

# **SURVIVAL** TIPS FOR **THE ELDERLY**



**By Caroline Hill**

### Contents

Survival Tips For the Elderly .....	4
Why Are the Elderly More Exposed? .....	5
What Are the Risks In the Area? .....	7
The Emergency Plan and the Safety Network .....	8
Supplies .....	11
Bug-Out Bag .....	12
How to Prepare Your Escape .....	14
The Best Defense Strategies .....	16
Stay or Leave? .....	17
What to do if the electric grid fails:.....	17
What to do in the case of a fire:.....	17
What to do in the case of an earthquake:.....	18
What to do in the case of a tornado: .....	18
What to do in the case of a flood:.....	19
What to do in the case of a winter storm: .....	19
What to do in the case of a chemical attack: .....	20
What to do in the case of a biological attack: .....	21

## Survival Tips for the Elderly

---

A Plan For the Immobile and the Physically, Visually, or Hearing Impaired.....	21
24/7 Prepping.....	23
Survival In 5 Steps:.....	26

# **SURVIVAL TIPS FOR THE ELDERLY**

When disaster strikes, the elderly and the children are often equally exposed. The elderly have the advantage of experience; however, the disadvantage of an older body might be fatal unless special arrangements are carefully made.

When making arrangements for disaster scenarios, people often think about themselves and about their needs. They sometimes forget that women, for instance, have special needs. The bug-out bag rarely mentions tampons for example. Even fewer people think about the special needs of children. And the elderly are often “forgotten” too.

This brochure was especially created to raise awareness on the special challenges the elderly might have to overcome in their fight for survival in a worst case scenario. You will find out what the main problems might be and how to overcome them.

Either you are an aged person or you have a beloved relative that you want to know is safe, and the following guide will provide all the information you need in order to prepare for the worst and survive in extreme conditions.

Maybe you are one of those people who believe in mankind and trust that human beings are essentially good. Unfortunately, history has proven that in extreme situations, people tend to behave at their worst and beyond. This is why you must always be prepared for whatever might happen, and you need to make sure your beloved ones are also safe.

So what can you do for the elderly? How can you help them? How can you help yourself? What preparations should be made in order to know you are safe during a worst-case scenario?

### **Why Are the Elderly More Exposed?**

There are several factors that put the elderly at a higher risk when disaster strikes. You can think about your everyday challenges or take a minute to think about your parents or grandparents.

First of all, aged people aren't very fit. Even an active person, who has been exercising all her life, becomes slower as the years go by. The whole process of aging is caused by the fact that the body stops producing new cells at a rate high enough to replace dying ones. Nervous cells, for instance, are extremely vulnerable—that is why the elderly have slower reactions both physically and mentally. Poor balance is another consequence of getting old. Vision and hearing are also frequently affected. No matter how active and independent a

70-year-old might be, it's biologically impossible to have the same sharp reactions as a 30-year-old.

As they are not very confident in their physical abilities, the elderly tend to carefully weigh every decision they need to make. That is why they might not be able to make quick decisions and why they might seem to hesitate. And hesitation may cost lives in survival situations.

Most of our grandparents are not very tech savvy either. This might be a problem too. The elderly often live pretty isolated. They may have just a couple of friends for instance, who might not be able to efficiently help them in case of an emergency.

Once the crisis moment has passed, problems continue to appear. Most of the elderly depend on different treatments or even medical devices. Chronic conditions are frequent in people over 60. When you have to take a few different pills two or three times a day, a disruption of the supply chain can become pretty serious in just a few days. Medical devices use electricity, batteries, or consumables—all of these might be unavailable during a world-wide crisis.

The elderly are more prone to accidents and injury. Unfortunately, the healing process is long and slow in their case, and a wound that would heal rather quickly in a young person can complicate and become potentially fatal. Also, infections are usually more severe and require supportive and specific treatment.

Apparently, the odds are pretty much against the elderly in a disaster scenario. But is this really true?

A carefully designed emergency protocol will compensate. Every institution has protocols: Hospitals have hundreds of them to guarantee the best medical choices are made; the military has protocols to follow; and firemen have protocol as well. An emergency situation might create panic even among the best trained people. That is why protocols were created—to show people what the best ways to act are in order to save lives. A thorough plan, practice, and a positive mental attitude will keep your name on the short list of survivors, no matter what disaster strikes!

### **What Are the Risks in the Area?**

It's important to identify the risks in the area where you live. An EMP will probably affect the whole country equally, so there isn't much you can change about it. But the geographical location is important for other disaster situations. For instance, living in proximity to a large river may be associated with an increased risk of flooding. Do you live in an area where there are frequent earthquakes? Tornados? Is there a state prison nearby? Are there severe blizzards in winter in that area? Do you live near a potential terrorist target?

You must weigh the benefits and risks of living in a certain area very carefully. How far do you have to drive to get to a hospital? Is there a dam nearby that might flood the whole area if damaged? What are the access routes to a safe area, and what is the risk they might be blocked? Are there alternative country roads?

Living in a large community normally grants quick and easy access to schools, shops, supermarkets, and medical care. But in the case of a disaster, it might be best to avoid crowds. Living in a small

community is great because people know, help, and care for each other, but access to resources may be limited.

It's a great idea to write down all the advantages and disadvantages and decide if that is the right place to be in or if you should consider moving.

### **The Emergency Plan and the Safety Network**

Once you have carefully identified all the potential threats, you need to address them all. Remember that in an extreme scenario, even the best trained people react faster if they know what they have to do and what they should expect. Also keep in mind that in the first hours or even days after disaster strikes, small groups of people have a better survival chance than individuals.

Talk to your neighbors, and find out who shows your same interest in prepping. Maybe they are unaware of the dangers of an EMP for instance—but they might be worried about a flood, a hurricane, or a fire. Creating a support group is always a great first step!

Create your own plan for all emergency situations that might occur. What are the exact things you need to do if there is a fire in the woods next to your house? Or if a hurricane will pass right through your neighborhood?

Write down every single step, and make sure the plans are on hand so you can check on them regularly. The more you read and practice them, the quicker you will learn and the more familiar you will get with each and every step. Make sure to update them as soon as a

change of plans occurs. Checking on other people's plans and ideas is always useful because it brings a new perspective on things.

Stay flexible in your plans. Sometimes you need to take into consideration several scenarios for the same disaster.

One important step is to mention on all your plans that you need to take along your important papers. You need to have a file with your ID, health insurance, passport, social security numbers, and other important data and documents. It's a good idea to include copies of these papers as well. You should also put a piece of paper with the names of your family members, their phone numbers, and their addresses just in case someone needs to contact them for you. Maybe you also want to add a special photo of your family. Put them in a waterproof storage system just to keep them safe. And DON'T forget about them in case you need to leave your house unexpectedly.

The safety network is usually adapted to a person's needs and to each emergency situation. The support network can include neighbors, your doctor, family members, friends, your pharmacist, your priest or pastor, or members of your church and so on.

There should also be an emergency bag that includes some essential items. The emergency bag should also be mentioned in your emergency plan. It might sound funny now, but in a crisis, people don't think clearly. Panic and the rush of hormones seem to interfere with logic and common sense. This is why we can't emphasize enough how important a detailed plan of action is.

Once you are in a safe place, you need to communicate to the rest of your family. Sometimes texting can be more effective than calling

because lines might be busy. Also, it may be easier for you all to communicate to a relative who lives far away from the disaster site than to communicate directly with each other.

People in your emergency support group should be aware of their responsibilities. They should have a spare key to your house, and you should inform them about your emergency kit, emergency medicine, medical devices you are using, and other vital information. They should also know when and how to administer emergency medicine if you are not able to.

You can download a Family Emergency Plan [here](#). And you can definitely improve it according to your specific needs.

Most communities have a disaster plan. It's a great support, and it definitely increases your chances of survival during and after a future disaster.

Be informed of the community warning systems. Local authorities should warn the community about pending disaster situations, and you need to know how they will provide this information before, during, and after a disaster.

Other reliable information sources that you need to include in your emergency plans are the local volunteer fire departments, the local emergency alert system, and the all-hazard alert radios. Be informed about public shelters in your area or Red Cross shelters. You might need them if you need to evacuate.

### Supplies

Sometimes when disaster strikes, one of the safest places to be is your house. It's true there are situations where you need to leave it as soon as possible, but usually, even in such situations, you will probably be able to return before the authorities have the time to restore road safety, supply chains, and production. So it's always a great idea to have the necessary supplies in your home.

Even authorities recommend that you should always have a three-day stock of food, water, and other supplies in your home at ALL times. We believe that a 3-day stock is almost useless, and we recommend stocks for at least a month. A careful prepper, though, who is determined to survive, will have supplies for an even longer period of time!

Here is a basic list of what you should be able to find in your home in order to keep you safe for a while:

- **Water:** One gallon per person per day. Remember that you can survive for a long time with little to no food, but the average person will be seriously affected after three days without water!
- **Non-perishable food:** This includes dry pasta, rice, flour, dry peas, dry beans, dry fruits, oil, sugar, coffee, UHT milk, and vegetable, fruit, and meat cans—basically anything that can be stored for a few weeks or even months. Frozen food is great; however, there is absolutely no guarantee that the electric grid will work, so it's not a good idea to count on it.
- **First aid kit**
- **Medication and medical supplies:** It's best to have a stock for at least three months; however, you should always have medication

for at least a week in your home at all times. Make sure a copy of your last prescription is available too.

- Flashlight and plenty of batteries for it
- Batteries for your thermometer, wheel chair, hearing device, or any other health devices you might be using
- Batteries for a battery-operated radio: This is very useful to stay in touch with the rest of the world and keep informed.
- Eyeglasses: the ones you are wearing and a spare
- Candles or, even better, a kerosene (paraffin) lamp and fuel
- Food for your pets
- Self-defense devices and ammunition (if we're talking about a gun)
- A repair kit
- A few basic tools you might need for quick repairs or a full set of tools if you live in a remote area or if there's a high chance you will need to survive alone, without the help of your family
- Gas mask

This list includes a MINIMUM of things that should be in your house at all times. They are meant for survival for a short period of time.

### **Bug-Out Bag**

Sometimes staying in your home is out of the question. The bug-out bag should provide the basic tools for survival in case you need to leave your house in just a few minutes. You should be able to just grab it and leave. Here is a list of items that you can put there; it's up to you to make a more rigorous selection of the necessary items on

this list. Remember that the bug-out bag needs to be carried for a medium or even long distance, so it's important that you are able to carry it!

- Drinking water (3 liters)
- Water filters
- Water purification tablets
- Protein and energy bars
- Portable stove and stove fuel
- Can opener
- Metal cooking pot
- Clothing (one set of dry clothes, underwear, hiking socks, rain poncho)
- Tarp and/or tent
- Sleeping bag
- Ground pad
- Ignition source
- First Aid kit
- Insect repellent
- Survival blanket
- Soap
- Other hygiene items—just remember to keep the weight down!
- Survival knife
- Multitool
- LED lantern/headlamp/keychain
- Batteries
- Cell phone
- Solar/crank charger
- Hand crank radio

- Money
- Map
- Small notepad and pencil
- Emergency whistle
- Pepper spray
- Handgun/rifle and ammunition
- Duct tape
- Resealable bags
- Sewing kit
- Fishing kit
- Personal papers
- Medicine for at least a week!
- Gas mask

It can't be emphasized enough how important the bug-out bag is. It has to be in hand at all times, and items in it should be checked regularly. Batteries should be replaced every six months. The expiration date on food and water labels should also be checked and medicine as well. You must ensure that all the items in your bag function perfectly or are fit for consumption so that you can count on them.

### **How to Prepare Your Escape**

It's essential to conceive an escape plan, which should be rehearsed with all the inhabitants of the house at least twice a year. There must be at least two escape routes out of every room. Escape ladders should be purchased for rooms above ground level. Also, a safe meeting location should be established.

Identify the safe places you can go depending on the disaster that just struck. Also, make sure you are familiar with the trajectory to those safe places. Ideally, there should be at least one alternative route to get to the meeting point besides the main road.

Make sure the tank of your car is always at least half full. Also, it would be a great idea to have some fuel stocked, just in case. Your car should function perfectly at all times, so don't postpone necessary repairs.

Your car should also have its own bug-out bag. We advise you always have the following items in your car:

- Flashlight with batteries and spare bulbs
- Maps
- Tire repair kit
- Jumper cables
- Flares
- Bottled water
- Extra food
- Blankets
- Winter clothes
- Shovel
- Sand
- Tire chains
- Windshield scrapers
- Sun umbrella
- Gas mask

### The Best Defense Strategies

Some say nothing compares to a good rifle and plenty of ammunition. It's true that safety rules ask you to be prepared to defend yourself, and a gun is probably the best choice, especially for an aged person. A little bit of training can make you a great shooter. Besides, you don't need to have lots of physical strength and you can avoid direct contact, which usually results in injuries. But in most cases, although the gun is a great ally, it simply isn't enough.

Your mind is the most powerful tool you can own. And nobody can take it away from you as long as you're alive. If you remain calm and you know what needs to be done—in other words, if you're prepared! —people will eventually gather around you and want to follow you. A clear mind is more valuable than a strong body.

Never share your secrets with anyone. Some things need to be kept for yourself. You might want to hide some of your ammunition or some food supplies for instance. In a disaster situation, one thing that nobody knows is when the supply system will function normally again—if ever! Under the circumstances, every resource is precious!

Remember that you know more about survival than most of the young and strong men and women out there. This gives you a tremendous advantage over them. Just imagine the case of an EMP—it would throw the world back about 100 years. It's about how your parents used to live. You definitely remember most of their stories, and this will help you get most of the resources you have.

Surviving alone is one of the hardest things to do. A few members of your family or a couple of close, reliable friends will help you form a group you should be able to fully trust. This way it will be easier to

protect yourselves against aggressors, keep watch during the night, and so on.

### **Stay or Leave?**

This is an extremely difficult decision to make. Their home is the one place in the world where people feel safe. This is why most people find it very difficult to decide to leave. But there are situations when it's imperative to leave—a fire, a major flood, or a hurricane that is going to pass straight through your neighborhood. On the other hand, there are cases when you should stay in your house and even seal it—for instance, during a chemical or a biological attack. Here are some basic actions to take in some specific disaster scenarios.

#### **What to do if the electric grid fails:**

- You can stay in your house safely.
- Do NOT use candles.
- Use a flashlight.
- Turn off or unplug appliances.
- Keep refrigerator doors closed for as long as possible. If you can, lower the temperature in the room where it is located.

#### **What to do in the case of a fire:**

- When entering a building, familiarize yourself as to where you are, and be sure to know how to reach the two nearest exits.
- Hotels usually have fire escape stairs only to the first six floors; make room reservations accordingly.
- Smoke is blinding and will bank down in the rooms and hallways. This condition may force you to crouch or crawl to escape to safety.
- Use the stairs. Never take the elevator during a fire.

- If caught in smoke, drop to your hands and knees and crawl towards the nearest exit. Hold your breath as much as possible; breathe through your nose, and use a filter such as a shirt.
- If trapped in a room, close as many doors as possible between you and the fire. Wet and place cloth material around or under the door to help prevent smoke from entering the room. If the room has an outside window, be prepared to signal to someone outside.
- If clothing catches fire: Stop, Drop, and Roll!

### **What to do in the case of an earthquake:**

- When entering a building, become aware of all exits.
- Stay away from windows.
- When the shaking starts, look nearby to find a big, heavy, massive object to drop next to. This is called the Triangle of Life.
- Make sure your home is securely anchored to its foundation.
- Hang heavy items, such as pictures and mirrors, away from beds.
- Learn how to shut off the gas valves in your home, and keep a wrench handy for that purpose.
- Keep and maintain an emergency supplies kit in an easy-to-access location.
- If you are in bed, drop next to it. Protect your head with a pillow.
- Don't use the stairs; they are the first part of the building to collapse.

### **What to do in the case of a tornado:**

- Stay inside!
- Go into your basement or in your reinforced safe room, and put as many barriers as possible between you and outside.
- If no basement is available, find another suitable location: as close to the ground as possible, far inside the building, in the smallest room available, and away from doors and windows.

- The magical solution of the bathtub covered with a mattress might work or might not work. However, if the bathroom has a window or an exterior wall, it's best to choose another safe place!

### **What to do in the case of a flood:**

- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight and extra batteries
- Battery-powered or hand-crank radio
- First Aid kit
- Cell phone
- Extra cash
- Emergency blanket
- Extra clothing and rain gear
- When a flood or flash flood warning is issued for your area, head for higher ground, and stay there.
- Stay away from flood waters. If you come upon a flowing stream where water is above your ankles, stop, turn around, and go another way. Six inches of swiftly moving water can sweep you off of your feet.
- If you come upon a flooded road while driving, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly, and move to higher ground. Most cars can be swept away by less than two feet of moving water.

### **What to do in the case of a winter storm:**

- Winterize your vehicle, and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Listen to local news channels for critical information on snow storms and blizzards.

- Avoid driving when conditions include sleet, freezing rain or drizzle, snow, or dense fog. If travel is necessary, keep a winter supplies kit in your vehicle.
- Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
- Keep garage doors closed if there are water supply lines in the garage.
- Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- If you stay in your car and it's snowing heavily, check your exhaust pipe every hour. If it's blocked by snow, you can get poisoned by carbon monoxide.

### **What to do in the case of a chemical attack:**

- Discover where the chemical substance is coming from, and get as far away as possible.
- If you are in your home, seal it; shut all doors and windows, and shut down air conditioning and heating systems. Tape plastic sheets around the windows, doors, and air vents. To increase efficiency, choose a room with little to no direct exposure to the exterior (fewer windows, for instance).
- Cover your body with clothes to minimize skin exposure to chemicals.
- Cover your mouth and nose with a gas mask. If a gas mask is not available, use surgical masks or handkerchiefs. A somewhat effective alternative is to soak a clean cloth in a solution of baking soda and improvise a mask out of it.
- Wash as soon as possible with large amounts of warm water and soap, or you can also effectively use a diluted 10:1 bleach solution.

Be careful when you prepare the solution; otherwise, it can have serious adverse effects.

### **What to do in the case of a biological attack:**

- Stay inside. Don't go to work, and don't send your kids to school.
- Avoid crowds and even visits. People can be contagious for a while even before showing signs of infection.
- Minimize exposure: You might be an animal lover for instance, but you shouldn't try to save a sick-looking animal. Keep in mind that often birds are the first animals affected.
- Don't put much hope in vaccines. A biological attack involves extremely pathological strains to which vaccines have already proven ineffective.
- Don't put much hope in antibiotics either. In a biological attack, the chosen strains of bacteria involved show antibiotic resistance.

### **A Plan for the Immobile and the Physically, Visually, or Hearing Impaired**

Age comes along with a different degree of inability. This would definitely make escape much harder as these people might be unaware of the imminent danger or incapable to move or move fast enough to escape. For such situations, special plans should be conceived and exercised at least once every six months:

- The safest solution is that you don't live alone. Consider living with your children or other relatives. Since this can be a delicate subject, an even better idea is to move into close proximity (just a few houses away, for instance).

- If living with your family is simply not possible, make sure your safety network is well informed and very reliable. Announce to the local authorities, the fire department, the church's active members, and the disaster committee in the neighborhood that you are impaired. Make sure they are aware what your exact deficiency is, where they would most probably find you in your home, and what kind of help you would most probably need. It's a great idea to make a verbal agreement with a friendly neighbor so they will check on you regularly. You should give a spare key to your house to a friend or trustworthy neighbor.
- Be informed about the warning system for the disabled that is available in your area.
- Make sure your bug-out bag is always well prepared and in hand. When someone comes to the rescue, there won't be time to add things to your emergency bag or to search for it all around the house.
- Make sure the house is adequate for wheelchairs, if you are using one.
- If you have a service dog, make sure all his papers and accessories are in the bug-out bag. Prepare supplies for the service dog as well.
- Be informed about transit systems and routes that you don't usually use but which might prove essential in an emergency situation.
- Practice evacuation plans often.
- Wear medical alert tags to identify your disability.
- If you live in an apartment building that normally relies on an elevator, make sure there is an accessible way to leave the building in case the elevator stops working.

- Be informed about emergency locations in the nearby area and where you can find shelter or specialized medical assistance you may need (dialysis machines, for instance).

### 24/7 Prepping

You have the emergency plan, the emergency kit, and the support of your family and friends. You have carefully prepared supplies, and you have a stock of medicine for the next six months. You rotate your supplies on a regular basis, and you are familiar with all the escape routes. And your car is in perfect condition.

And yet you are not fully prepared!

Being a survivor is much more than keeping a bag near the front door. Being a survivor is also a lifestyle choice. A mental effort. In order to BE prepared, you need to FEEL prepared.

*Be sure to have a healthy diet.* It's not easy nowadays, when there are so many tasty and horribly unhealthy temptations. Remember the nutritional pyramid and the fact that vegetables should have the highest proportion in your diet. Replace red meat with white meat and fish. Choose carefully when you go to the supermarket. Buy your food from local producers. Don't just buy sausages from the supermarket; you can make your own from fresh ground meat, which is much tastier and definitely healthier! Eat plenty of fresh fruit, and make your own natural juice if you need any.

*Exercise daily.* Maybe you like to jog or take long walks. Maybe you would rather play tennis or ride a bike. It doesn't matter; your purpose is to keep fit. Besides, studies show that 30 minutes of exercise a day will significantly improve your health by lowering your

blood glucose and cholesterol and will keep your heart in great shape. Exercise helps digestion and improves memory as well!

*Keep busy.* Inactivity is a serial killer. It kills your enthusiasm, your happiness, your love of life, and your brain cells! Keep doing your daily routine: your house chores, taking care of your garden, walking your dog, reading, solving puzzles and crosswords, reading, knitting, etc. Avoid too much television and computer games; they are bad for your overall health, both physically and mentally.

*Have a social life!* Meet your friends on a regular basis; plan activities together and even short trips. Have a weekly routine, and keep in touch with them on a daily basis. Help each other out, and do small favors for each other. A social life is healthy!

*Be involved in your community.* Every community has its own projects. You can help the local school or kindergarten, you can assist the poor or the disabled, or you can be a temporary emergency babysitter for your neighbor. You can teach people to sew or teach kids how to play chess or an instrument. Your participation in the life of the community keeps you active and involved, and people will definitely appreciate your help. You will be able to help, to change things for the better, and to assist others during their preparations.

*Keep in touch with your doctor.* Keeping a close eye on your health is just common sense after a certain age. Early diagnosis of any chronic condition associated with old age and proper treatment will make a difference. You can be an active independent diabetic who has the disease under control, or you can ignore it and risk the severe complications associated with this disease. Heart disease might sound like a horrible diagnostic, but modern treatments can help you

live a normal life as long as your lifestyle is the right one and your condition is periodically monitored by a cardiologist who can adjust your treatment accordingly.

But survival of the fittest isn't only about the ones that are in good physical shape. A great mental attitude makes all the difference. Natural reactions to stress are fear, anxiety, anger and frustration, depression, loneliness, and guilt. Preparing for a survival scenario ensures that your reactions in an extreme situation will be productive, so the survival attitude is a must, and it needs to be developed over time.

You need to know yourself as best as possible and develop those qualities that would help you. You should accept and anticipate your fears and deal with them. You need to keep a realistic vision of the situation, making "hope for the best, prepare for the worst" your motto. Learn to have a positive attitude at all times and prepare using stress management techniques that will help you keep your head on your shoulders when everyone else is losing theirs. Keep in your mind that the will to live is nothing but a refusal to give up!

In extreme scenarios, it's not the most physically fit who survive; it is rather the ones with the strongest psychological state. The mind has a fascinating power to convince the body to do incredible things. In a survival situation, you need to set clear goals; they give motivation and help you concentrate on specific situations. Once the imminent danger has passed, the fight to survive might extend over weeks or even months; this is the time when you need to only rely on yourself, your resources, and your creativity. Don't expect help; be ready to face obstacles by yourself. Silence and loneliness will be two of the

worst enemies, so keep positive and keep busy all the time to have your mind occupied.

Remember that agitation causes fatigue, and fatigue leads to carelessness and loss of reason. Conserve your energy by not oversteering, and take time to rest. Always weigh the pros and cons of your actions. For instance, a full belly gives a better perspective on life, but wasting two to three hours by wandering around and only finding a few berries is not a good decision.

Fear is a normal phase everyone goes through in such an extreme situation. You can add your imagination to it, and despair will take over along with panic attacks. Or you can expect it, recognize it, and control it for your own good. Confidence in yourself, a positive attitude, and keeping busy will control your fear and turn it into a tool rather than an enemy.

### **Survival in 5 Steps:**

1. Keep your mind and body fit.
2. Weigh the risks.
3. Be informed.
4. Plan ahead.
5. Build self-confidence.

That is all it takes to survive. Don't be a victim!