

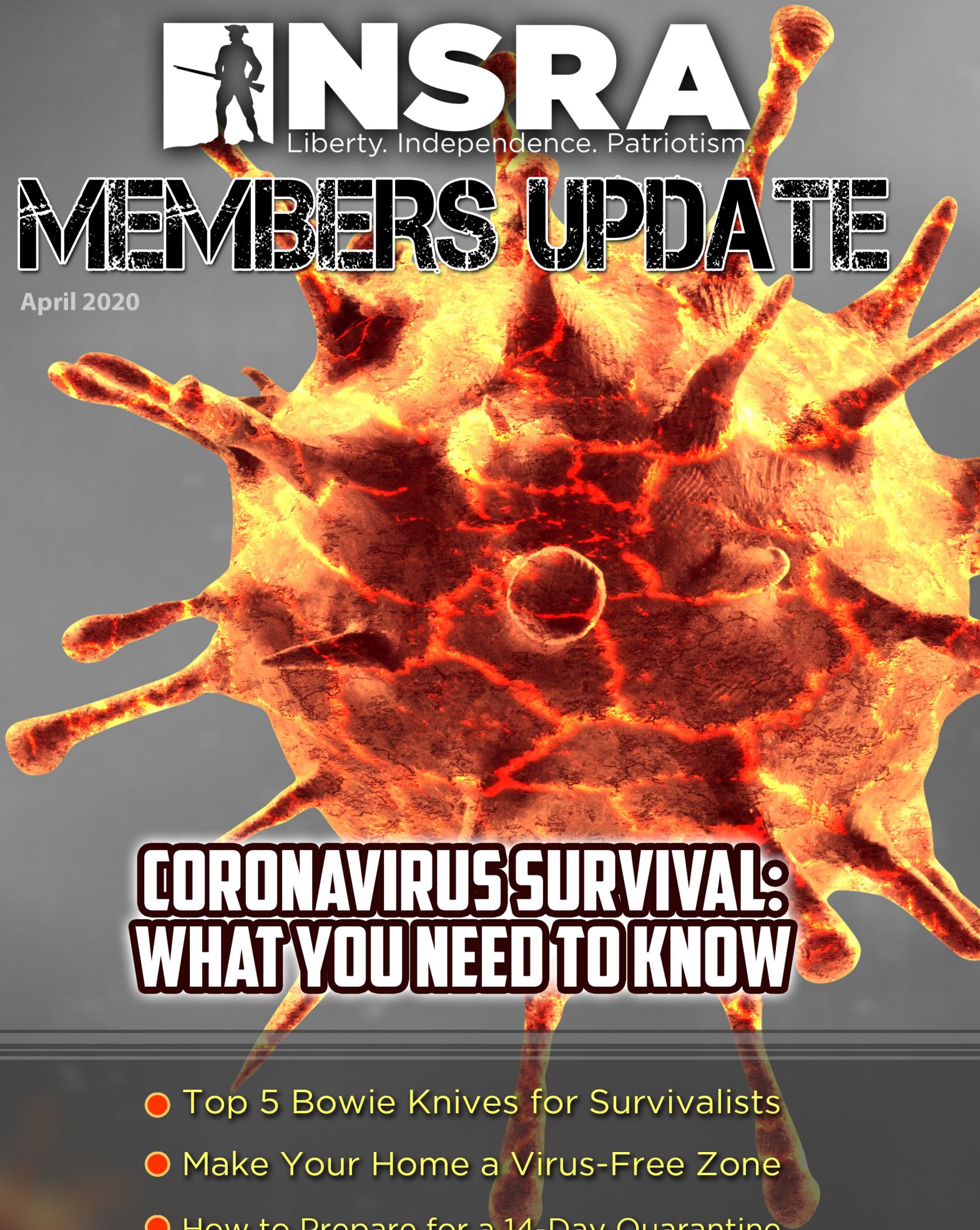


INSRA

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MEMBERS UPDATE

April 2020



CORONAVIRUS SURVIVAL: WHAT YOU NEED TO KNOW

- Top 5 Bowie Knives for Survivalists
- Make Your Home a Virus-Free Zone
- How to Prepare for a 14-Day Quarantine

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NSRA's Coronavirus Survival Guide

With the 24-hour news cycle in full crisis mode, it can be hard to separate the cold hard facts from the hysteria. In this article, we break down exactly what scientists and researchers do and don't know about COVID-19, a.k.a. the dreaded "coronavirus."



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Top 5 Bowie Knives

There's a reason frontiersmen, outlaws, and soldiers have been carrying this style of knife for almost 200 years. The Bowie knife, named after the legendary Alamo defender, is one-part machete, one-part mini sword, and 100 percent essential to any fully loaded SHTF arsenal.



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Eradicate Viruses in Your Home

With deadly viruses in the news, the question on everyone's mind these days is: What, if anything, can we do to minimize our exposure to this threat? In this article, we've outlined 9 simple tactics you can use to make you home virtually virus free and keep it that way.



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Prepare for Quarantine

Whether or not you're placed on a mandatory quarantine by a government entity, the fact is that we should all prepare for 14 days of isolation. Like any other form of emergency preparation, the prescription is a combination of forethought and an accompanying checklist of necessary items. Luckily, we've got the checklist covered.



COVID-19: What Does the Ever-Growing Coronavirus Mean to Americans?

COVID-19, better known as the latest coronavirus, spread to 28 countries/territories within a mere seven weeks. By early March, there were more than 97,000 confirmed cases worldwide, along with close to 3,400 deaths. Researchers had also stated that COVID-19 was much deadlier than influenza, due to a fatality rate that hovered around 3.4 percent, versus the flu's annual average of 0.01-0.02 percent.

With these facts in mind, it's a virtual certainty that the number of cases and deaths will have at least doubled or tripled by the time you read this article. Either way, you may be wondering what all of this actually means for the average American. After all, only 205 people in the United States had contracted the illness as of March 5.

There were also fewer than 300 known ill Americans located worldwide, and there had only been 12 American deaths traced to COVID-19. With statistics like these, it's not surprising that many people in the U.S. still weren't taking the coronavirus seriously in early March, although panic buying was becoming more prevalent. And no matter how much the disease has grown since then, we all know that there are always people who never seem to understand how much danger they're in.

Historical Perspective



To understand what COVID-19 could mean to America, and the rest of the world, we need to take a closer look at two previous deadly coronaviruses.

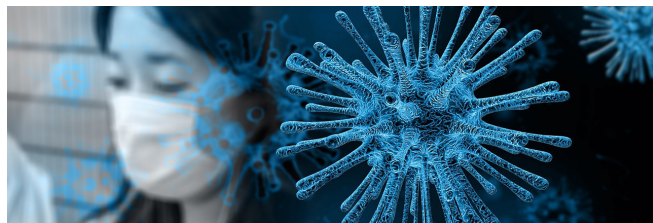
For the uninitiated, coronaviruses all belong to the same family of viruses. They are named for their distinctive, crown-like appearance under a microscope. To date, there have been seven coronaviruses found since the 1960s that are able to infect humans. Of those, three are responsible for spreading the common cold (this is what the Lysol can is referring to when it mentions "human coronaviruses").

Aside from COVID-19, there are two other extremely nasty coronaviruses: SARS (Severe Acute Respiratory Syndrome) and MERS (Middle East Respiratory Syndrome). Most people have a healthy fear of these illnesses, but did you know that they took much longer to spread and, combined, infected and killed way fewer people than COVID-19?

It's true; SARS took nine months in 2002-2003 to reach just under 8,100 confirmed cases. Meanwhile, MERS has been around since 2012 but has only infected 2,500 people in eight years. Together, SARS and MERS have killed 1,632 people worldwide since 2002. When you compare that to almost 3,400 deaths from COVID-19 in a mere 10 weeks, it becomes much easier to understand why some consumers have raided their local stores in search of medical face masks, gloves, and other supplies.

Of course, the overall death percentage of COVID-19 is much lower than SARS and MERS. But, much like influenza, COVID-19 is able to replicate itself at a much higher and faster rate than the other coronaviruses.

Do I Have the Coronavirus or the Flu?



One of today's trickiest questions is whether someone has the flu or COVID-19. Many U.S. cities have ramped up their flu testing kits in order to rule out potential coronavirus cases. As of mid-February, only five cities nationwide were preparing to run coronavirus tests on those without the flu, but other potential cases could be referred to the CDC.

The symptoms for COVID-19 and influenza are often very similar. Additionally, confirmed symptoms for COVID-19 keep evolving, making it even harder to track any differences. As of March 5, the following symptoms had been observed in anywhere from 3 percent to 100 percent of confirmed coronavirus

cases. The most persistent symptom in people who needed critical medical care was pneumonia.

- Fever
- Cough
- Headache
- Fatigue
- Runny Nose
- Shortness of Breath
- Muscle Pain
- Breathing Difficulties
- Diarrhea
- Abdominal Pain
- Nausea
- Vomiting
- High Fever (above 100.4 F)
- Passing Out
- Pneumonia
- Kidney Failure
- Seizures
- Severe Acute Respiratory Syndrome (SARS)
- Sepsis

If you have any combination of these symptoms and you've had contact with someone who has the virus or who recently traveled through an affected country or state, it's important to contact local medical health professionals BEFORE you head to the emergency room or your primary care physician's office. The CDC has stated that any potential cases that match this profile are likely to either be visited at home by a member of the CDC or referred to a local hospital that is prepared to properly handle the situation.

Isn't it Just a Like the Common Cold or Flu?

Based on the symptoms above and the persistent commentary from some social media users, you may have been led to believe that COVID-19 is no worse than the common cold or the flu. You may have also heard lots of derisive comments about how many more people have caught – and died from – the flu in the U.S. during the current flu season. So, let's examine the facts.



Approximately 80-82 percent of all COVID-19 cases are mild enough for the patient to stay at home. The remaining 18-20 percent may end up hospitalized, but only about 5-7 percent will require intensive care. Finally, 2-3.4 percent of all patients die from the disease.

To put this into simpler terms, if 100 people in your neighborhood get COVID-19, about 80 of them will recover at home, 20 of them will go to the hospital, 7 or so will end up inside the ICU, and 2 to 4 of your neighbors will die.

How does this compare to the flu? To make these numbers viable, we have to expand our sample to 100,000 people. So, let's imagine you live in a town of 100,000 and everyone has the flu. Of those, approximately 2 people will become hospitalized. Yes, that's right; only 2 out of every 100,000 people with the flu (or 1.9, to be exact) need emergency medical assistance. Even at its high end of 0.05 percent of cases ending in death (typical range is 0.01 to 0.02), you're unlikely to experience even one death among 100,000 patients.

In the 2018-2019 flu season, 42.9 million Americans contracted influenza. Only 0.01 percent (or 61,200) died. If the same number of Americans got COVID-19, we could expect around 858,000 fatalities. Even if the death rate was cut in half through improved treatments and medical care facilities, we'd still be looking at 429,000 American lives lost. Keep these stats in mind that next time someone says the novel coronavirus that originated in Wuhan, China, isn't as big of a deal as the flu.

Will COVID-19 Infect Tens of Thousands of Americans?



As of March 5, the answer to this question was still very much unknown. However, health experts made it clear that all the efforts that had been taken so far – including stopping most flights between China and the U.S. – could only be relied upon to buy us some time to (hopefully) find successful treatment methods such as a vaccine. And even with all these efforts, 18 states already had COVID-19 on March 5.

The reality is that a brand-new virus like this one, originally known as 2019-nCoV, comes with way more questions than answers. Global scientists continue to update the world with each new finding, but this has also led to a lot of confusion and misinformation. What we do know for sure is that asymptomatic (no symptoms) transmission from human-to-human has been observed. Additionally, depending on who you believe, the incubation period could be anywhere from 14 to 24 days.

The biggest problem with such a long asymptomatic incubation period is that many people who will ultimately develop the virus can easily pass through airport screening checkpoints. With the highly viral nature of the illness, this makes it extremely likely for each carrier to spread the disease to approximately two to six more people.

On January 27, China had 4,400 cases and 106 deaths. Only three weeks later, this had blown up to almost 73,000 cases and 1,900 deaths. In other words, now that the coronavirus has managed to get a foothold in the U.S. that extends beyond the quarantined cases, the odds of a fast-moving replication period definitely favor the virus.

Let's assume for a moment that by the time you read this, there are 1,000 confirmed cases in America. Based on what happened in China, we could then expect to see a total of 16,590 cases within three weeks. This may not sound like much when compared against America's 330 million citizens and tens of millions of annual flu cases. But if the fatality rate stays around 3.4 percent, you can expect panic to spread almost as quickly as the virus.

Economic and Supply Challenges



On February 12, 2020, The Detroit News reported that Wells Fargo's analysts saw big trouble ahead for American stores. Unless major changes happened between then and now, you're probably dealing with some empty store shelves.

Wells Fargo warned that Target, Best Buy, Walmart, and several other stores in the U.S. would start suffering from a lack of supplies by mid-April. This isn't just due to these stores buying lots of items from China, either, although that certainly has a lot to do with it.

One of the biggest problems that had already begun to alter the marketplace by mid-February is the global reliance on China for a wide variety of parts. And if even one part is missing, many manufacturers based in the U.S. and dozens of other countries can't move forward with production.

Could the U.S. Institute Widespread Shutdowns?

China put travel restrictions on millions of people in an attempt to prevent the virus from becoming a pandemic. This didn't stop every single province and territory in mainland China from reporting at least one case of COVID-19 by early February, though.

Many experts began theorizing about the potential implications of a widespread government movement in other nations, including America. The first nation outside of China to begin testing emergency powers was the United Kingdom, which enacted a law that would allow the government to hold and quarantine infected or possibly infected citizens and tourists against their will.

The U.S. soon followed by announcing 11 potential quarantine zones across the country. President Donald J. Trump also declared a public health emergency, thereby freeing up some funding and making it easier to enact the first forced quarantines on U.S. soil since the 1960s.

The idea of fully shutting down entire cities wasn't embraced by any experts, no matter how theoretical discussions became. The general consensus was that such an action would never work in the United States. Despite this, the Centers for Disease Control and Prevention (CDC) did begin looking at plans for widespread containment as early as late January. Possible actions included enacting telecommuting for workers, along with online school and teleconferences for major companies and government groups.

Historically speaking, the U.S. has used quarantine centers since 1738, and the National Quarantine Act passed Congress in 1878. This provided the federal government with the ability to take quarantine action at a state, county, or even city level.

Since then, the biggest known usage of these powers occurred during World War I from 1917-1919, when tens of thousands of sex workers were quarantined via incarceration. The intent was to stop the spread of venereal diseases, especially syphilis. Unfortunately, the quarantine didn't work as expected, and syphilis continued to run rampant. Is this a potential indicator

of how successful efforts to quarantine away mass cases of COVID-19 would be in America? Only time will tell.

Will the Virus Die Out in the Summertime?



You've most likely heard that China's leader, Xi Jinping, told President Donald J. Trump that the virus will die out in April. But here's something you might not know -- even if Xi's prediction comes true and the virus starts to diminish in April, it most likely won't be gone for good.

In fact, most virologists and epidemiologists have stated that viruses of this type often go dormant during the warmer months, but then they come back with a vengeance during the fall and winter. This has happened with every major flu pandemic known to date, so it would be prudent for all survivalists to keep this in mind if COVID-19 cases begin dropping rapidly in the spring and summer.

Of course, something else to keep in mind is that Australia was having their warm season when this coronavirus began showing up in countries around the world. On January 25, when Australian authorities confirmed the nation's first case, the temperature was close to 90 degrees F. Within three days, Australia had five confirmed cases.

The Australian government tried to argue against the possibility of human-to-human transmission at that time, but they quickly had to reverse course as evidence of these transmissions became inescapable. By mid-February, Australia had 15 known cases and was getting ready to bring home evacuees from China who had been quarantined on Christmas Island.

Just over a dozen cases may not seem like much of an argument against the theory that warmer temperatures will stop the spread of COVID-19, but Australia has shown that cases can still occur during the summer. Even worse, many experts worldwide believe that COVID-19 may become a seasonal illness that launches a fresh viral attack on us annually, much like the flu.

Should I Make Special Preparations?



If you're reading this newsletter, then you undoubtedly already understand the importance of always being prepared. However, preparing for a typical SHTF scenario is definitely different than prepping for a deadly virus that has the potential to sicken and kill many Americans. One major change is that you will almost certainly need to shelter in place, especially if quarantine zones are enacted.

Without having a crystal ball, we cannot in good conscious tell you to spend an exorbitant amount of money stocking up your house with medical supplies and food in preparation for COVID-19. Yet at the same time, we also can't tell you not to because the very nature of this virus makes it so unpredictable and deadly.

In a later article, we're going to discuss how to prepare for a 14-day self-isolation or quarantine period. But for now, let's look at the very minimum that each survivalist will want to have on hand.

- 2-3 weeks of food/water per person (at a minimum).

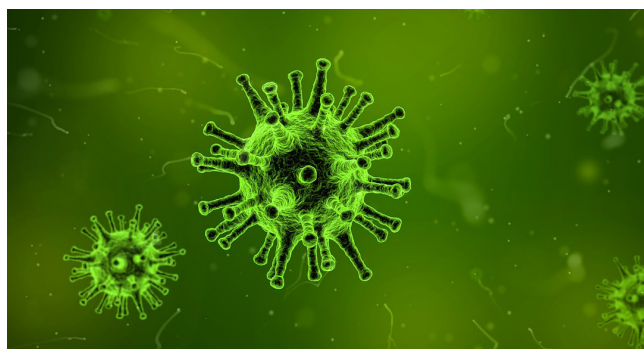
- Cleaning supplies (including high-powered anti-bacterial and anti-viral wipes).
- Hand sanitizer.
- Disposable medical gloves.
- Disposable medical face masks (N95 respirators are your best bet).
- Extra quantities of any prescription medication.
- Over-the-counter meds to deal with a fever, cough, sneezing, body aches, etc. (NOTE: These medications became federally controlled in China shortly after the outbreak, so you'll want to stock up early).
- A thermometer.
- A bag packed with critical personal items and your insurance information in case of a quick evacuation or hospitalization.

If things really start to get out of hand, you may have a difficult time getting your hands on some cash. Therefore, as always, it's wise to keep some cash available at all times. In China, food continues to be brought into the quarantined cities as of this writing, but good luck getting any if you don't have money to pay for it.

China didn't experience any known electricity, gasoline, or water disruptions from mid-December through early March, even as the virus quickly spread and workers were forced to stay home. However, America does have an easily compromised electric grid and substation system, along with some powerful enemy nations that have already proven their ability to hack into these stations and grids. As such, it's always prudent to take preventative steps to protect yourself in the unlikely event of any COVID-19 related power or water outages.

What's My Personal Risk?

If you're an American who hasn't traveled to China, your risk was very low as of February 18. However, community transmission began in multiple states by early March. And, of course, each additional case in the U.S. increases everyone's risk. There are also some specific risk factors that may put you at a heightened risk, based on data that was compiled by early March.



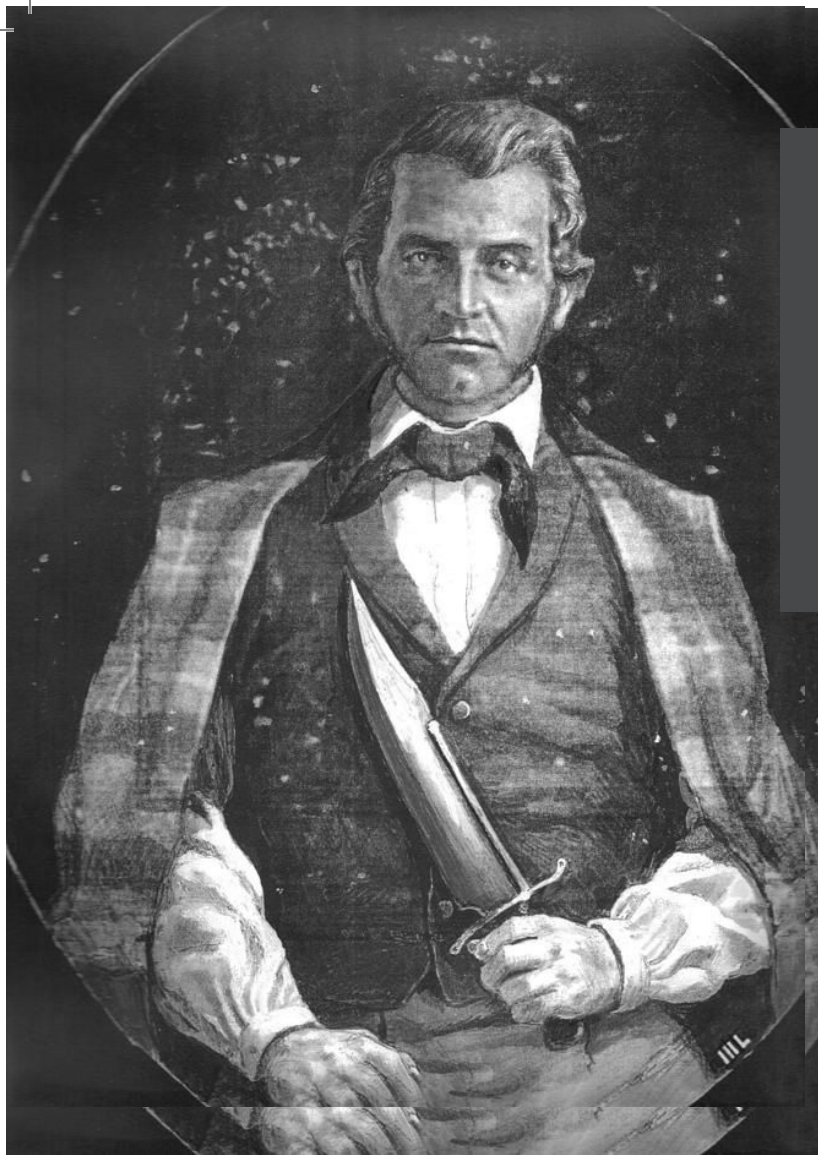
Pixabay

- **Gender** – Males had a 55 to 45 ratio split with female patients.
- **Age** – Older patients (80 and up) had a much higher risk of death.
- **Health** – Any pre-existing health conditions such as diabetes or heart disease are believed to increase your odds of contracting COVID-19.
- **Immunocompromised** – People who are immunocompromised due to medications such as chemotherapy and Humira have a much higher risk of developing the virus. As a result, anyone who is taking these medications needs to be especially careful and will often be seen wearing a medical face mask in public.
- **Lifestyle Factors** – Many medical experts believe that smoking increases the risk of contracting, and dying from, COVID-19.

Final Thoughts

With any luck, COVID-19 will continue to mutate and evolve until it becomes truly little more than the common cold. But since it's impossible to know what the future holds, we recommend walking the link between staying informed/prepared and not letting yourself panic.

No matter what happens, there's one thing we know for sure: some people will unnecessarily expose themselves due to not taking the risks seriously. While we don't recommend going all the way to the other extreme (at least not as of this writing), it's just plain common sense to stay tuned to the latest updates about COVID-19 in the United States. To further protect your loved ones, don't forget to fully cover your mouth every time you cough or sneeze and remember to thoroughly wash your hands for at least 20 seconds several times per day.



TOP 5

BOWIE KNIVES

FOR THE SERIOUS USER

The Bowie knife tends to come at this from a completely different philosophy. Like many other fixed blade knives, these weapons arguably have more in common with a sword than a pocket folder. They're also much more durable and heavier, making them suitable tools for a far wider range of uses.

A full-tang knife with a 5 to 7-inch blade is a formidable weapon, can opener, apple slicer, and mini-machete. And it's exactly this multi-purpose ability that makes it such a mandatory addition to the survivalist's tool kit. Skinning, butchering game, self-defense, the Bowie knife is the duct tape of the knife world.

When most people think of the term "survival knife," a very specific image comes to mind. And that image is, in the parlance of our times, a big ol' nasty Bowie knife, as well it should be.

Not only have these knives been carried by countless pioneers, bandits, and heroes, such as Jim Bowie - this style of knife's namesake - but this type of knife has also been standard issue for America's combat troops since the 19th century. The reason is simple; these knives can do a multitude of tasks, they're nearly indestructible (the good ones, anyway), and they also make great weapons in a pinch.

We often talk about knives as being a last resort when it comes to self-defense, and clearly you don't want to bring a knife to a gunfight. But the typical pocketknife is seriously lacking when it comes to ideal weapon characteristics. Blades are typically 3 inches and handles are as light as possible when it comes to EDC knives.

Fun Fact: Rockstar David Bowie is not a relative of Jim Bowie, but the Alamo defender did play a role in David's stage name. Born in London as David Jones, the musician worried his name was too similar to other more popular 60s rockers and looked to an American influence to set himself apart.

WHY YOU NEED A BOWIE KNIFE



The primary aspects that define a Bowie knife are pretty simple: A heavy blade, finger guard, and that distinctive clipped point. These features were developed for a handful of uses that are no longer considered "practical," yet this is not a knife you're buying for its practical applications, now is it?

A good Bowie knife is an insurance policy against a very unknown calamity, one in which our typical daily concerns are no longer relevant. Your EDC folder serves the role of a practical apple slicer. Your Bowie knife is what you will use to process large game, cutting up small trees to craft a shelter, or even dig up tubers and wild onions with.

Wilderness survival is where this style truly shines. But as Crocodile Dundee taught us with his famous Bowie knife, they can also come in handy in confronting a switchblade toting mugger on the streets of New York City. His immortal words, “That’s not a knife... This is a knife,” ring as true as they did back in 1986.

The best Bowie knife isn’t the shiniest or most expensive money can buy, of course. As this is a tool, and a rather simple one at that, the best Bowie knife is one that is well-built, is constructed of quality steel, and is a good value for your money. The key is, as usual, to end up with a product that you will use to get your work done, not one that you will baby, protect, and avoid getting scratched up.

THE KA-BAR 7” FIGHTING KNIFE



If you want an authentic Rambo knife, look no further. This knife is well known for being standard issue for the US Army and Marines for many decades. This 7-inch knife is about as iconic a Bowie knife as you can find, with a classic leather handle and 1095 Chrome Vanadium blade, it looks like it came straight out of a WWII movie.

The high carbon steel used in this knife is tried and true, keeping a nice edge with a blade profile that’s pretty standard. At a .165-inch thickness, this blade has some dynamic aspects to it that keep the weight down a bit. It’s got a handguard and a flat rest for

your finger on the blade for extra control. It’s got no jimping on the back side of the blade, which would be a nice feature, but you could always add your own with a Dremel tool.

At under 12 ounces, it’s not a heavy knife by any means as it has a decent sized fuller to shed unnecessary weight. Despite that, the weight distribution is a point that could use some attention, since it’s heavily biased toward the weighted pommel. Again, this is an old design that still sells well, and KA-BAR has no major motivation to update.



The sheath for this knife is another strong point. It's made of a nice genuine leather, which always seems to hold up and get better with age. It's not the best fitting sheath you'll ever come across, and it allows the knife to bounce around a bit. It does keep your KA-BAR nice and secure, which is all it really needs to do.

RETAIL: \$80

BECKER BK7



If you're looking for a much more modern take on the Bowie knife, one that's more purpose-built for survivalism, check out the Becker BK7. This 7-inch full-tang knife, designed by Ethan Becker, is in many ways an improvement on the classic Bowie. The BK7 even has a lanyard hole.

Like the "KA-BAR Fighting Knife," the BK7 has some military inspired bona-fides. After consulting with US infantryman, both active-duty and veterans, Becker picked up on a common theme. They all seemed to want a knife they could use to cut things, sure... but also one that's good for prying, hammering, and chopping. Additionally, they wanted a sheath that would integrate with MOLLE webbing.

Thus, the BK7 was born. While it is missing the classic fingerguard found on more traditional patterns, the BK7 does have a nice finger sweep and jimping on the backside of its 1095 Cro-Van blade. The weight of this knife is very well-balanced, and it serves well as both a utility and fighting knife.

The handle is both a strength that sets it apart from

the handle is plastic. The BK7's handle has a very comfortable and confidence inspiring shape that prevents it from twisting in your hand. Other very popular Bowies, even the KA-BAR, have a more oval shaped handle that is prone to rotation.



We hate to say it, but the plastic sheath is not a strong point with this knife. As a result of its not-so-snug plastic construction, it rattles around and it's noisy, but it does work with MOLLE gear.

Becker got a lot of stuff right with this knife, especially when it comes to building an outstanding knife for the money. It's not cheap, but it's certainly a killer option that's competitively priced.

RETAIL: \$100

SOG BOWIE 2.0



If you want a frighteningly sharp, high-quality fighting knife with a hell of a pedigree, take a look at this bad boy. Yet another knife with Military credentials, the SOG Bowie 2.0 combines the rugged philosophy of the Bowie knife with a craftsman's attention to detail.

The 2.0's older brother was actually the knife that launched SOG Specialty Knives as a company. To backtrack a bit, the company's namesake traces back to the Vietnam era, when a covert unit named the Studies and Observations Group was operating in a counterinsurgency capacity. They needed a badass fighting knife that was untraceable in terms of its country of origin.

In 1986, SOG Specialty Knives began operations by producing a replica of this very famous Bowie knife. They named it the S1 Bowie. Nowadays, SOG has made a few adjustments to the design, but it remains true to the mission.

The 6.4-inch AUS8 steel blade is decked out in a protective (and glare-resistant) titanium nitride coating, with a very nice contour and clip point. With a .24" inch thickness, this SOG is significantly thicker than the KA-BAR and BK7 entries, making it a good multi-purpose knife, if not quite as much as the BK7. It does, however, top the BK7 with the addition of a nice finger choil.



The SOG definitely retains much of its original focus on fighting, with a nice leather wrapped handle. With finger grooves and a bit more contouring than the KA-BAR, it falls somewhere between the previously covered knives in philosophy. The leather is prone to getting wet from sweat which can create a little slippage. The sculpted finger guard on this knife is also excellent.

At 11-inches overall and weighing in at 11.4 ounces, the Bowie 2.0 has really nailed the sweet spot in terms of a right-sized Bowie. The sheath is a nice leather composition and does come with a sharpening stone. The belt loop hook is not ideal for MOLLE systems. The pommel does have a lanyard hole, which is another nice touch on this classic knife.

RETAIL: \$155

UNCLE HENRY LARGE BOWIE KNIFE - 181UH

If you thought these knives were in ascending order in terms of price, think again. Proving that you don't have to spend 100 bucks to get a quality fixed blade, this Uncle Henry 10-inch (9.875" to be exact) is a serious Bowie knife for an almost incredibly low price. FYI, this one is definitely NOT made in the USA.



Now, is this a "mil-spec" knife? Certainly not, but as we've emphasized in many other articles, mil-spec does not equate to superior in every situation. It simply means that it has specs that are dictated by the US Department of Defense. Often times, the consumer versions are actually designed to better meet the needs of consumers.



The Uncle Henry Large Bowie sports a very shiny stainless blade composed of 7Cr17MoV steel. This is a good, high carbon stainless steel with added vanadium, and it holds an edge quite well. The full tang construction makes this a very durable tool, at an overall weight of 1 pound. Even if the faux stag handles were to somehow break in the field, you'd still have the tang to hold onto.

This big ol' knife has a nickel finger guard, hollow grind, and a nice clip point. Aside from these, there really aren't a ton of features to rattle on about as there are on some other more expensive knives that are the product of more research and development. Still, the fact remains that this knife is all meat and potatoes with no garnish. How important are those extra flourishes to you? If you're looking for an impressive, enormous Bowie knife with a nylon belt sheath for under \$50, this might be your huckleberry.

RETAIL: \$30

ONTARIO SP-10 MARINE RAIDER BOWIE



If you're not familiar with the Ontario Knife Company, you should be. Don't let the name fool you, they're based right here in the US and this tough-as-nails SP-10 Bowie is both American-made and very reasonably priced.

This is another entrant in the huge knife category, with a 1075 carbon steel blade measuring 9.75-inches. The Raider Bowie is made of a high-quality steel just like the most expensive knives on this list, but the thing is it's significantly thicker (.25" thickness). That means you can really work this knife over, and it will keep right on cutting. No jimping on the back, but there is a finger rest on the blade for detail work.

The black epoxy coating on the blade is a nice touch, not quite as tough as titanium nitrate but still quite durable. The profile of this knife is much wider than others on this list, and all that extra steel adds up, as the Raider weighs in at 22 ounces. That's either a good thing or a bad thing, depending on your application; it can definitely be used as a machete.



So, what can we say about the Kraton handle? While it's nothing to write home about, it's also very grippy and comfortable with a nice sized lanyard hole, which is good because the nylon sheath is just OK. A nice touch on this knife is there's a rubber finger sweep just below the metal finger guard, so you don't have to slam you digits against that piece of metal if your task requires a bunch of stabbing motions.

More than any of the others on this list, the SP-10 is the best option if you're looking to chop through sticks and kindling. It comes razor sharp out of the box, so you might not be inclined to go slamming it down on a bunch of 1-2" diameter sticks, but it's quite happy in that context.

The final word on this knife is that it's an absolute beast. It's also our top pick for the best Bowie knife for serious users. The reason we like the SP-10 Marine Raider Bowie so much is the incredible value it delivers. Sure, it's cost effective, but looking at it from that angle completely misses that fact that performance-wise, it's equal if not better than knives more than twice as expensive.

RETAIL: \$60

THE RIGHT BOWIE KNIFE FOR YOU

The specs and features that manufacturers use to sell these knives tell you about the knife, sure. But the more important factor is to determine what specs and features you actually need from a knife.

The only way to truly find the right Bowie knife for you is to set your criteria first and find the tool that fits the bill. Will you be skinning game? Does this knife need to cut small branches and baton wood for starting fires? Maybe what you're really looking for is a first-rate fighting knife that would serve as an excellent back-up option in a self-defense capacity.

There's a knife for each of these purposes on our list. It's up to you to run the diagnostics and decide what purposes you would like your Bowie knife to serve.





How to Make Your Home a (Practically) Virus-Free Zone

Viruses are a fact of life, and there's no way to fully eliminate them from your environment. However, whether you're trying to avoid the flu, COVID-19, or any other virus, there are steps you can take to make your home practically virus free.

Before we dive in, here's a fact that everyone should know: Depending on their type, viruses can live on surfaces for anywhere from a few minutes to a couple of weeks. Therefore, if you're not taking the proper precautions, you could easily get sick long after germs are left in your home.

Cleanliness is Next to Virus-Free(less)

The absolute most important thing you can do to reduce your risk of getting a virus is to focus on cleanliness. Here's a few tips for where to start:



1. Handwashing - Wash your hands frequently with soap and water. Don't just give them a quick wash, either. Make sure you get between your fingers, under your fingernails, around your thumb, on the palm and backside, and then wash your wrists. This should take at least 20 seconds.

2. Antibacterial Wipes – All shared surfaces are a hotbed for germs. Viruses have an especially long life on non-porous surfaces such as stainless steel. Invest in lots of antibacterial wipes so that you can wipe down counters, doorknobs, toilet handles, remote controls, faucets, refrigerator and freezer doors, cabinets, tables, phones, keyboards, etc. on a regular basis.

3. Hand Sanitizer – Whenever you can't wash your hands, be sure to use hand sanitizer. Make sure to use it on all the areas listed in the handwashing instructions above. Using hand sanitizer while you're out in public is a good way to avoid bringing germs home with you.

4. Keep Towels and Linens Clean – If you use a hand towel in the bathroom, you should replace it daily. If possible, give each family member their own hand towel to further minimize the risk of cross-contamination. Additionally, your shower towels and bed linens need to be washed frequently. Any sheets or blankets that are used on beds or throughout the home should be thoroughly cleaned with hot water no less than once per week.

5. Vacuum Regularly – Germs can come in on your shoes, and they also fall to the floor when someone coughs or sneezes without covering their mouth and nose. By running a vacuum across all your carpeting at least once or twice a week, you'll be able to help reduce this possible source of contamination.

6. Use a Humidifier – Low humidity and cool temperatures provide the perfect environment for viruses. By using a humidifier to keep the indoor air around 45 to 50 percent relative humidity, you can help your home kill off virus germs more quickly.

7. Use an Air Purifier – When you use an air purifier in tandem with a humidifier, you're going to make your indoor environment much less hospitable to viruses and other germs. The best air purifiers actually remove viruses from the air.

8. Switch to High-Efficiency Filters – Standard furnace filters aren't able to filter out viruses. That's because virus germs are so tiny that they can slip in between the filter's fibers. Fortunately, high-efficiency filters have been designed with viruses in mind, and they do a much better job of stopping these microscopic invaders from entering your home.

9. Keep Your Cleaning Tools Clean – Many people wipe down counters with the same sponge for several weeks or use the same dishtowel to clean up multiple messes. This is a recipe for disaster, though, so take the time to frequently wash your dishtowels and replace your sponges.

Other Tips for a Healthy House

The tips listed above will make it much harder for viruses to invade – and stay – in your home. But there are still many more things you can do to reduce your personal risk of getting sick. For example, you should never leave your toothbrush sitting on the counter. Instead, rinse it thoroughly with hot water after you brush your teeth, then store it upright in a container (don't forget to clean or dispose of that container regularly, and get a new toothbrush every three months).

There are also certain lifestyle changes that will make you and your family less susceptible to any germs that do manage to sneak into your house.

- Avoid people who are ill. This should be a no-brainer, but it can be difficult with American cultural and work-related practices. Make it a policy to not go into work or other public spaces when you're sick and ask others to do the same in return.
- Don't track germs into the house. Instead, leave your shoes outside or have a designated place for them just inside the front entry. Be sure to clean the soles with a disinfectant wipe, especially if you know you were around someone who is sick.

- Improve your diet to boost your ability to fight off illnesses. According to most health experts, this means increasing your consumption of fruit, vegetables, and whole grains while reducing your intake of processed food, sugar, and red meat.
- Exercise regularly. Whether this means hitting the gym for an hour per day or taking a 20-minute walk three times a week, your body will reward you with fewer sick days.

Dealing with a Sick Family Member

When someone in your household does get sick, it's important to physically isolate them as much as possible. The best course of action is to put them in a bedroom that has an attached bathroom. That way, they can have most of their needs met without going into the common areas of the house.

If getting the person to self-isolate isn't possible, consider having them wear a surgical face mask and gloves to reduce the spread of germs. You should spray the air with Lysol several times per day, along with using your disinfectant wipes more often than usual. Also, if there's any type of proven medicine available for their particular sickness, make sure they obtain and use it as instructed to help protect everyone else.





HOW TO PREPARE FOR 14 DAYS OF SELF-ISOLATION OR QUARANTINE

Countries worldwide have been responding to the novel coronavirus (COVID-19) threat with quarantine zones, self-isolation, and numerous other containment techniques. As of late February, the U.S. had multiple evacuees from China temporarily housed in quarantine centers. Additionally, China had millions of people on lockdown, Australia was segregating potentially infected people by sending them to Christmas Island, and Iran had just instituted school closures to protect the citizens of Quo.

One thing is for certain; when countries begin acting like this, there's definitely reason for concern. News reports indicated that more than 10,000 Americans were also in self-isolation by early March. But what

16 exactly does that mean?

How Does Self-Isolation Work?

The phrase 'self-isolation' probably seems pretty cut and dry. However, depending on where you're located and what has necessitated self-isolation containment methods, the actual definition may vary. For example, in China, entire cities were shut down and placed into self-isolation. Even so, one person per household was allowed to leave every three days to purchase necessary supplies. Similar standards were placed on many of the Americans asked to self-isolate.

In a true containment scenario, self-isolation means exactly what it sounds like: completely isolating yourself from the rest of society for at least 14 days. This is the type of self-isolation that we're going to focus on for the rest of this article.

What Happens During a Government Quarantine?



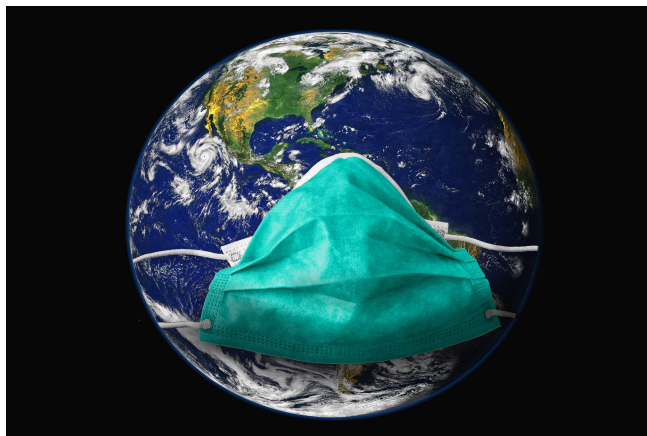
A government-enacted quarantine has many more rules than self-isolation. First off, it isn't done on a volunteer basis. As the U.S. showed in February, the nation does have quarantine laws that can be put into place whenever needed. Once this happens, everyone who is subject to the quarantine may not legally leave the quarantined area.

With any luck, you'll never have to deal with one of these situations. But if you do, you'd better hope that it's not for something as medically serious as COVID-19. After all, whistleblowers on the early quarantined military bases made it clear that the Centers for Disease Control and Prevention (CDC) did not have everything fully under control.

In fact, a tell-all piece in *The Daily Beast* featured harsh commentary from quarantined individuals, including Jacob Wilson, who called the CDC's actions "irresponsible" and "damn near criminal." Wilson elaborated that he and the others "aren't even being tested. The screenings are a huge joke."

Wilson and others also alleged that they weren't provided with the necessary tools to keep their rooms disinfected, nor were they provided with adequate supplies of hand sanitizer and protective face masks. The fears of this particular quarantine group spiked even higher after one of their own was mistakenly released back into their general population for about 24 hours, despite having the coronavirus.

Preparing for Self-Isolation



The way you prepare for a period of self-isolation will vary depending on whether or not you're the only one in your household who has been potentially exposed. First, let's assume that the entire house will be open to you.

By the time self-isolation is recommended, it will be too late to run out for supplies. Therefore, you should hopefully already have a minimum of a two-week supply of food, water, and other basic necessities on hand. Your first priority is attending to your body's basic needs (don't forget to stock up on toilet paper!).

At first glance, self-isolation may sound like a relaxing vacation. After all, you won't be able to go into work (although you may be asked to telecommute), outside chores will be put on hold, and all your pending social engagements will be canceled. However, unless you're a hardcore introvert or an agoraphobic, being forced to stay in one space for days on end will quickly become frustrating.

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Even in today's wirelessly connected, mostly inside world, the average person spends at least 10 percent of their time outside. Another 38 minutes per day are typically spent socializing with others. Now, imagine what it would be like to give up all your outside time and any socialization outside your household for at least two consecutive weeks. Even worse, imagine what it would be like if you're the only person in your family who needs to self-isolate. Not so relaxing anymore, right?

Your Self-Isolation Checklist



The most critical thing you can do is keep your mental, emotional, and physical needs in mind while assembling a self-isolation checklist. The following items should definitely be on hand right now, just in case. If you need to self-isolate completely alone, try to pick the largest available space that can be closed off from others. That way, you'll have access to the widest possible array of options.

- Typical two-week stash of emergency supplies (food, water, toilet paper, etc.).
- Phone, Tablet, Kindle, Laptop, etc.
- All applicable chargers.
- Headphones/earplugs.
- Books/magazines.
- Art supplies, adult coloring books, etc.
- Puzzles and games.
- Basic exercise equipment.
- TV/DVD/Blu-ray/Video Game Systems.

- Crossword puzzles/word searches/brain teasers.
- A special project (always wanted to put together a model or build one of the biggest LEGO sets? Self-isolation is the perfect time to make this dream come true!).
- Include at least one or two special treats in your food stash to give yourself something to look forward to.

If there are kids and/or pets in your house, make sure to keep their needs in mind when putting together self-isolation supplies for the entire family. As long as electricity is still working, you could also use these two weeks to try out a bunch of free trials to streaming entertainment such as Netflix, Disney Plus, Hulu, Amazon Prime, Shudder, etc.

Your Quarantine Checklist

Having a bag packed and ready to go with the most crucial items listed above is always a wise move. This is especially true if the virus moves into your general area. Experts have said that when the sickness hits, it can do so very fast and hard. This could cause you to be hospitalized or taken to a government quarantine facility with little to no notice. By having a bag of essentials prepared, you can help fight off the boredom and mental malaise associated with a long period of isolation.

Remember: the tips above are good for many scenarios, not just the coronavirus. Preparation will help keep you safe and sane during a SHTF situation.



SHTF Booze Recipes: *Simple Red Wine*



If your grocery store in any way resembles the ones we've visited since the onset of the great coronavirus panic of 2020, it's suddenly very easy to imagine a world in which the supply chain of booze has been significantly disrupted. There's still time to learn, experiment, and even immerse yourself in the craft of fermentation before the real SHTF.

To help you unlock the value of brewing/distilling/fermentation skills, we've launched a series of simple DIY recipes for the total beginner. These are easy, step-by-step operations designed for the folks who want to get their feet wet in the art of fermentation.

With a little success and confidence under your belt, you'll be ready to tackle larger more in-depth jobs, maybe even venturing into brewing and distilling as a full-blown hobby or more. As you have no doubt noticed, it's a hobby that's growing by leaps and bounds (pints and kegs, maybe?).

The flipside is, of course, that the demand for craft beer, liquor and wine seems to be insatiable. Thus, it's safe to say that while this knowledge is very useful in the here and now, it could be invaluable in a SHTF-style "long emergency" that might lie ahead.



Our Simple NSRA Red: Step-by-Step

Add sugar to room temperature juice, if desired. Grape juice that has 41 grams of natural sugar (not added sugar) per cup will have 8% proof. To get to the 15% proof that's more common for wine, you'd need to add 4 cups of sugar for every gallon of juice.

- Shake your container very well for at least 30 seconds.
- Take approximately a nickel-sized portion of champagne yeast and add it to the juice.
- Fill the airlock to the water line. Next, seal your juice container with the airlock.
- Wait at least two weeks. Once the airlock stops bubbling, you're good to go!
- Strain your wine into a new container, leaving the yeast behind.
- Seal your filled container.

If you have champagne yeast, airlocks, a hydrometer (optional, but helpful), and a container, you can make wine at home! The absolute easiest recipe also calls for you to have a gallon of juice and some sugar. Remember: if you don't have juice, you can make your own freshly squeezed juice from grapes or any other fruit you'd like.

The amount of sugar you initially added will play a big role in how long it will take for the wine to be palatable. Your sealed bottle will need to sit for somewhere between two more weeks and six months to achieve the optimal flavor.



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