



NUCLEAR
WAR
PREPARED

NOT SCARED

ANSWERING AMERICA'S QUESTIONS
ABOUT PREPARING FOR NUCLEAR WAR

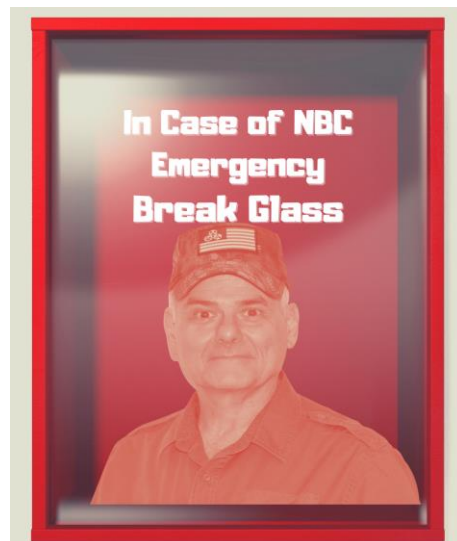
DAVE JONES
THE NBC GUY

Here at The Prepper Broadcasting Network, we have isolated our main target. Since 2020 it has become completely clear that we are all tired of seeing scared Americans. FEAR. That is the target.

If you wish to support our efforts or feel compelled to “pay” for this free resource, then simply read the conclusion below.

We did this through the pandemic, and we did this during the riots across the nation in 2020. The hosts and I are just sick and tired of seeing scared Americans!

The average American now has to also contend with the possibility that some military infraction or diplomatic infraction occurs on the other side of the world and nuclear weapons start flying through the air. It’s an old COLD WAR fear that many thought had long died out. Well, it’s back. People are scared.



Here at the Prepper Broadcasting Network, we have a secret weapon against nuclear warfare. We keep him behind glass in case of emergencies just like these. Many of you may know him and some of you don't.

His name is Dave Jones the NBC Guy.

At this point I am going to put down the pen and let Dave do the talking.

CLICK ON THE SECTION YOU WANT TO READ TO JUMP TO IT

TABLE OF CONTENTS

[WHO IS THE NBC GUY](#)

NUCLEAR ATTACK

[ARE YOU AFRAID OF A NUCLEAR BLAST?](#)

[WHEN COULD I EXPECT A NUCLEAR ATTACK?](#)

[HOW BRIGHT IS AN ATOMIC BLAST](#)

[ARE THERE ANY WARNING SIGNS OF A NUCLEAR ATTACK](#)

RADIATION & FALLOUT

[ARE YOU AFRAID OF RADIATION FROM A NUCLEAR BLAST](#)

[HOW DO I CHECK MY FOOD WITHOUT RADIATION DETECTION?](#)

[WHAT IS RADIATION SICKNESS AND HOW WILL I KNOW IF I HAVE IT?](#)

[HOW MUCH RADIATION IS FATAL?](#)

[HOW DO I PROTECT MYSELF FROM FALLOUT?](#)

[DO I NEED POTASSIUM IODIDE FOR RADIATION PROTECTION?](#)

[DO I NEED A GAS MASKS?](#)

NUCLEAR PREPAREDNESS

[WHAT IF I AM TRAVELING DURING AN ATTACK?](#)

[ARE YOU AFRAID OF ALL-OUT NUCLEAR WAR?](#)

[ARE YOU AFRAID OF NOT HAVING A FALLOUT SHELTER?](#)

[ARE YOU AFRAID OF SURVIVING THE AFTER-EFFECTS OF NUCLEAR WAR?](#)

[WHAT SHOULD BE MY NUMBER ONE CONCERN IN A NUCLEAR ATTACK.](#)

Who is the NBC Guy?

Before we get started, I think it's important that you know a little bit about my background so that you know where I'm coming from. I started my military career in the U.S. Army in 1975. I was selected as an assistant to the nuclear biological chemical (NBC) warfare noncommissioned officer, and I attended a two-week training course on the subject. As it turned out, my scores were quite high on the four exams we took in the two weeks, even beating out some officers that were also attending the training. I found NBC very interesting, and I worked hard to develop my skills in that area. After receiving multiple awards for my work in NBC I traveled to Fort McClellan Alabama to attend two months of training that would change my military job to nuclear biological chemical warfare operations specialist. This was a noncommissioned officer course and I graduated number one in my class even beating out three other NCOs that were instructors at the school.

For a period of about six years, I pursued a career in law enforcement but stayed in the Army Reserve. During this time, I became an NBC instructor, received many awards for my duties, and was promoted to Sergeant First Class at an unusually rapid pace of fewer than nine years' time in service. In 1985 I had the opportunity to attend officer candidate school at Fort Benning Georgia and become an NBC officer. I graduated from officer candidate school, distinguished military graduate and my NBC officer basic course as number one in my class. Because I did so well the US Army wanted me back on active duty with a choice of assignments!

For the next 14 years, I served in a variety of roles, including commanding a smoke generator company, brigade operations officer, and director of morale recreation and welfare for Fort Indiantown Gap, Pennsylvania. I retired from active duty with the rank of Major in April 2000 and six months later 9/11 happened, then six months after that, I was recalled to active duty. The orders I received sent me to the Middle East where I spent the next 22 continuous months traveling to 16 different countries as a vulnerability assessment team chief for US Central Command.

My military list of awards includes a Defense meritorious service medal, two meritorious service medals, five Army Commendation Medals, four Army Achievement Medals, and numerous campaign medals and service ribbons.

After retiring from the Army, I was hired by the Pennsylvania Emergency Management Agency as a Watch Officer. A Watch Officer's duties require them to monitor and respond to any kind of emergency, like a chemical spill or a nuclear power plant meltdown from the state headquarters. On my eighth day on the job, we watched the events of 9/11 unfold on a big screen TV and my console came the call from the Somerset County dispatch operator asking what we should tell this guy on a cell phone that says his plane was being hijacked. Today we know that to be flight 93 and on that

day the emergency operations center went into full activation for three weeks straight. We worked 12-hour shifts on and off with no days off and went right into anthrax scares. We wondered what was next and this was my introduction to emergency management!

Emergency management was my career in civilian life after that. I performed the duties of emergency management operations specialist at NASA headquarters, US Air Force Global Strike Command, the nuclear weapons command for the US Air Force, and for the Department of Homeland Security, at a place called Mount Weather. I retired from that position as a GS 14 in Feb 2019.

I have a bachelor's degree in Criminal Justice from Western Illinois University and a Master's degree in Security Management from American Military University with a GPA of 3.975.

I hope this gives you a better understanding of who I am and how I can talk about these situations with firsthand knowledge. I performed nuclear and chemical target analysis for the U.S. Army and have been in a live nerve agent environment protected by the US Army standard chemical protection gear. I served in the U.S. Army during the entire Cold War and was recalled to active duty because of 9/11.

If you would like to learn more about how to prepare for NBC and these types of threats, you can order flash drive that features three different presentations and is called A Practical Guide to Nuclear Biological and Chemical Defense.

These three presentations come on a flash drive. There is even a bonus portion where I give you access to all my slides. The cost is \$30 for the drive. Get your drive [HERE](#).

Are You Afraid of a Nuclear Blast?

Alex Wellersetien is a bad MF in my estimation. He is a historian, author, programmer and professor who created a slick program called [NukeMap](#). This is a program that is free to use for all.

With NukeMap you can drop a marker on any location on the globe. Then you can simulate the effects of a nuclear blast. This can give you a really good feel for the kind of danger that you and your family might be in.

I live in Richmond; Virginia and I used the NukeMap to see how a blast would affect us because I am “close” to 2 potential targets

1. Washington DC
2. Norfolk Naval Shipyard

To my surprise, we are completely out of the blast radius for both targets. Even the Nuclear power plant in Lake Anna! It's not to say that we would not be affected by the aftermath of a blast like this, the whole nation would!

However, we would not be vaporized in an instant or even affected with radiation or fallout.

I want you to give this a try. Search up NukeMap on Google.

After you find your location and pin it, we are going to choose the size of bomb.
ENTER A YIELD: Choose the 800kt Topol (ss25) which is a huge weapon in the Russian arsenal.

The only other setting is to be sure your weapon is an AIRBURST and not a GROUNDBURST. We will talk about that later in this book but according to our man Dave Jones the NBC Guy, you use the airburst to maximize casualties.

Using the NukeMap will give you an idea of your risk level.

PLACES TO DETONATE NEAR YOU i.e., potential targets

- NUCLEAR Retaliatory Capabilities
- COMMAND AND CONTROL

- MAJOR MILITARY BASES
- Major Manufacturing Complexes

Pin these targets closest to you to see the damage. Are you in the blast radius? Do you need to worry about a nuclear blast?

When Could I Expect a Nuclear Attack?

This is a very simple question with many parts, and I will explain each part in the rationale behind it. First of all, the attack will come when it's most advantageous for the enemy! This might seem like an obvious answer, but what would that be like when you look at it from where we are on the planet?

The attack will most likely come at night. There are a few reasons for this. First of all, everyone that hates the United States is located on the other side of the planet. So, it doesn't make much sense that they would attack us in the middle of the night just so we could be awake for the attack.

No, they will attack us in the morning with their people fresh and ready to launch the attack. We have evidence of this today in that every time North Korea tests a new missile or explodes an underground nuclear device it happens for us at night.

A great example of this is when my son was in the US Air Force a few years back and was stationed in Misawa, Japan. I was in Walmart shopping at 6 p.m. and I get a text from my son that says, "Hey dad they say there's a missile attack what do I do?" I couldn't believe what I was reading! I text back to him as fast as I could, "GET DOWN! WHAT THE HELL ARE YOU TEXTING ME FOR?" LOL, It was 6am his time.

Another reason for a nighttime attack is your targets are more stationary. At night there is less movement and more consolidation of people in your target area. If you think about it, it makes a lot of sense. When I was giving my live presentations, I would ask the question where is Trump?

I would get a lot of puzzled looks and no answers. Then I'd say I know exactly where he is at night, sleeping and with that supermodel!

Another benefit that isn't calculated into the casualty-producing effects of a nuclear attack is blindness either temporary or permanent. At night the number of cases of blindness caused by a nuclear attack will be increased.

How Bright Is the Atomic Blast?

I get this question a lot! A nuclear bomb that when detonated is brighter than the sun at midday. The bomb is brighter than the sun!

Any nuclear attack will be visible for miles. If you were standing 20 miles away from the bombs detonated on Hiroshima or Nagasaki and you had your back to the blast, your eyes were closed, with your forearm placed over your closed eyes, you would be able to see the bones in your arm!

That is how bright the bomb is. Because you are reading this book and beginning to understand the effects of a nuclear blast you will be one of the few people that will instantly know we are under a nuclear attack. Others will be lost, dazed and confused, maybe even blind by the light but you will not. So, my advice to you for the first thing you should do after you realize we are under a nuclear attack is to change your pants!

Yes, I am serious. Trust me when I say the rest of the people in your group will thank you for it!

Are There Any Warning Signs of a Nuclear Attack?

Preceding any type of attack these days there will be a massive cyber-attack first. This cyber-attack will be like no other in that it will affect every system the enemy has their fingers into. Anything and everything that they can do to cause massive confusion and chaos they would do before the nuclear attack. It will seem like nothing on your phone works again and none of your apps will allow you to access them. Especially any type of communication and message service! This will occur sometime 24 to 48 hours before the initial EMP attack.

Yes, I said EMP attack! We have known for many years about the effects of [EMP on electronics](#). No matter which side launches a nuclear attack first, the first volley of nuclear bombs will be detonated high in the atmosphere over the intended targets to attempt to destroy communications, command-and-control, and any electrical system that is vulnerable. These high-altitude air bursts will most likely be visible if you happen to be awake to see them. The best example I've ever seen of this in a movie was the mid-1980s film *The Day After* starring Jason Robards. This movie depicts what would happen in the US in the 1980s if an all-out nuclear exchange occurred between the Soviet Union and the United States. Understand that this is only Hollywood's interpretation of what would have happened in the 1980s, but the EMP is clearly depicted in the attack.

Are You Afraid of Radiation from a Nuclear Blast?

This is a tough question to answer outright but you should Google the rule of sevens. Fallout decays very rapidly and with every increment of seven the radiation decreases tenfold.

So, an easy calculation for this is the outside radiation is 1000 Rads Per Hour, but you are in your basement, so you only get 90% of which is 900. In seven hours, the outside radiation has gone down to 100 and your inside radiation has gone down to 90.

Your total dose calculation would be around 900 for the first seven hours and it drops off greatly after that. But this really isn't accurate because the radiation decays constantly over the time period so you will actually receive less than this amount. This is only an example to show you how quickly fallout decays and how easily you can protect yourself from radiation.

You should stay in your shelter as long as possible or until the radiation drops below 1 rad per hour.

If I Don't Have a Radiation Detection Instrument, How Can I Check My Food?

Most people do not have any type of [radiation detection equipment](#) so I'm going to tell you some simple things you can do to ensure that your food and water are just fine. Back in the 1980s, the U.S. Army, in its infinite wisdom created, a 1-inch-thick manual entitled contamination avoidance.

Talk about your Captain Obvious! LOL Shouldn't the first thing everybody tries would be to stay away from contamination?

I had a prepper come up to me and say, "I heard that if you get fallout you have to scrape the top 6 inches of soil off your land to be able to plant there, is that true?" And I told him that could be but why the heck would you want to plant there? Plant somewhere else!

If there's any question about contamination and you're not sure, why would you do it? I'm sure that after a nuclear attack there will be plenty of space available for planting that is not contaminated.

Think about all the land that is in the median of a four-lane highway and public parks in forest areas. We've already discussed how quickly fallout decays so if you have no choice, wait as long as possible.

Any canned or well-packaged [food storage](#) will be fine to eat after you wash off the packaging. Vegetables that are growing during the attack may be contaminated with the fallout and unless you're able to check them don't eat them. Water is another thing. If you are not sure 100% of your source of water don't use it.

Many people overlook the amount of water that they have in the water heater tanks, toilet tanks, dehumidifiers, fish tanks, and freezers. All of this water is safe because it was stored up before the attack. Well water is also fine if you're well is not open to the air. Water in sealed [rain barrels](#) that had been collected before the attack is also fine. Bottled water is fine as well.

Remember that if you're not sure about any food or water just set it aside and wait. Crops grown inside a greenhouse may also be contamination-free but should be checked in case the watering source came from outside. The longer you wait the less likely it is you ingest any harmful fallout.

What is radiation sickness and how will I know if I have it?

Radiation sickness is damaging to the cells within the body. The cells are not able to repair themselves and if enough of them are damaged you will experience what is called radiation sickness.

Just like most other sicknesses everybody's tolerance is different. One person may receive a dose of 100 Rads and feel fine while another person receiving the same dose may throw up and feel terrible. Nausea and vomiting are the two most common symptoms of radiation sickness but know that the symptoms are the most common for people in a panicked state. Fatigue, headache, dizziness, and drowsiness are also symptoms, but these can also be attributed to stress. In a nuclear attack, it may be difficult to determine if someone has radiation contamination.

You must try to determine where and when your patient received the contamination. Were they in the open and close enough to Ground Zero when the blast occurred to receive a high dose of radiation?

Did they travel across a contaminated area before they arrived at your location? Did your patient ingest contaminated food or water? You will need to determine what the possibilities are to rule out the symptoms of radiation contamination or stress and panic. More advanced symptoms can include loss of hair, loss of appetite, diarrhea, bloodied vomiting and stools, and unconsciousness.

If you have ever known anyone that has received radiation therapy, you know what radiation sickness can be like and more importantly that it may not be fatal. By all means, don't write anybody off because they are vomiting, feel sick, and have diarrhea. It could be the flu! Know that radiation sickness is not contagious, but you may want to isolate them from the rest of your group in any case!

Having a medical reference in your shelter or home can help you manage all types of injuries and illnesses following an attack. Below is the book from our incredible sponsor who has been on the show a number of times.

[The Prepper's Medical Handbook: Forgey, William: 9781493046942: Amazon.com: Books](https://www.amazon.com/Books/dp/9781493046942)

How Much Radiation Is Fatal?

As I stated previously, everyone has a different tolerance to radiation but generally, it's believed that 500 rads or more is considered fatal without proper medical attention. There most likely will be no way for you to determine how much radiation a person receives unless at the time of the attack they had a dosimeter on them to measure the amount of radiation.

Unless the person is an x-ray technician or works in a nuclear facility, I don't see this happening!

The only thing you can do is treat the symptoms and pray that they did not receive a fatal dose. While I was in the Army, we were told that if you received 200 rads of radiation you would be medically discharged. We would often joke that in a nuclear war we couldn't imagine how the documentation would get forward to receive your medical discharge!

How do I protect myself against nuclear fallout?

Fallout is nothing more than radioactive dirt. Dirt that has been sucked up into the fireball from a nuclear explosion and received a radioactive charge. It travels a predictable pattern downwind from a detonation and you can easily determine if you're going to get fallout and when it should arrive. I don't believe that there will be a lot of fallout generated from any global thermonuclear war and I will tell you why later on in this book.

Let's first discuss fallout, what it is and how you can protect yourself from it. As I said before, fallout is nothing more than dirt and if you can effectively wash the dirt off of your body you can effectively decontaminate yourself from the fallout. Fallout is a hazard in a nuclear attack and should be taken seriously but in the proper perspective.

Fallout is particularly dangerous if you eat it or inhale it. This is where it does the most damage to your body. If you have it on your skin it can cause radiation burns but as I said before simply wash it off or brush it off don't let it on your skin.

Fallout travels downwind from a target area according to the wind speed at the time of the attack. Larger particles fall to the ground first while the smaller particles travel further. If you watch the weather regularly you already know the prevailing wind and direction in your area. The prevailing wind in the United States travels from the

Northwest to the Southeast. Therefore, if you do not have a target located to the northwest of your location you will not receive fallout.

Know that the wind speed is also a factor and when we were doing fallout predictions if the wind speed was not greater than 5 miles an hour in any one direction it was considered indeterminate. Our fallout prediction would look like circles on a map. There was no downwind hazard area with winds of 5 miles an hour!

Let's do a quick problem so you can see an example of fallout. The nuclear attack is 20 miles away from your location and in the northwest of you. You determine there is a possibility of you getting fallout so you quickly find out what the wind speed is. To make the calculation easy I will say it's 10 miles an hour.

So, if your location is 20 miles away when will fallout arrive?

In two hours, right?

Well, in fallout predictions we always say the fallout could arrive in half the time of the wind speed and up to twice the time of the wind speed. Therefore, you could start receiving fallout in one hour and if you don't receive any fallout within four hours you will never get fallout. Now I don't know about you but I can get a lot done if I knew that I had an hour before fallout arrives.

Do I Need Potassium Iodide for Radiation?

You must do your research and decide whether you want potassium iodide in your preps or not. Every person's circumstances are different and you should know the limitations and capabilities of potassium iodide.

(KI) Potassium iodide protects your thyroid from radioactive iodine if you happen to ingest it. The potassium iodide blocks the radioactive iodide from launching your thyroid and causing thyroid cancer. Radioactive iodine is produced in a nuclear blast in small quantities, and it doesn't travel very far from the blast. It is a far bigger hazard in a nuclear reactor meltdown.

In a nuclear reactor meltdown, large quantities of radioactive iodine are produced in travel downwind from the nuclear reactor.

Here are some considerations you should take into account before purchasing potassium iodide. It is not an anti-radiation pill! Potassium iodide is not recommended for people over 40. Children need a smaller dose, and it should be calculated by weight so that is a consideration.

It should only be taken for a limited amount of time after an attack or nuclear meltdown, so when do you start and when do you finish? This stuff is of very limited use and the one question I always ask is why would you ever ingest radioactive iodine in the first place? After a nuclear blast or reactor meltdown DON'T GO OUTSIDE!

Stay inside, protect yourself, and don't expose yourself unnecessarily to radiation.

Now, that being said, if potassium iodide will make you feel better about your nuclear preparations by all means get some. It's an inexpensive prep and it has a reasonable shelf life but don't think of it as an anti-radiation pill because it's not.

Do I Need a Gas Mask?

If you have ever seen the map of the United States with a nuclear attack, there are a lot of fallacies with this map. The map I'm talking about has been on many television shows where the bombs hit and red splotches that represent fallout traveling all across the United States.

After about a minute the United States is all covered in red! This map has only one purpose and that's to make everybody afraid.

The first big fallacy with this map is that they use every nuclear weapon Russia has at its disposal. This is an impossibility! First of all, at any given time about one-third of the nuclear arsenal is down for maintenance. A nuclear warhead and its missile components are very complicated pieces of machinery that require regular maintenance so those missiles cannot be fired.

Some missiles will not be in a position to fire when the orders are given. The submarine will be out of range to reach any of its targets, and it just won't fire. The final BIG problem with this map is Russia won't save any of its nuclear bombs? They wouldn't save some to use on the United Kingdom, France, India, or any other nuclear power that may come to help?

And what about a secondary nuclear strike on the United States after the initial?

Another reason why there should not be a lot of fallout is you get greater effects from a nuclear bomb that is an airburst. The blast, heat, and radiation all travel further if there is an airburst. When I performed nuclear target analysis for the Army this was one of our calculations to achieve the optimum destruction you needed to know how high above the ground it needed to detonate.

If you fail this calculation and achieve a ground burst, you are a failure in the course!

Also, do you really want the ground to be contaminated because you are eventually going to have to put your own soldiers in that area and you surely do not want a lot of fallout contamination?

If they wanted the United States, why would they contaminate the breadbasket of the world with a bunch of fallout? There are only two times you would have a ground burst. One is that you made a mistake in your calculation and the other is you have a subterranean target that needs to be destroyed.

Underground targets like Cheyenne Mountain, missile silos, and the Washington DC metropolitan area would all be expected to have ground bursts and produce large amounts of fallout. A majority of the country will not experience any fallout at all.

Your [gas mask](#) is to protect you from inhaling fallout and other debris from the blast. It's your call at the end of the day based on where you live.

What If I'm Away from Home Traveling, What Should I Do?

I must assume that you're far enough away from the detonation that the blast, heat, radiation, and light had little or no effect on you. First, you need to quickly assess your situation.

What are your plans?

Does your plan say always return to home or your bugout location? Is your plan to go to the nearest shelter location? Remember that EMP is very hit and miss. Your car may be just fine and running but everyone else's car on the road may be stopped. We can assume that in either case, you will need to walk. What do you have with you in your vehicle that will help you with this journey?

Do you have a get-home bag in your car ready to grab and go? Quickly but thoroughly go through your entire car and see if there's anything you may need for this trip. Look for clothing, blankets, leftover food, tools, pens, paper, shopping bags, flashlight, and anything that may help you get home.

A screwdriver or a hammer can be an effective self-defense tool. Don't overlook empty water bottles because they can be used to store water if you come across some on your trip.

Now you need to determine the direction in which you need to travel. If you're familiar with the roads in your area this is a good start but if not, you may need to use the sun for general directions. You want to make sure you head out while other people are still trying to figure out what happened. Most people will not leave their car behind. This is evident in numerous times people were stuck on the highway in the cold and would not leave their car even though they were out of gas and freezing!

They will be staying in their cars and hoping that help comes to them, but you know this is highly unlikely. What are emergency services anyway? They are people with their own families and loved ones. Just like in Hurricane Katrina emergency services were the first thing to fail. Imagine Hurricane Katrina on a scale of North America!

There are just too many possibilities to cover in this book like: is it night or day, is it summer or winter, are you in an urban setting or rural setting, and are you traveling into a contaminated area or away from one?

Just know that everyone will most likely be on the same level and that societal breakdown occurs quickly but not immediately. Your assessment and decisions must be made quickly if you're going to take advantage of the time that you have before the chaos.

Know that an 80% solution now is better than a 100% solution in an hour. Make a decision, go with it and adjust along the way as the situation dictates!

Are You Afraid of All Out Nuclear War?

This is a possibility, but it is highly unlikely even in this heightened state of tension. Everyone knows about mutually assured destruction, and no one wants that for our planet.

I believe that even if a world leader goes completely berserk and wants to launch a first strike someone in the chain will stop it. It is far more likely to have a single bomb delivered by a terrorist group or rogue nation on a target like Washington DC or New York City.

This attack alone would set in motion unbelievable amounts of chaos probably worse than what happened on 9/11.

Another probability that is more likely than all-out global nuclear war, is an EMP strike.

This would cripple North America by not only shutting down the electrical grid but also destroying a lot of the infrastructure in the process. By some estimates it would take over a year to recover from such an attack and assistance could only come from outside the United States. Just read the final report from the EMP commission to get an idea of what our country could be like.

Are You Afraid of Not Having a Fallout Shelter?

If you have a basement in your house, you already have a fallout shelter but don't know it. Get in your basement, stay in the lowest most underground part of your basement and this alone cuts 90% of the radiation you would receive if you were outside.

Of course, it goes without saying that any windows or doors should be blocked off with mattresses, bookcases, furniture, and anything dense to add more shielding.

If you don't have a basement or live in an apartment, get to the center part of your house the furthest distance from your walls.

Know that anything can be shielding/protection, even air! You want to put as much distance from you and the fallout as possible. If you have a crawlspace in your house, use it. Crawl to the center part of your house and [block off any ventilation ducts](#) that may be under your house.

Any building or structure is protection, even your car. If you're caught outside in your car, drive it into a garage, warehouse, or carwash for added protection. The greater the distance between you and the outside and the more things you can put between you and the outside the better.

Are You Afraid of Surviving the After Effects of Nuclear War?

If you have large [trash bags](#) and [duct tape](#) you already have a [radiation protection suit](#) and don't know it! Cover all your skin with plastic then tape it together with duct tape. Shop goggles and a painter's mask will work great for your face.

Remember that fallout is dirt and if you're filtering out the dirt you will not be breathing it in. Put on some rubber gloves and a shopping bag over your head with eye holes, and you're ready to go.

When you're ready to return to your shelter, rinse off the outside of your suit with water and pay particular attention to your feet with the dirt that will cumulate. Removed his suit outside of your shelter leaving your mask and goggles for last. Remember that you don't want to breathe in or eat any of the fallout!

After you're inside, strip completely and hand wash your entire body to make sure you have no dust particles on you. Pay particular attention to the hairy parts of your body because that's where dust will accumulate.

This is all completed before you enter the main living area of the shelter. If there's any contamination you want it as close to the door that you entered as possible. If you have radiation detection equipment this is the time you would use it to check yourself.

What should be my number one concern in a nuclear attack?

This is a great question and I'm going to tell you the number one thing that would kill you in a nuclear biological or chemical attack! This should be the number one thing you should expect and try to control. Panic!

Yes panic! In a nuclear attack, you don't want your next step to be your last step. You must have a clear mind to make proper choices in the limited time you may have.

Let me give you an example of panic.

While I was recalled to active duty and stationed in Saudi Arabia, I called home to talk to my ex-wife. We had been married for over 27 years and still had a good relationship even though we couldn't be married to each other. I told her about what I was doing of course only the unclassified parts and I asked her how she was getting along. She broke into a statement on the verge of tears and said, "My God I can't get enough duct tape and plastic what can I do?"

I was confused and slightly perplexed, so I said, "What the hell are you into woman? You never did this shit when we were married!" She said, "No, no the Department of Homeland Security came on the television and said we need to have duct tape and plastic to put up in our wood doors and windows!"

I was thinking to myself WTF? Here I am the NBC guy and I know that this is nothing more than busywork. If you think about it for a minute, you'll know most houses are very well sealed up. I mean, since the 1970s and the Arab oil embargo we have been caulking our asses off! Haven't we? We have to keep that energy in! Now let me ask you this: if a fart can't get out of your house how are chemicals going to get in?

If you do not live in that house that was built at the turn of the last century, where when the wind blows the curtain moves, you do not need duct tape and plastic! That statement by Gov. Tom Ridge created a panic situation and a run-on Lowe's and Home Depot like you've never seen.

I told her that she didn't need duct tape and plastic, just stay isolated in the house if anything happens. I explained how to shelter in place and stay put for 7 to 10 days and at the end of that time, they'll know what's going on.

Remember during the pandemic and every store ran out to buy toilet paper? This seemed amazing and kind of shocking to me. First of all, diarrhea was not one of the main symptoms of Covid 19! Why were people more worried about what was coming out of their asses than what they were putting in their mouths?

Another example of panic is in the 1980s I was an NBC instructor in the U.S. Army reserve, and we needed more NBC NCOs in the Army. The Soviet Union outnumbered us something like 8 to 1 in chemical operation sergeants. We were in Camp Shelby Mississippi right outside of Hattiesburg and teaching about 40 soldiers chemical operations.

I heard that a chemical Decon company was at Camp Shelby conducting decontamination operations for a National Guard armored unit. Now picture this, a car wash big enough to wash down tanks, set up out in the middle of the woods, well that's something you just don't see every day! I wanted my students to see this and learn from it so I called them up and asked if we could come watch the operation. They were excited about the idea and said come on down. We drove out to the location and saw all the tanks lined up ready to go into the decontamination area. None of us had brought our gas masks with us because there was no real threat of contamination. The only word of caution we received was to stay behind some engineer tape, a plastic tape used to mark an area. This was because the tanks would drive following the engineer tape and they were all buttoned up with full protective gear on.

It would've been very difficult for a tank driver to see anybody on the course and a 60 tons tank could flatten you without even knowing! We walked over to the briefing area where the drivers were receiving instructions on what to do during the decontamination. We stood off to the side so's not to interfere and I observed the NCO that would spray the tanks down with a nerve agent simulant. The nerve agent simulant that was in the garden sprayer was insect repellent. The same insect repellent that we had put on our skins to keep mosquitoes away.

The NCO was in full protective gear, hell he had an apron on and gloves that went up to his elbows! I have no idea where he could've gotten those gloves. He pulled the garden sprayer from a sump that it was buried in and walked a specific route marked off by engineer tape. After spraying the tanks down, he returned, placed the sprayer back in the sump, and proceeded to a point where another NCO in full protective gear checked him for any contamination. After he was cleared, he removed his protective gear and sat with the drivers listening to the end of the briefing.

Now, the drivers all saw this, and they were all told that it was a nerve agent simulant, so it is kind of hard to understand what happens next. The drivers were told to get up, put the protective gear on and go to their tanks. We walked right along with them up to the engineer tape. A driver went in front of me went underneath the engineer tape and fell over backward. This is Hattiesburg Mississippi in the summertime where the heat is over a hundred degrees and the humidity is off the chart, so I assumed he was a heat casualty.

I grabbed him and dragged him underneath the tree. I pulled off his gas mask and looked at his face. His eyes rolled back in his head, and he started to convulse violently saying, "I got it, I got it, I know I got it!" I thought to myself, you got what insect

repellent? I didn't say it out loud and that driver was medevac'd out of the area in an ambulance. To this day I don't know if he knows it's insect repellent!

This is what panic can do! If you let your mind, take over you can develop symptoms from nothing.

Conclusion

This isn't an easy topic to read or write about! It is hard to come face to face with the fact that parts of our world can be wiped off the map with powerful nuclear weapons. I hope this book answered some questions you had. I hope you can walk away from this a little less afraid about the prospect of nuclear war.

There are affiliate links in this book. If you use them, it helps us out. This book is 100% free and we wanted it that way so everyone could read this without any barrier to the information. We want empowered citizens of this world not terrified ones.

If you feel compelled to "pay" for this book then you can support our [sponsor above](#), use the affiliate links or simply visit our site and become a supporting member of the Prepper Broadcasting Network.

Most importantly, I hope you are a little more confident about the prospect of your future in this world. We are not here to cower and shiver while tyrants make big plans. I believe that we can become more powerful than ever through self-reliance and independence.

www.prepperbroadcasting.com

We are not descended from fearful men.

~Edward R. Murrow