

# Surviving The Fall of Society

Written by **Doobie Ex**

## Preface

This guide is meant to lay the ground work for a successful survival of a large scale nuclear or biochemical attack and the imminent collapse of society in it's wake or the collapse of society by any other means. Much of the material inside is from FEMA H-14 a preparedness guide that is no longer published. This guide also contains material and ideas from Ark Two Community, a group without any political, religious, or cultural bias. Whose purpose is to ameliorate the catastrophe of a nuclear war and to help restore civilization.

This book will focus on survival using the Cooperative Village System. The CVS is alot like communism. The CVS differs from communism in the fact that there are no leaders. There isn't room for a leader. Everyone has a job and must work together to survive. If you and one of your fellow citizens have a disagreement this must be set aside or you will not survive. Everyone should be mature enough to overcome such difficulties with relative ease.

### **To further define:**

**Village:** A group of 10 or more people working together to better their odds of surviving the aftermath a nuclear or biological disaster.

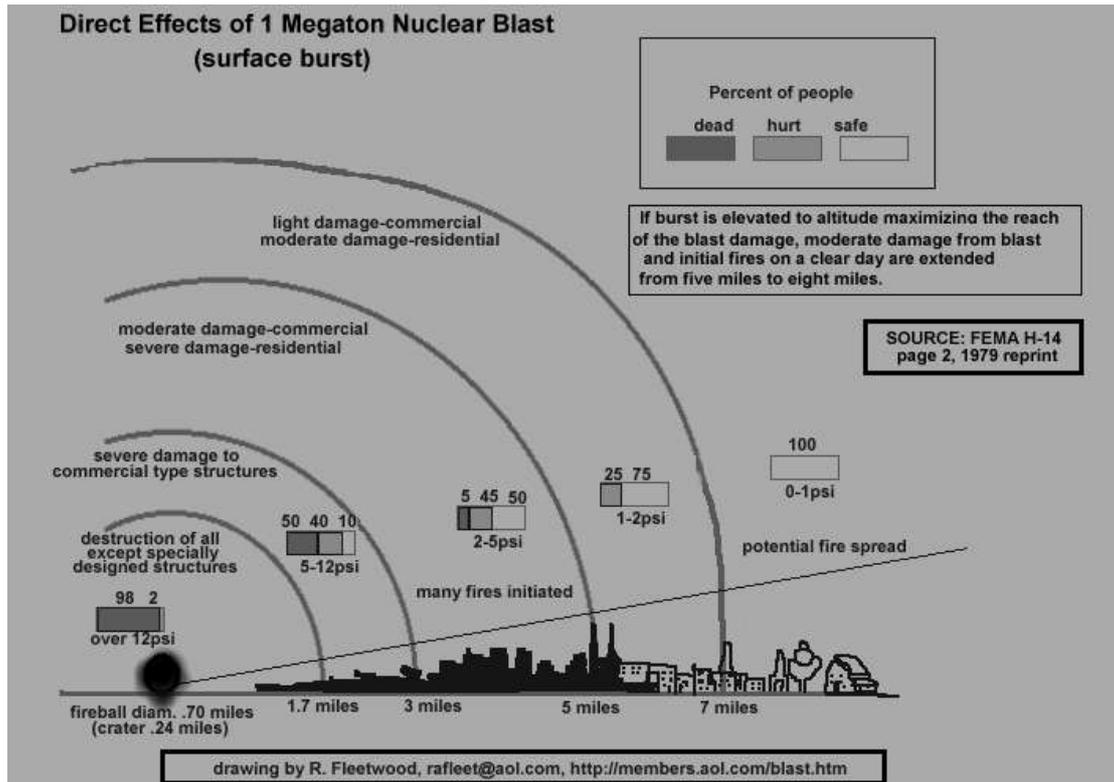
**Citizen:** A member of the abovementioned group..

# Chapter 1: Understanding/Surviving Threats

The first step in surviving a large scale nuclear/biochemical attack is to understand the behavior of the weapons being used.

## Nuclear Weapons

The graphic below illustrates the behavior of a 1 megaton nuclear blast.



A 100 megaton blast is twice as powerful as the impact created by the meteorite that resulted in the Barringer Crater located in Arizona. (pictured below)



An attack on US populace centers with 100-megaton nuclear warheads would kill up to 20% of the population immediately via blast, heat, ground shock and instant radiation effects. An attack with 1,000 1 megaton nuclear weapons (much more likely) would result in the immediate death of half the population.

The few who do survive the initial blast are far from safe. The estimates above do not include additional deaths from fires, starvation, or the lethal fallout showers to the ground downwind of the explosion which would result in skin burns, acute radiation sickness which includes nausea, vomiting, diarrhea, fever, and noticeable blood changes.

### **Rad Scale – The dosages indicated in yellow are lethal.**

One way to measure radiation is in Rads. The lethal dose for 50% of the exposed population of humans is 400 Rads. Here are some short-term effects of different doses of radiation:

0-25 Rads - No apparent short-term effects.

25-100 Rads - Blood changes are noticeable.

100-200 Rads - Some toxic symptoms of weakness, fatigue, nausea, vomiting, diarrhea, fever, and infection. Hair loss, skin spots, hemorrhaging, and some instances of heart failure may also occur.

**200-450 Rads** - Symptoms are the same as the previous exposure level, except that they are more extreme. Will prove fatal to 25-50% of those exposed.

**450-600 Rads** - Symptoms of previous level only even more severe and sooner. Illnesses include mouth, throat and skin hemorrhages. Will prove fatal for 50-75% of those exposed.

600-800 Rads - Previous symptoms plus circulatory and nervous system failure. Medications can control some of the symptoms and make the patient more comfortable, but can't defy the inevitable. 100% of those exposed will die. How far the nuclear fallout travels and the doses those who are in range of the fallout receive depend on weather and other such conditions. It has been estimated that an explosion of a one-megaton nuclear weapon at ground level in 15 mph winds would produce fallout extending hundreds of miles downwind. At a distance of 20-25 miles, a lethal radiation dose (600 Rads) would be accumulated.

### **Long-Term Physical Effects**

Those that survived the explosion and the fallout that followed would still have to deal with effects for years after. Exposure to radiation increases a person's chances of cancer, and also decreases life-span. Another long-term effect would be genetic damage. Radiation can alter the sperm or egg cells in a person, which may result in different genetic diseases. These effects may appear in the exposed person's direct offspring, or may appear several generations later, depending on whether the altered genes are dominant or recessive.

### **Short-Term Environmental Effects**

In nuclear explosions, about 90 percent of the energy is released within one millionth of a second. Most of this is in the form of heat and shock waves. When a weapon is detonated at the surface of the earth, the heat vaporizes nearby structures and underlying soil and rocks. Anything within a 5 mile radius doesn't have a chance.

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In the event of a nuclear attack make your way to your village shelter as quick as you can. Assuming you are not close to the blast you should have anywhere between 30 minutes to 2 hours to prepare for the fallout.

## **Biochemical Weapons**

Biochemical weapons are much different than nuclear weapons. They can be deployed in many ways. One manner in which they can be deployed is via mail, enclosed within parcels sent to unsuspecting victims. Another way is in mortars packed with a biological agent usually in the form of powder or gas which explodes on impact releasing it's deadly cargo.

After the agent has been released it spreads through the air quickly infecting everyone it comes in contact with.

### **Surviving a Biochemical Attack**

The first step is to be vaccinated for all Class A biological threats. They are as follows. Anthrax, botulism, plague, and smallpox.

### **BIOLOGICAL THREATS TO REMEMBER**

**Botulism**  
**Smallpox**  
**Anthrax**

The second step is to obtain anti-biotics from one's doctor to combat these diseases. One should not commence taking them as soon as he/she obtains them. Anti-biotics should be kept for use in the event of an attack. One should also immediately discontinue the use of anti-bacterial agents such as hand-soap, dishwashing liquid, and detergent. Instead, opt for natural hand soaps and the like. Discontinuing the use of these anti-bacterial items will allow one's body to strengthen its immunities.

## **Materials To Keep on Hand**

**Duct Tape** – The average roll is somewhere between 160-180 feet total. Measure all of the openings in your home. If one calculated properly one should be able to figure out how much is needed.

**Plastic Sheeting** – One will should measure the windows, doors, and other openings in his/her home in order to tell exactly how much is needed. Keep extra as well. Mistakes happen.

**Flashlight(s) + Extra Batteries/Bulbs** – One for each member of the household.

**Radio** – Preferably a wind-up model. They can be found in many outdoor stores and magazines. They can also be purchased on Amazon.com at a reasonable price.

**Gas Masks + Extra Filters** – Purchase only new gas masks. Used masks tend to be very unreliable in quality.

You should also keep food on hand. Nothing that involves too much preparation. MRE's are ideal, they can also be purchased on the internet at a very economical price.

One should also keep these supplies in his/her automobile so that they may be accessed in the event you are stranded in your car or in a hotel/motel.

## **Responding To a Biochemical Attack**

If one receives advanced warning of a biochemical attack in his/her area he/she should go home or to another safe place such as a hotel/motel room immediately. As soon as one is in a safe place follow the steps below.

Seal all windows with plastic and duct tape. Also seal all exit doors but one (until the last), including any doors that lead to a garage.

Close the fireplace flue and seal the hearth opening with plastic and duct tape. Seal all vent openings: inside the attic, under the house, above the stove, for the dryer hose, the sink, washer, bathtub, shower drain holes and any other openings where air can enter.

If there is time, be sure that all windows in all of one's automobiles are rolled up tight, and the windows and any vents with plastic and duct tape. This will not prevent air from coming up from under the car, but it will keep out poisons that fall directly onto the car. As soon as it's declared safe to go outdoors gather items the items that you need and get to the village shelter as fast as possible in case further attacks follow.

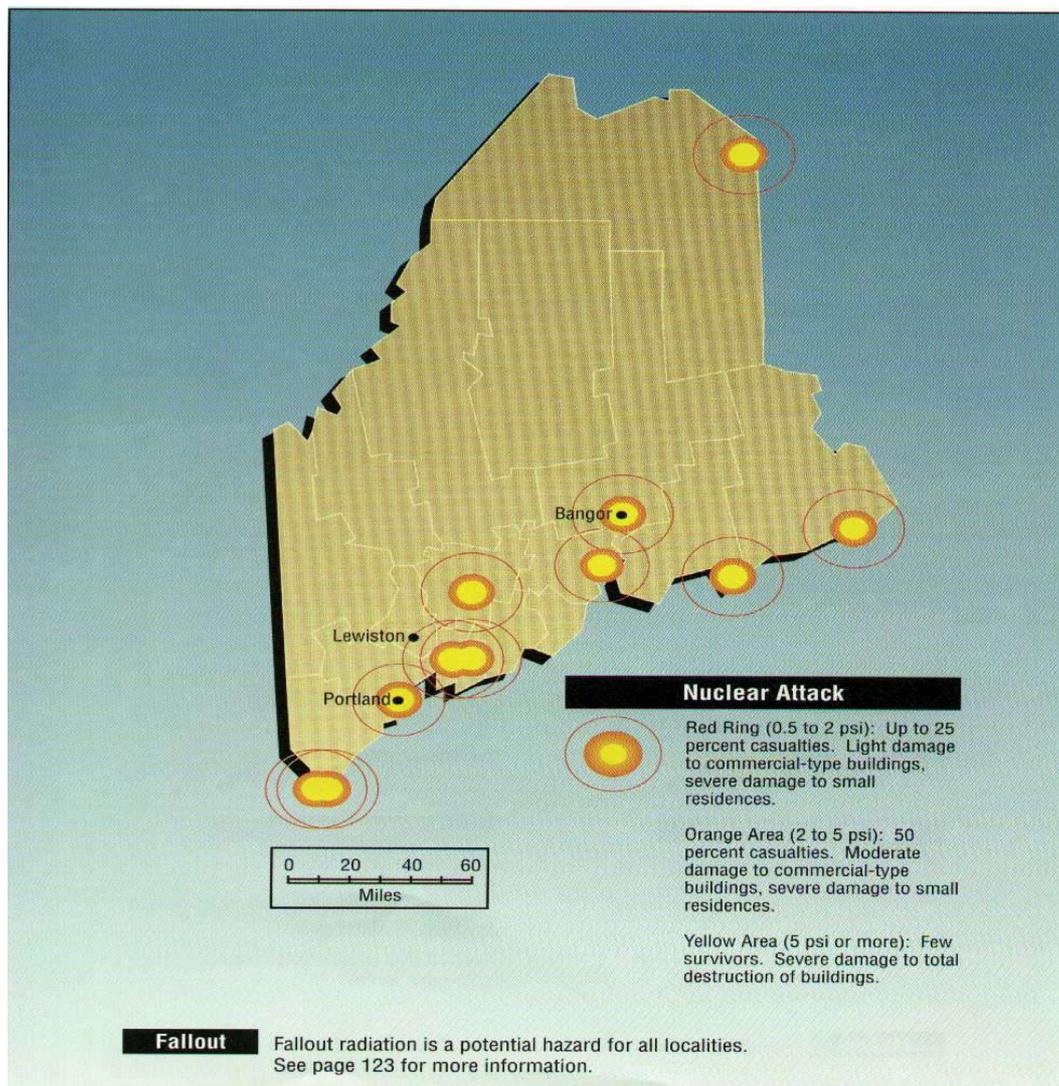
## Chapter 2: Finding A Location For Your Village

Finding a location for a village seems like a simple tasks, but it really isn't. First one must find a location for the village that is a considerable distance from any major population or industrial centers.

As an example Maine has been chosen. The reason: Maine is the most rural state in the U.S. Below is a picture illustrating predicted strike points in Maine.

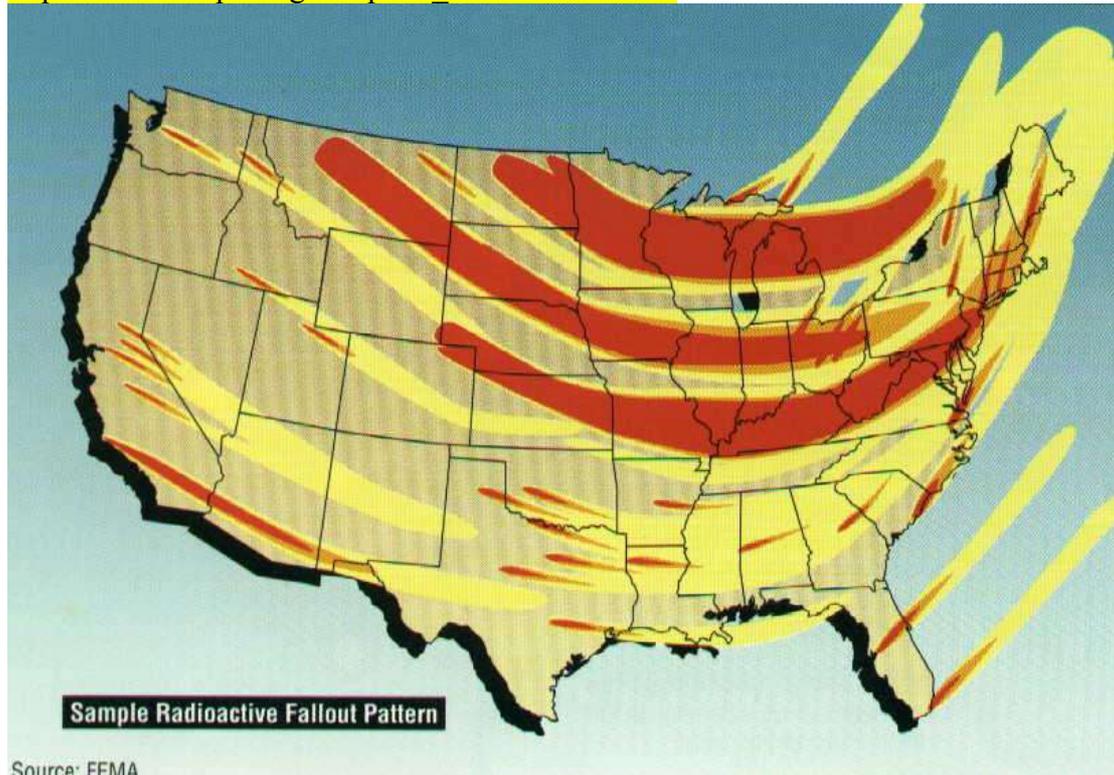
**Note:** Any area that is likely to be the subject of a nuclear strike is also a likely strike point for a biochemical attack as well.

After studying the picture I am sure you can see that building a survival shelter somewhere in the middle of the state would be the safest. Although none of these predicted blast points is particularly likely as these are predicted Soviet strike points. Any current threat is more likely to strike at our cultural symbols. Such as, New York City or Los Angeles.



A comprehensive list of all 50 states can be found hereat the following address.

[http://www.webpal.org/webpal/d\\_resources/list.htm](http://www.webpal.org/webpal/d_resources/list.htm)



Source: FEMA

Picture: This picture illustrates the prevailing wind pattern and how it might distribute fallout.

**Red:** Severe Fallout Levels

**Yellow:** Mild Fallout Levels

The areas in red will have the most severe fallout. Areas in yellow will receive mild amounts of fallout. Those unmarked will receive little if any at all. As one can see Maine is subject to more fallout than some of the other states especially in the far west. Maine is in some ways still safer than other states. Because it has no large population centers it is highly unlikely it will be subject to any direct nuclear or biochemical engagement at all.

### **REMEMBER THESE STATES**

**Montana**

**North Dakota**

**South Dakota**

**Nebraska**

**Missouri**

**Colorado**

All states east of those mentioned above are subject to heavier amounts of fallout than those west of them.

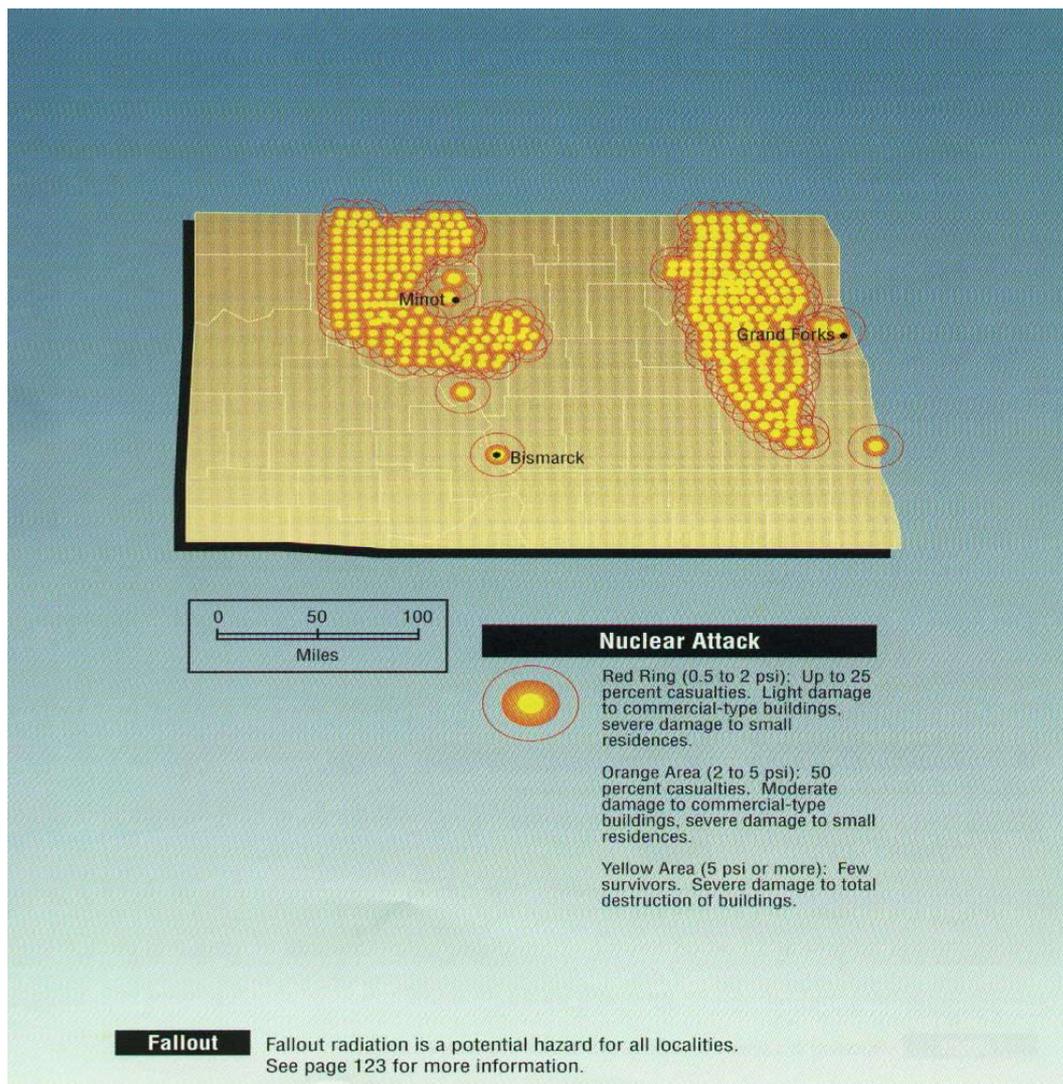
The states listed above are part of what's called a "dense pack". A dense pack occurs when target sites are extremely close together. This does actually serve a purpose. It is called missiles protecting missiles. These sites are referred to as "hardened sites" meaning it takes a direct ground explosion to dig them out. Ground explosions throw

many tons of dust and debris into the air. This is what will eventually become fallout, carried by the wind hundreds of miles away by the prevailing wind pattern.

Directly over the site that has just been hit the sand and grit in the air is very thick for quite a while. Another high speed missile (ICBM) trying to come through it will have its skin torn off just like by sand blasting and it will be destroyed. Other missile sites nearby are safe. On the other hand, because missiles take off much slower than the speeds they eventually reach, the missiles in the undamaged silos can still be launched and will pass through the dust cloud without be harmed. There is a purpose in putting so many in one place.

Now the only way that one can dig them out is with what is called a **slow walk**. Hit a target. Move on further and hit another target where the dust from the first won't damage the missile. Thirty or forty-five minutes later hit a second target near where the first was hit, after the cloud has had time to blow away. A slow process. Some silos will already have launched and the shot will be wasted. Others can still wait to launch later because the enemy can only strike on site at a time.

**Below is a picture of North Dakota illustrating the dense pack/slow walk defense/attack method.**





energy efficient and capable of withstanding certain types of disasters. They (disasters) include tornadoes, hurricanes.

Monolithic offers a workshop at their Italy, TX headquarters. The workshop lasts 5 days and costs \$975.00 per person. The course will cover all aspects in building a dome. Experience then may be applied in building the domes as a contractor or sub contractor.

#### **CONTACT MONOLITHIC**

177 Dome Park Place - Italy, TX 76651  
Tel (972)483-7423 - Fax (972)483-6662  
<http://www.monolithic.com/>

Ultimately each village must decide for itself how the shelter is to be constructed. Things to take into consideration are things such as the life of the structure and cost vs quality. When constructing a shelter refer to Ark Two Survival Group for examples.

\*All shelters should feature EMP protection so that electronic equipment is not damaged\*

Above ground a structure (prefferably a dome) should be constructed. This structure should contain pre-cut materials for the fabrication of village structures. These structures should be joined together by bolts not nails so that they may be disassembled and moved if nescessary. (include extra materials)

#### **Stocking The Shelter**

Stocking a shelter is something that will vary from shelter to shelter. Things that should be included in every shelter are things such as geiger counters, pottassium iodide (anti-radiation pills), gas masks, MRE's, and post attack clean-up equipment.

Other things that need to be stored are tools, seeds, and literature pretaining to each trade to be used as refference. One might also consider storing things to pass the time in a shelter. Things such as gameboys (with extra batteries), magazines, mini-dvd players+movies, etc.

#### **Citizens In The Village**

Each citizen should have a specialization. I have compiled a list of some of the necessary skills to give you a general idea of what is required to sustain a village.

#### **NECESSARY SKILLS**

**Farming**  
**Primitive Cooking**  
**Carpentry**  
**Smithing**  
**Processing Natural Fibers**  
**Human Waste Composting**  
**First-Aid**  
**Herbal Medicine**

Learning these necessary skills is a mix of reading and practice. Below is a list of recommended reading materials and URLs. All of the books listed can be found on Amazon.com.

**Farming**- Farming is a subject where there is an infinite amount of source material. One would recommend reading as much information as one can come across on the internet. One book that seems most helpful is "Successful Small-Scale Farming: An Organic Approach".

Most of what is covered in the book can be practiced in one's own back yard. Some alterations may need to be made in the methods used.

**Primitive Cooking**- <http://www.primitiveways.com/> The web-site should give one a good starting point. In many heavily wooded regions there are quite often survival camps/courses. If one is truly interested in master primitive cooking he/she should probably enroll in one of these camps/courses.

**Carpentry**- Carpentry does not merely mean the ability to use a circular saw and put nail to board. What is intended is a mastery of the art. The ability to fell a tree and turn it into a chair. To take materials from their rawest form and make them into something functional.

"The Big Book of Self Reliant Living" features a number of fabrication techniques. One might also find books at a local library that can assist.

**Blacksmithing**- There are a number of books covering this trade. This book is a good place to start, "Blacksmithing Primer: A Course in Basic and Intermediate Blacksmithing"

**Processing Natural Fibers**- No appropriate source material for this subject could be located at the time of release.

**Human Waste Composting**- "The Humanure Handbook" should explain the process entirely.

**First Aid**- Nearly every area offers First-Aid courses along with certification. These techniques must be adapted to use herbal substitutes and natural fiber bandaging.

**Herbal Medicine**- Herbal Medicine is a skill of the utmost importance. There are a number of guides and dictionaries featured on Amazon.com. One should try to read as much literature as possible on this subject.

### **Natural Water Purification – The Final Step in Self Sufficiency**

Water purification is a problem that every country in the world faces and none have yet to solve it. If presence of human waste is eliminated from the water (effectively done by waste composting) then a large portion of the job is done. The human waste now eliminated opens the door to simpler, natural water purification techniques.

The most effective natural purification technique seems to be the application of water hyacinths. These plants ingest pollutants and leave the water relatively clean. If allowed to flourish in open streams hyacinths will waste no time in clogging these

streams and making a general nuisance of themselves. It seems that diverting a portion of a stream/river into a pond is the only safe way to impliment hyacinths. The plants effectively clean the water and are not allowed to spread into the nearby waterways.

Hyacinths must be harvested at regular intervals. These harvested hyacinths could be dried to create fertilizer or composted along with human waste.

Now that the water is relatively free of bacteria you can move on to the next problem. The prescense silt in drinking water. Silt can easily be removed through a number of simple filtering techniques. Be inventive and come up with your own.

## Chapter 4: Post Collapse

If a nuclear attack has occured there is bound to be fallout everywhere outside of the shelter. There is a wealth of information about fallout clean-up exists on the internet so it will not be addressed here. There is also a wealth of information on clean-up following major biochemical attacks therefore it will not be addressed here either.

### **First Things First**

If a nuclear/biological attack has occured then someone will have to venture outside in order to determine if the outside area safe for activity. Once the area outside has been deemed safe clean-up should begin. Once the general area has been cleaned then the storage structure should be opened and the structures inside should be assembled.

When the village structures are complete everyone should move above ground into the new structures. The shelter should act as sort of a base of operations during this phase. If it is still winter then everyone should keep refuge in the shelter until it is warmer.

During the first growing season things may be a little rough. However, things should pull through. Periodic harvesting and canning should be done to insure there are provisions for the colder months. When the colder months arrive things shouldn't be too rough. Hunting should be perfectly safe by this time. Be sure to kill wild game to supplement existings supplies.

### **Time Rolls On**

Society no doubt will eventually pull itself back together. Someone will eventually happen upon your little village and you will integrate back into society. Educate your children well about our society, teach them right from wrong. Instill in them principles which will hopefully keep this kind of thing from happening ever again.

### **From the author.**

I hope you enjoyed reading this guide. I know it's not a work of art. I do not possess the literary faculties of the greats, but I am doing my best to convey my ideas. This will not be the last release. Many changes will be made and the guide will expand. Some things were not included because they have not been properly evaluated or were overlooked altogether. Suggestions or additions to the guide may be sent to [DoobieEx@hotmail.com](mailto:DoobieEx@hotmail.com) Credit will be given to those whom contribute.