Post-Disaster Management

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The following information was collected from a series of posts from Telegram OSINT and Trooper channels. It is recommended to print and keep this information in an easily accessible place for future reference so you can be prepared in the event of a crisis event.

Telegram Links

Sanitation & Hygiene

1/7: Introduction - https://t.me/OSINT_1/3103
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Contents

Drinking Water Self-Reliance

Water Emergency

Question: Why read this?
Answer: Your family, pets, and you will die without safe drinking water.
Fun Fact: You will die a slow, agonizing, miserable death in about three days without drinkable sources of water.

"But.. I never drink water..."

Eventually you will run out of Rock☆Stars, Soda, and Beer. Then what?
What about your kids? What about your pets?

Things that are NOT SAFE to drink:
- Your pool water,
- Canal water,
- Lake water,
- Any stream or river water,
- Any pond or open water.

Generally speaking: Anything not already labeled as drinking water.

This is a simple guide to plan and respond to a water emergency. A water emergency is when nothing comes out of the tap, or you were alerted that water is contaminated and unsafe to drink.

This guide is purposeful yet easy to understand and implement. The goal is to give you direction, confidence, and a sense of urgency in establishing your individual water self-reliance plan.

Let's get the fundamentals out of the way first. This is important regardless of how complex your water self-reliance plan will be.

Thirteen Elements of Drinking Water Self-Reliance:

1) Identification (Of Water Source)
2) Collection (From Water Source)
3) Straining/Screening (Large debris)
4) Transport (From Water Source)
5) Sedimentation/Flocculation
6) Pre-filtration (Remove Particulates)
7) Sanitation/Disinfection (Kill Germs)
8) Primary Filtration (Remove Toxins)
9) Purification/Sterilization (Finishing)
10) Storage (Filling Containers) *
11) Mobility (Transporting Containers) *
12) Point of Use (Draining Containers) *
13) Post-Use/Sewage (Gray & Black)

'* The Basics everyone must know and understand are Steps: 10, 11, and 12

MOST PEOPLE would not have a clue how to boil or disinfect water. This guide is for those who are on the consumer-end of the supply chain; and do not have the will, desire, time, space, or resources to develop a full-scope, 13-element Water Reliance Strategy.

It would be easier to just say "Buy water bottles and stack them under your bed" - and if you get anything out of this, do that. But how much water?

You need a MINIMUM of THREE DAYS of Drinking Water for every person and pet in your household.

Now this is where it gets tricky...

"Drinking" or "Potable" Water is safe to drink, or mix with things you drink or eat, or wash your face and brush your teeth with. So that is much more than what you would personally need or want to drink by itself. That means "how much water per day?" is more than a gallon or two per person.

So how much Fresh Drinking Water do you need per person, per day?

Assume you have no access or skills to obtain or use any other source of water: You need FIVE GALLONS PER PERSON, PER DAY for at least THREE DAYS. So that is 15 Gallons minimum per person and pet in your household.

The next question is "Where am I going to store all that water?!"

Not to worry, that is a basic element of consideration. But first, come to terms with this fact of fifteen gallons. Why five gallons a day when you may only drink one gallon a day?

Daily Water Use with 0% drain waste:

- Drinking: 1 Gal
- Sanitation: 2 Gal
- Food prep/cooking: 1 Gal
- Personal Hygiene: 1 Gal

Keep in mind if you and your family have no experience the principles of camping or other extremely-limited water use scenarios, your drain waste could easily be 20% or 1/5th or 1 Gallon a day! Drain Waste is open-tap water left running before or after a cup or pan goes under the water stream, or washing hands under running water, or leaving water running while brushing teeth, or rinsing-out a coffee cup, etc...

If you are inexperienced with dry-camping water conservation practices: You NEED FIVE GALLONS of Drinking Water PER DAY!

Water Storage

Now... Where to store it?

The easiest, quickest, cheapest way is to by 1-gallon jugs of purified water off-the-shelf. You can store these under your bed; your children's bed; under your hanging clothes racks in the closet; behind the couch, between furniture and a wall, in whatever nook or cranny that you can displace death with life-giving water.

It is more important to know where NOT to store water. NEVER store drinking water under your bathroom or kitchen sink, or near any chemicals, solvents, or cleaning supplies.

AVOID storing water outside or in a garage or shed. If you must, cover it with a tarp or other dust and light-blocking cover. Assure it is nowhere near gasoline, lawn equipment, paint, fertilizer, or other such fluids or compounds.

Why one-gallon jugs and not just water bottles? Because you know how many partially-consumed water bottles end up accumulating around the house or any kind of party or gathering. That is drain waste because after water touches the mouth it is gray water, or black water if the person was sick.

Each person should have their own water bottle or double-insulated container or canteen or whatever is durable, portable, and uniquely identifiable as one's personal item. It should be no less than 16 ounces and no more than 40 ounces, with a closing lid or closing spout/lid combo top. It should NOT have a "sippy cup/coffee cup" always-open drinking port.

This way there is no drain waste, no accumulated trash, and a very clearly managed "point of use" water station discipline. You pour the water from the easy to manage gallon container, to the cup, pan, pet bowl, coffee pot, whatever. You know what you are using and you are mindful of how quickly a gallon of water is consumed.

You can use the classic 5-gallon "Sparkletts / Arrowhead" bottles and dispenser /decanter as well. The point of use concept is what matters.

The advantage of one gallon or five-gallon jugs is their re-use to support other 13 basic drinking water elements; mainly Collection and Transport. You can refill them, which keeps you from dying of thirst on top of a pile of cheap, crumpled 16oz water bottle trash.

It is perfectly fine to have cases of 30-pack, 16oz water bottles in the pantry. They are indeed handy, stackable, and portable. But they are not efficient or effective in use, cost, capacity, or efficiency.

The intermediate guide will cover topics such as using your gray water for toilet flushing, plant/garden watering, and heavy initial cleaning needs.

For now - take a look around where you live and see what can be rearranged to accommodate your emergency water supply. Then go out and get some water and store it.

Get some double-walled, insulated containers, or even single-walled stainless steel water bottles for each member of your family. Start today, and make it a habit to buy an extra five gallons of water every trip to the store.

And every time you brush your teeth, do dishes, make tea or coffee, wash your hands, do laundry, water the yard, or turn on the tap - think of this guide.

Sanitation & Hygiene

1/7: Introduction

The power went out.
Yep... everyone's power is out.
Strange... the birds are very quiet and there is an odd smell in the air.

No service?
Hmm... Ask the neighbors...
Nobody has service, that's odd. 😉

Now the water is out. 🚰
How could the water be out?!
That never happens! 😒

You are now entering a place called...

🚨😵☠ THE DISASTER ZONE ☠😵🚨

It doesn't matter what caused the disaster.
You are in it without warning or escape.

This is your reality now.

You are lucky enough to be adjacent to the zone that took a direct hit. Whether they were washed away, burned or hit by an asteroid is irrelevant.
Whatever happened - you are alive and nothing is working.

It will take a several hours to days before what happened is known. Maybe somebody has one of those AM/FM battery-powered radios. Most likely people will be searching for an emergency alert broadcast from their car radio.

Ignore the spotty information, rumors, and irrelevant chatter.

Ignore everything but your action plan. Do that.

Own your survival.

Assuming you are lucky and all your family members are accounted for, and your house is not toppled-over; You need to take some immediate actions in order to sustain this disaster without creating a health hazard or being a victim of disease.

Safety, Sanitation, and Personal Hygiene are your Top Priorities now.

You are abruptly coming to terms with the fact all utilities, Internet, cellular networks, and possibly XM and other Satellite services are off-line; and lots of people just died less than 50 miles from your home, and you may be next.

Don't panic - you planned for this.
Put everything else out of your mind and follow your training. In this series you will prepare your plan.

I cannot fit everything into small posts so use this guide as a compass not a Bible.

Build on the knowledge shared here.

If (when) the inevitable happens:
Execute your plan.

You may have unique threats in your region, such as tornados or earthquakes. This series is about what to do AFTER a disaster happens, regardless of what it is. You may live in an apartment or have other considerations, so read in that context.

Here are the first five things you need to do after a disaster in order to maximize your chances of survival...

2/7: Preparing and Planning

You need to gather and/or buy stuff.

I wish I had a trooper store to grift off your paranoia but my knowledge is free; take heed of this fact.
Purchase or obtain recommended items from whatever source you trust or have the best prices from.

💧FRESH DRINKING WATER💧
You need 15 Gallons of Fresh Drinking Water per Person and Pet in your household.
I have a full guide on water for additional reading.
No backyard pool bullshit... get actual fresh, sealed, ready to drink water.

⛑️💊😟
BASIC FIRST AID KIT
This is not a full guide on First Aid.
You need basics - for now just get any commercial off-the-shelf first aid kit.

The key point is to treat all minor cuts, scratches, wounds, bites, rashes or burns. ANY minor wound can and will turn into a major infection when you are in an unsanitary environment.

Get a basic first aid kit and use it.

You need rubbing/Isopropyl alcohol, household bleach, Providone-Iodine and Hydrogen Peroxide.

Alcohol, Bleach, or Iodine to clean things like tweezers, scissors, tools.

Peroxide or Iodine to clean skin, minor scratches and wounds.

Bleach solution can be used on tools and skin in a pinch, but it is intended for contact surfaces and stagnant water puddles. More on that later.

Accumulate a 90-day surplus of any medications and special Hygiene items your household needs.

🔧 Specific Tools 🧰 🔦

You need to Shut-off ALL your utilities.

Become your own private Island 🏝️

You need to immediately isolate your home from the grid until you confirm everything is working properly again.

You will need to determine what tools you need NOW and buy them NOW.

Store tools together in a bag somewhere.
I suggest on top of your water heater or other obvious, secure, undisturbed space that is easily accessible.

Get a four-pack of cheap LED flashlights and batteries. Put one flashlight in your bedroom, kitchen, bathroom, and designated tool bag. Don't worry about keeping batteries out of the lights - you won't. That's why you have four - one will work.

Look-up "Water Main Key" "Gas Meter Key" "Fireplace Gas Valve Key" "Propane or CNG shut-off key" "Sewage cleanout cap wrench" and/or whatever other wrenches and keys that are appropriate.

Include a screwdriver, pliers, and crescent wrench in your tool kit.

If you do not know what you need, phone a friend.

Do a site assessment.
Identify ALL of your utilities.
Understand how to shut them off.
Obtain ALL the tools and items you need to shut them off.

If you live in an apartment or other multi-plex, simply turn-off your interior breaker panels and other accessible water & gas utility valves. Close all drains and plug your open tub or sink or washing machine drains with socks or whatever you can cram into the drain but pull-out later.

Flush your toilets dry and then use a tee shirt or larger towel to cram down the toilet trap. Really cram it in there.

ALL drains should be completely sealed-off.

We will get to the why but essentially you do not want sewage and escaping sewage roaches, snakes, feces, rodents, and other disease vectors coming up through your drains.

You do not want your seven-year-old to run the sink water into your now flooded septic system or sewage system.

So... Do a site assessment; Get tools; Store tools in one place; Know what, where, and how to shunt all utilities.
Nothing comes in or out.
You are an island.

3/7: Immediate Actions

Congratulations- if you read Post 1 & 2 in this series, you have the basic awareness, water, tools, first aid, and sanitation essentials to respond and function in the disaster zone.

IMMEDIATE DISASTER RESPONSE

SHUT-OFF ALL of your UTILITIES

Water Mains:
Shut-off both the utility meter, and your main house connection if possible.

This prevents contaminated water from entering your home and water heater. It also prevents siphon drain from your home back into the utility.

Go use your toilets now, and flush the tanks empty. You want all toilets, tubs, sinks, dish & laundry machines to be drained and empty before you plug your sewage or septic lines.

Gas Mains:
You may have city gas, Propane or other service. Priority here is the city connection.

If you lose gas line pressure, all your pilot lights go out.

Many homes do not have safety thermocouples or auto-igniting pilots, which means pilot flames go out but do not close their gas feeds.

Multiple gas leaks are then possible when the utility is re-pressurized.

Know if your gas water heater, central air, fireplace, stove, oven, etc. need to be manually re-lit.

Shunt the gas utility service and avoid the explosion risk until that is verified.

Turn off individual utility-fed valves at the fireplace, heater, and other gas appliances if reasonable and able.

Electric-only water heaters are good after power and water are shut off.

Electric Mains:
Throw the main breaker and all panel breakers to OFF. Turn-off all the light switches inside the house and unplug as many things as you can easily reach. If you have solar or generator backup you should have your own procedure.

This prevents brown-out/start-up electrical surges. Power may flutter or under/over-voltage dozens of times, wreaking havoc on your appliances and other electronics. Just kill the power for now.

Sewage Cleanout:
Know where your outside sewage clean-out is; have the appropriate wrench or tool size to open it. You are going to tie a wire or 550 cord or strong string around a wadded-up tee-shirt, and you are going to

cram that tee-shirt into the street-side clean-out with your fist or jam a broom handle or whatever it takes to lodge that shirt in the sewage line to block the flow. The string is to pull it out later - put it under a rock so it is easy to find again.

This prevents back-flow of city sewer from blowing up through your toilets and drains - which will spray and flood untreated sewage (other people's feces) all over your home. It keeps roaches, mice, snakes, rats, and pressurized odors from escaping into your home through the sewage drain line.

4/7: Water, Sewage & Waste

Dealing with drain water and sewage is going to be the MOST IMPORTANT task and risk to your health.

The greatest risk to community health is unmitigated spread of mosquitos, rodents, flies, and the diseases they carry.

How you disposition your human waste and drain water will determine how likely these disease-causing vectors are to proliferate and spread diseases.

Basically- you will place a double-layered trash bag inside your dry toilet bowl, pulled over the base and held under the toilet seat. You will use it as normal, and place the tied sack of shit in a five gallon bucket for transport to the sanitary burn pit.

You will need to find a working storm drain for liquid waste; or use safe gray water on plants.

Eventually, build a leaching field or find some other method to pour drain waste in a safe place that does not accumulate biofilm or standing water.

Your neighbors will not close their sewer lines and they will continue to shit in their own toilets long after the water stops working. Then they will piss and shit outside, and throw their dirty waste water in the street. Their pools will turn green, then brown, and fill with mosquito larvae.

Their ignorance is an immediate and critical threat to your safety.

You want to walk and talk with your neighbors and share your knowledge with them. You want to train them by example. You are in a collective survival situation whether anyone likes it or not.

Humans, by nature, know when it is better to be a predator or a pack member. Projecting confidence and knowledge that prevents death is a tribal asset. This is natural law.

First - walk your area and turn over or tip-over any buckets, planters, children's plastic toys, wheelbarrows or other things that can or could hold water. Do this same walk-check after any rain. Fill-in any low-spots that hold water for longer than a day or two. Eliminate mosquito habitats.

Household bleach is on the basic essentials list. If you cannot eliminate near-by standing water; treat and kill larva with a cap full of bleach, iodine, gasoline, motor oil, cleaning product, or whatever other toxic thing you can find.

Train your neighbors to do the same. Check roofs and rain gutters. Check trashcans, check everything.

Next, establish a community burn pit. Find a spot where the wind blows smoke mostly away from your area of concern. Bring your trash, dig a hole, burn shit.

People will catch on, believe it.

This will also become a community gathering point. Build relationships and identify or determine who the potential friendlies and/or threats are within your area of concern.

Share your knowledge and identify leaders. You need to build a secondary burn pit for sanitary incineration- A dedicated place to burn those shitbags everyone will be dumping or pouring out of their buckets. This cannot be the same place as the public trash pit.

If the disaster event has persisted long enough to need a sanitary pit, you will know who is invested in the greater good and duty of mutual cooperation, and who is not.

By that time predators and looters will be mostly dead. Betas will be assigned burn pit and trash policing detail in exchange for the protection and organization of the alphas.

You do not need to be tribal leader however; you only need to own your role and contribute your own efforts. Natural Law will run its course.

Remember: This is a temporary, and possibly an optional reality. You are either in the disaster as a participant or a guest. There is nothing wrong with evacuating if that is an option. Never involve yourself in problems you either cannot solve; or have no stake in engaging.

5/7: Dead Bodies and Animals

An unfortunate reality of disasters are high probabilities of death.

Disease vectors from sitting water, open rubbish, human waste, and rotting food, are easily-addressed through diligent sanitation management and mitigation processes.

Dead animals may or may not be pets, and there will be sincere emotional trauma and drama to deal with in these situations. One has to take ownership of the reality however - and disposition these animals in a manner which is both sanitary and mindful of those suffering loss of a companion. If these pets are larger than dogs, the urgency to bury or burn them is greatly accelerated depending on temperature and cause of death.

It is better to collect carcasses and bodies in separate, open areas, than have poorly buried, random pits of undocumented, decomposing dig sites everywhere.

Dead bodies are of utmost urgent concern for several reasons. Chiefly because they decompose rapidly and leak unimaginably pungent fluids. Bodies must be covered as soon as they are identified, and relocated to a designated safe area (or as safe as can be designated) area.

Plan ahead, you may be forced to burn them if there is no recovery. You will not want to double-move putrid bags of rotting ‘remains’ from a building or tree line. So, designate a fire-safe area or sacrificial building up-front.

Body fluids and gore left at casualty sites must be sanitized, diluted, or covered with soil right after body recovery. It's important & appropriate to keep a log of these locations and hopefully the identification of deceased.

You are not CSI, you are Sanitation crew. There is no such thing as disturbing a crime scene in an unmitigated disaster area. If 911 and the police and fire services were functional you wouldn't be scraping some poor girl's rotting foot off the ground with a shovel. Your priority is sanitation and disease mitigation.

This guide is about sanitation and not decedent management, but do the best you can to establish a group protocol for logging, identifying, and recording person-deaths to a common written journal.

Store bodies in a method that keeps their identities mappable, discernable, or recoverable. Bodies deteriorate and anything touching them will turn to goo or dissolve from bacterial action.

If you have Ziplock bags, put the person's ID/license, if found; or write their name on a small piece cardboard with ball-point pen; along with date, location and details of death, if known, and date recovered/relocated. Place that in the bag; Stuff it in their mouth or in their skull cavity if they have no discernable face. If all you have is a heap of unknown person(s) just bag the remains together with what you have.

You are not likely to have body bags. Large outdoor trash bags are an option if you triple bag them. It sounds morbid because it is. Know these bags will puff-up like macabre balloons. Keep them as covered,

shaded, and puncture-free as possible. It is really important to keep the bodies separated but as intact as possible.

Take any other personal effects that you are comfortable handling and also bag them and place it down their pants or somewhere that will not separate from the body or heap of parts as they decompose. Do your best to make sure their property is in a separate Ziplock or shopping bag or even a capped soda bottle.

I hope nobody is in the role of dealing with survivors and their lost loved ones. Temper compassion with urgency and prioritize sanitation with as much accommodation as possible.

You may need to post guard volunteers or overwatch on the cadaver site to protect them from grieving families, stray animals, and/or looters.

Keep the dead animals separate from the persons. Once your sanitary pit is established (for burning human waste), burn the animals in that pit (never the common trash pit).

NOTE: The following is copied from https://iris.paho.org/handle/10665.2/31295

Management of Dead Bodies after Disasters: A Field Manual for First Responders. Second (revised) Edition

> Natural disasters can have catastrophic consequences, causing large numbers of deaths and overwhelming local and even regional emergency response services. Local organizations and communities are usually the first to respond to a disaster, which includes rescuing and caring for survivors and managing the dead.
>
> The humanitarian community recognizes that proper management of the dead is a key component of disaster response, together with the recovery and care of survivors and the supply of basic services. Experience from events such as the 2004 Indian Ocean Tsunami and the 2013 Typhoon Haiyan in the Philippines have reaffirmed that first responders – including local residents and volunteers – play an important role in managing the remains of those killed. These first responders throughout the world need simple, practical and easy-to-follow guidelines, ensuring that they can carry out this task in a proper and dignified way. This includes taking the necessary steps to aid future work by forensic specialists and investigators in identifying human remains and clarifying the fate of the missing.
>
> Such guidance is also necessary for planning adequate disaster preparedness. The first edition of this manual was published in 2006 precisely to respond to those needs. It marked an important practical step towards improving management of the dead in disasters, promoting an understanding of why proper and dignified management of the dead in disasters is important, and helping people to recognize the role of first responders in this task.
>
> The manual has since been in steady demand worldwide. It is now available in several languages and has shown its utility in major disasters and mass fatality events around the world. It has become a source of reference for many mass fatality response plans. Although it was drafted and designed for contexts where forensic services are scarce or non-existent, it has also been well received, including as a useful tool for disaster preparedness, in countries with well-resourced and highly developed forensic services and disaster response agencies.
>
> It may take days for the experts to reach areas affected. The work of first responders as set out in this manual makes the work of the experts more effective...This new edition of the manual retains the spirit and purpose of the original publication and recognizes the valuable contribution of first responders in managing the dead in disasters. The manual provides simple, practical and useful guidance for this difficult yet essential task.

6/7: Personal Hygiene

Diligent Personal Hygiene is the best defense against disease that you can control. This goes beyond washing your hands and keeping your fingers out of your mouth and eyes - however that is a very important habit to develop!

The most common self-inflicted Hygiene violation is fecal-oral transfer. Yes, shit-to-mouth germ migration. You do not want that. You cannot always keep your hands clean, but you CAN keep your hands out of your mouth, and keep anything you have touched with your hands out of your mouth.

Basic Hygiene with limited water and limited resources is difficult but not impossible. You can re-chlorinate rain or drain water and use it to wash your hands and feet. You should know how to boil water and have a large pot of some type (like a stock pot or spaghetti pot). Boiling socks and underwear/clothing is a valid sanitation process.

I have used my tee shirt, swirled in boiling water and slightly cooled off as a face and body wash rag. Do whatever you need to do to remain reasonably clean at all times.

Treat any cut, scratch, burn or, sting, or other wound immediately. Triple-Antibiotic ointment and iodine, rolled gauze and Gaffer's tape is your friend. Get plenty of good first aid kit and use it!

Hygiene also includes your things. Maintain a bleach solution and constantly wipe-down food and toilet area surfaces, and any other thing that even remotely occupies space near where you eat, sleep, or shit.

Bleach loses potency over time, but as a rule, if it smells like bleach, it has bleach in it. You may have a variety of wipes, alcohol, Bleach or whatever sanitizers- use them and/or boiling water to pour over items - or even a flame from the end of a burning stick if need be. The object here is to keep germs at bay - not dirt, but actual germs.

The best thing you can have in a long-term disaster is one or more large (20 quart +) heavy-duty stock pots. Stock pots are used over wood or any kind of fire to sanitize laundry and bedding, boil water, cook, clean dishes, utensils and cookware, bathe and self-maintain. You can use smaller pots and containers as well - but there is no substitute for large five- and ten-gallon size heavy-duty stock pot, Dutch oven, aluminum or steel cauldron, or large traditionl Potjie.

This series assumes you are a homeowner or apartment tenant, or some-other sheltered dwelling occupant - and you have access to basic soap, towels, wash rags, and clothing.

Wash your face at least twice a day. Wash hands as often as possible.
Wash whole body with a hot soapy rag at least every two to three days.
Wash groin, ass, armpits and feet at least once a day never more than every other day.

Water conservation means heating a pot of hot water and using a rag or tee shirt to dip, wash, wring, rinse, and repeat.

This post is to teach you that bar soap, shampoo, body wash, and dish soap are all the same with respect to how they function:

Each is a formulated emulsifier - acting against dirt and oil by surrounding the filth particles and suspending them away from the thing being cleaned. Then water rinses the emulsified particles away.

Soap and Sanitizer are different things.

Soap removes germs and carries them away

Sanitizer smears germs into your skin and partially kills them so they eventually accumulate survival knowledge and come back as stronger, more aggressive germs.

Moral of the story: WASH your hands and body and things as often as possible, with whatever soap or shampoo on hand - it is all the same.

Use Sanitizer when you cannot wash your hands - but do not falsely assume your hands will be "cleaner" with sanitizer. You MUST remove the grime.

7/7: Closing Thoughts

Your goal in a disaster zone is to remain alive. You are not building a new society from the ashes of civilization - you are just navigating through a sub-optimal environment long enough for help to arrive or normalcy to return. Sometimes that period of time is just a few days. Sometimes it can be weeks or months.

You need to realistically determine what is worth staying for; know when is better to evacuate (if possible); and what disaster activities you really want to involve yourself in vs. which ones you should avoid.

There are various threats to the human organism in a post-disaster environment.

This series of posts gets you thinking about Basic Sanitation and Hygiene.

You will also want to know how to identify and avoid chemical and other toxic spills, contaminated areas, and pollutants that may be in the water, soil, air, or food supply.

See my posts on water management for a more detailed discussion on how to identify, collect, strain, transport, filter, sanitize, treat, store, dispense, and consume safe water.

Disasters are subjective realities.
To the earth, Pompeii was a case of minor indigestion.

To the Trained and Prepared Individual, operating in a disaster zone is unpleasant.

To the Untrained and Unprepared Individual, it is a life-or-death crisis.

Be trained and prepared.

Choose your battles. Your guns and ammo will not help you fight-off mosquitos and Salmonella.

Wash your hands.

ALWAYS maintain at least fifteen gallons of fresh, ready-to-drink water, in your home, for each person and pet.

I believe in God, Family, America, and my Training.

Be safe!
- trooper - 73 DE N7CAV /K