chapter in their area. In order for us to be effective in this effort, we need to hear from you. If you are interested in establishing a local TACDA chapter in your area and are willing to organize, lead and assist those in your community or area in their efforts to become involved in this chapter, then we need to hear from you.

To assist us in gathering some vital information concerning you, your skills, your goals and objectives, etc., we have enclosed a copy of our local chapter registration form (also available online at www.tacda.org/). Completing this form is your first step in establishing a local TACDA chapter. Please, keep in mind that taking on such a task will probably not be an easy job and will definitely require a considerable amount of effort on your part. But, consider the alternative ... Isn't it worth a little time and effort to help protect your family, community and friends?

As we stated above, TACDA strongly believes that if we will all work together to strengthen our defenses against the threats that we are all faced with today, our country can be prepared to handle the effects of disaster and better enabled to promptly restore and maintain a meaningful way of life in the event disaster should strike. If you have any questions, comments, or concerns related to establishing or joining a chapter of The American Civil Defense Association (TACDA), then please feel free to contact our offices at any time to speak with a TACDA representative. We are looking forward to hearing from you very soon. Remember that "United we stand; Divided we fall."

Kindest Regards, *Kathy Eiland*, Executive Director

FEATURED PRODUCT

NBC Emergency Preparedness Kit

Nonmember Price = \$49.95

Special Member Price = \$39.95

**Please add \$4.00 for shipping*

In these most uncertain times, the growing likelihood of an NBC terrorist attack, disaster or emergency occurring on American soil is becoming more and more “real” to us as American citizens. No longer is the threat of nuclear war or the use of biological weapons simply a relic from the Cold War era or just some far-fetched over-exaggerated story line from a science fiction film; but it is a very real threat. It has now been established that the small country of North Korea has obtained the capabilities of delivering nuclear warheads to the Western United States, and many rogue nations now possess the technology and means to produce biological weapons in mass quantities.

It is extremely important that we, as Americans, and especially as members of The American Civil Defense Association (TACDA) know the urgency of this threat and know how to react to it. It is essential that we have the proper tools to enable us to respond to such a disaster or emergency, better enabling us to protect our families and our communities from the effects of NBC emergencies.

TACDA has put together a basic NBC Emergency Preparedness Kit which provides some of the necessary tools to enable you and your family to better deal with the effects of an NBC disaster. This kit includes the following items:

- One (1) 3M N100 particulate respirator mask (model 8233) highly effective in the filtration of not only Alpha and Beta radiation particles, but also biological warfare agents as well.
- Two (2) 3M Alpha-style N95 respirator masks, also useful in filtering radioactive particles and biological agents, though at a slightly lower efficiency level than the N100 respirator.
- One (1) 8-ounce bottle of the ASAP Silver solution, useful for eliminating biological agents as well as serving as a natural antibiotic and disinfectant.
- One (1) 2-week supply of Potassium Iodate (KIO3) tablets used to protect the thyroid from absorbing dangerous radioactive Iodine associated with nuclear fallout. Each pack contains 15 KIO3 tablets at 85 mg each.

Though available to nonmembers for \$49.95 per kit, registered TACDA members can obtain this unique package, essential to any emergency preparedness supply kit, for only \$39.95. These prices are based on U.S. currency (\$) and do not include shipping and handling charges. For orders within the continental U.S., please add an additional \$4.00 for shipping and handling.

Supplies are limited, so call toll-free (1-800-425-5397) today to order, or purchase online at www.tacda.org.