

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

HOME DEFENSE FOR THE COMING YEAR

Top Signs A Burglar Is Watching Your Home

By Jason Hanson

Former CIA Officer

There are roughly 2.5 million burglaries each year, with 66% being home break-ins. But police solve only 13% of reported burglary cases due to lack of physical evidence or a witness. Not surprisingly, burglars are most attracted to homes without security systems. In fact, homes without security systems are 300% more likely to be burglarized. Yet, only 17% of houses have a system in place.

For example, not too long ago, four men from New York were arrested in connection with a major burglary ring. They burglarized 40 homes in upscale neighborhoods in Fairfax County, Virginia. The stolen items included an antique gold watch worth \$40,000, \$100,000 in



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cash, and valuable artifacts from Africa and China. The estimated value of the stolen items is \$1.6 million. These men were able to commit so many burglaries because they did their homework. They surveilled their targets and knew when the victims would be out of the house so there wouldn't be any witnesses.

So, how do you know if your house is being watched? How can you make sure your house doesn't

get broken into? Here are a few signs that may mean a burglar is watching your home.

"Homes without security systems are 300% more likely to be burglarized."

Broken windows: A broken window is often used to test if a home has an alarm system or if anyone is home. Criminals will

throw a rock or baseball through a window before they try to break in. If an alarm goes off they will likely move on to another target. But, if a small window gets smashed without anyone realizing it, this is a

clue that there is no alarm system. The bad guys may also wait around after breaking the window because if they wait for 20 minutes and no police show up, then no one is likely home.

Missing trash: You can learn a lot of information about someone by going through their trash. (Just ask any spy.) So, criminals will often rifle through trash for bank statements or other personal information. If your trash is disturbed, someone might be checking you out. Sometimes a stolen identity can be more valuable to a burglar than jewelry. Remember to shred all personal documents. If a bad guy finds your itinerary for your upcoming vacation they will take advantage of that.

Lights out: Lights are one of the biggest deterrents to burglars.

Lights attract unwanted attention and burglars never want to be seen. So, a thief may try to unscrew light bulbs around your house. This way they can come back later and not worry about the lights turning on. If you notice you are going through light bulbs at an unusual rate, check to make sure they aren't unscrewed. If they are being unscrewed, someone is trying to keep it dark for a reason.

Fliers or newspapers: Most criminals like to case a home before breaking in. Sometimes they knock on the door and pretend to be a

salesperson. If no one's home, they'll leave a flier. If they leave something on your door and it is there the next day, this could be a sign you're on vacation.

As you probably know, burglars also look for newspapers piling up when you're out of town. So, if you do go on vacation, make sure a neighbor removes any fliers on your door and picks up your paper daily.

Strange markings: If a burglar gets the chance to see your locks up close they will use this to their advantage. Criminals are lazy. They will try using other keys that are the same brand as the lock. They figure they may get lucky and the door will open. Anyone who knows how to pick locks knows that certain brands are easier

"If a bad guy finds your itinerary for your upcoming vacation they will take advantage of that."

than others. If you have a Kwikset lock the bad guy might know that it can be picked in a matter of seconds. But, if you have Schlage locks

they will need to drill out the lock. Strange marks and scratches on a door lock can be a sign that the locks have been jimmied or messed with.

Burglaries are the number one property crime people are concerned about. As you come and go from your home, check around to make sure you aren't missing these signs that someone may be watching.

The King of Gun Slings

Larry Vickers is a retired U.S. Army Delta Force combat veteran and respected firearms expert. He participated in the U.S. invasion of Panama, including Operation Acid Gambit, a successful operation to extract a CIA operative from prison in Panama.

After he left the military, he started his own training company and also started making gear. One of the pieces of gear he created is the Vickers Sling and it's made by Blue Force Gear. It has become one of the top weapon slings and has been used by law enforcement and every branch of the U.S. Armed Forces.

The Vickers Sling is a two-point, quick-adjust sling with no loose tail to snag on gear. It has no springs or parts to fail. There are a few different variations of the Vickers Sling. The Combat Application Sling features a pull tab that allows you to loosen or tighten the sling instantly. The One Sling is similar to the standard Vickers sling, but the width is trimmed a quarter-inch to make it lighter and thinner.

The AK Vickers Sling allows you to use a modern sling on an older weapon. The AK sling is similar to the standard model, but comes with a U Loop attachment for easy mounting to AKs. The Padded Sling adds a heavy-duty pad to increase comfort when carrying a heavier weapon. If you don't have a sling for your long gun, a Vickers Sling is a quality choice. The Vickers Sling starts at \$45 and goes up from there.

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Spy & Survival Briefing is published monthly by Spy Briefing LLC, 124 S. Main Street #4090, Cedar City, UT 84720. www.SpyBriefing.com.

Spy Briefing President: Jason Hanson; Managing Editor: Robert Conroy; Graphic Design: Mena Sugg

A FATHER'S FEAR

How to Understand and Control Your Fear in Uncertain Times

By Forest Hamilton

Universal Coin & Bullion

My father is the greatest man I have ever known. He is my best friend and I am honored that he considers me to be his best friend. We've shared many bonds in our 40+ year relationship, but none is stronger than the first bond that made all the rest possible.

A storm kept the midwife from being able to reach our small house in the foothills of Washington State. My father had to find a way to deliver his own son into the world with no help, no training, no preparation, and very little knowledge of the birthing process. To this day, his eyes light up and he gets even more animated than usual when he tells the story of how he saved my life before I ever took my first breath. I have often wondered in awe at how he was able to manage his thoughts, feelings, and actions in such a calm and collected manner to perform in such an overwhelming situation.



SAVINT **YOUR MONTHLY** **SAVINGS INTELLIGENCE**

This month, you can discover one of my favorite ways to legally get a gun that "doesn't exist." I created a short video for you that explains it all and you'll even see one of my favorite rifles in action — the Swedish Mauser. Go to www.FreeSpyWarrior.com right now to watch the video.

I recently had the opportunity to ask him in person. He called me in the middle of the night from the VA Hospital in Boise and said, "Hi buddy, I just wanted to hear your voice and tell you that I loved you in case I didn't make it through the night." Needless to say, I was on a plane from Houston to Boise within a few hours.

He was diagnosed with Cellulitis, a blood borne bacterial infection that can quickly move from the skin to the lymphatic system. They had tried numerous antibiotics, but nothing was working and his vitals were getting worse. Within hours, I read almost everything Dr. Google had to say about treating Cellulitis. I spoke with every doctor in the hospital and multiple specialists around the country. I suggested antibiotics and treatments to the VA doctors and applied a few natural remedies on my own.

In a matter of hours, he was back to being his charmingly inappropriate self. I don't know if my actions were a primary factor in his recovery or not, but it doesn't matter. All that matters is he recovered. In the process, the doctors found a wound in his foot that had never healed from his days as a Door Gunner in Vietnam. They went in and removed some 37-year-old shrapnel, scar tissue, and a chunk of infected bone. A full recovery is expected.

As I reflected on the blur of events in the preceding 36 hours, I realized that I had acted quickly, calmly and with purpose. I have no medical training (other than applying Scooby-Doo band aids to the scrapes of my three daughters). Yet I rose to the occasion in a manner I thought only reserved for my Super Dad. I spent the next few nights by his bed. We played countless games

of backgammon and cribbage and talked about fear, fatherhood, and family. And I learned the difference between Good Fear and Bad Fear.

It's impossible to live without fear. In fact, fear is a necessary tool and when channeled properly, can be a valuable asset. It's only when we go from using fear to being afraid that our behavior can go from motivating to debilitating.

Good Fear: A healthy fear is a rational concern based on potential circumstances that create an action of preparation in advance of the impending danger. This type of fear can release chemicals into our blood stream that let us reach extraordinary levels of spatial awareness, physical strength and mental clarity.

Bad Fear: Feeling anxiety, scared to death, worried that something undesirable will occur. Being afraid causes you to lose your wits, freeze, and worry, when what you need to do is to think clearly, move with purpose and be confident that you will keep going until you find a solution.

If it weren't for good fear, I am confident that I would not be here today. So, as we enter an uncertain time in our country, we need to be intentionally conscious to not let fear make us frozen, helpless, and hopeless. Instead, we must use good fear as fuel to prepare our minds, bodies, finances, homes and families.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthilton@universalcoin.com or call 800-822-4653. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.]

RECLAIMING AMERICA FROM RAMPANT SOCIALISM

Two Forms of Legal and Highly Effective Resistance

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

I was sent to the Philippines during the revolution of the Marcos regime. Ferdinand Marcos was a very corrupt politician and an evil man. In his early career he was convicted of murdering his father's political opponent, but Marcos, a lawyer and political figure, escaped any prosecution. In fact, his evil deeds advanced his career and emboldened him to become a dictator and invoke national martial law, giving him unfettered control of everyone and everything.

Those who rose up to challenge him were publicly assassinated. He filled his political ruling class with corrupt and vile people. Even as the people openly rejected his socialist, authoritarian governance, he mercilessly smashed dissenters. That meant crushing the nation's churches. Philippine culture is predominantly Catholic and Marcos punished the people for daring to have a God greater than him.

I moved and operated in cities, townships and villages where armed thugs patrolled the streets, looted at will and ran their turf like the mafia. On one occasion, when I was entering my 'hotel', a self-appointed guard with a 12-gauge shotgun offered to open the door for me for a mere 30 pesos (at the time, that was about \$1.50). It was not really an offer, it was a demand.

I spent time with locals, cautiously discussing the events occurring throughout the area of Angeles City. I looked for the humble, hard-working people. People that my spirit told me needed a voice. As a 6'2", blonde American, they were more willing to open up to me since they were less likely to think that I was a Marcos informant. I helped network like-minded individuals. That's all they really needed. They needed to know that there were more of them and their determination to regain their individual liberties was greater than the determination of the thugs to extort 30 pesos.

History shows what happens when good people unite to stop oppression. It also shows what happens when people turn a blind eye – ask the Jews of Berlin in Nazi Germany what happens when neighbors betray neighbors.

Our Founding Fathers experienced the same defilement at the hands of King George III. But, our ancestors stood up to the British tyranny and fought to defend their God-given rights. They resisted evil and paid a great price to secure our liberties.

We all have a debt to pay. But it's more than a debt of gratitude. We owe a debt of action, risk, and sacrifice. Now is our time to pay our dues. The would-be despots that seek dominion over American citizens have titled themselves "Progressives". They are trying to re-establish a ruling class that controls the population, using us to produce wealth and comforts for them, while we serve as slaves.

King George III would applaud them. He would be proud if they uttered his famous lines: *"I wish nothing but good; Therefore, everyone who does not agree with me is a traitor and a scoundrel."*

You can almost hear Nancy Pelosi, AOC, Schumer, Nadler and Schiff crying these lines aloud in their relentless attacks on Christians, conservatives and patriots.

My generation is at fault. We failed to pay our debts when we failed to safeguard the integrity of our educational system, elected officials, and ensure the preservation and fulfillment of our 1st and 2nd Amendment rights. We didn't build on our heritage and nurture our beloved American culture.



We cherish our rights to worship as we see fit, and should have never allowed groups to stop us by claiming their “religion/science/paganism” required them to attack, punish and destroy all others.

My generation also allowed corruption to infest our institutions and industries. We permitted the desecration of entertainment mediums and allowed profane and satanic themes, language, and images to flood our society. We failed to recognize that anti-Christ's were multiplying and spreading.

The time has come for us to clean up the mess we allowed to pile up. We need to immediately root out the corruption and filth. We can no longer delay active resistance or abide any further degradation to our families, culture, and homeland.

As a clandestine foreign intelligence operative for the US Government, I have experience in training and assisting people to resist and fight against unrighteous authoritarians and self-appointed dictators. We have lessons on Hitler, Pol Pot, Marcos, Mao Tse Tung, Stalin and plenty of other foreign oppressors. This makes it easy to recognize the patterns, language and intentions of the Modern Democratic Party and its Propaganda Press.

There are two primary avenues of resistance that are non-criminal, targeted, and synchronized: Open and Quiet.

Open Resistance takes many public forms, has the widest impact, and creates secret venues for Quiet Resistance. Acts of Open Resistance include writing articles for publications, speaking up at work, church, social gatherings and calling out every act or suggestion of anti-American sentiment. This includes correcting every false portrayal of our history and culture and refuting every dishonest accusation of systemic racism and sexism. This

must be done continuously on every social site and at every meeting.

Look for public, open ways to fight back and resist the usurpation of our liberties and way of life. Be bold, courageous, wise and effective. Look for opportunities to set the record straight and call-out hypocrites, bullies, and liars. We must re-establish our rights to govern this country and our homes with traditional values and mutual respect.

Quiet Resistance is my specialty. These are the more active, secretive means of resisting evil dominion from gaining or holding power over our institutions, industries, or government. Something to know at the very outset: Most individuals will find it difficult to see how some small act of personal resistance can impact the overall condition and fate of our nation. But each person must realize that it is the cumulative effect of a thousand cuts that brings down a giant.

One of the greatest effect-multipliers is when people report such acts of private defiance and the word starts spreading. A person in Ohio leaks a company document that reveals unflattering information. That document finds its way out into the public. A mother in California discovers nefarious comments and views at a school board meeting and sends that to dozens of friends. A union worker reports abuses by the union. It all adds up until it becomes a cascading snowball that has the gravity to crush the public lies and expose the hypocrisy of the socialists.

As noted earlier, none of our acts of resistance and defiance need be, or should be, criminal or violent. Our safety and the safety of our families and loved ones must be protected at all times.

But be very aware. The socialist movement has adopted a most satanic motto and tactic from their



ideological God, Niccolò Machiavelli, when it comes to dealing with those who oppose and interfere with their goal of total domination of the minds and lives of mankind: *“If an injury has to be done to a man it should be so severe that his vengeance be not feared.”*

But consider how the Founding Fathers went about securing our independence. They met secretly, published openly under pseudonyms, and ensured the humiliation of the British Army by simple acts. For instance, the American Patriot shunned all foods, music, clothing, and culture of their oppressors. In our day, that might look like disengaging from Twitter, Facebook, CNN, MSNBC, YouTube, and all other enterprises that sustain and fund the socialist agenda.

Patriots in every sphere must be watchful for trends, plans, communications, alliances or any other suspicious behavior that could portend increased power for the socialist movement and decreased liberties for American citizens. Speak-up when you can do so. Be wise, confident, and genuine. There will be those around you who share the same spirit and mind of liberty and will seek you out in private. As long as an ember of personal freedom, cultural liberty, and religious fortitude burns somewhere in our heartland, we are still in the fight.

PROTECTING AND CARING FOR YOUR LARGEST ORGAN

How to Treat Trauma and Injuries

By Dr. Omar Hamada
Special Operations Physician

Believe it or not, our skin is actually an organ — a collection of cells or tissues that form a unit designed to perform a specific function. Our skin, together with its hair, nails, and glands, perform several different functions. These include interacting with our environment (sense of touch), protection, and thermoregulatory control.

Because it is one of the few organs that interacts with our environment, it is subject to various types of external assault and injury — radiation, chemical, thermal, and traumatic. Most of us have been injured in such a way that the skin has been traumatized. Some of those injuries need no intervention to promote healing and recovery, but some do.

A puncture wound needs little care outside of washing and bandaging. We don't generally recommend closure, antibiotics, or any other particular treatment. Of course, a stab wound may be different depending on whether anything underlying/internal was injured.

An abrasion doesn't typically break the skin all the way through. It's damage caused by friction from a rough surface — like a road rash or artificial turf. Simply rinse, cleanse, dress, and bandage an abrasion as needed.

A contusion, otherwise known as a bruise, occurs from blunt force trauma. Though sometimes discolored, the skin remains intact and requires no invasive treatment other than supportive care with

ice/heat and anti-inflammatories as needed for pain. At times, the force is enough that it causes more significant bleeding in or underneath the skin so that a blood clot or hematoma, is formed. Since these clots are not in a blood vessel, but are caused by small blood vessel rupture, there is minimal danger of them traveling (embolizing) to other areas like the brain or lungs.

More serious injuries do sometimes need more specialized intervention to repair, protect, promote healing, and stop bleeding. The first is an avulsion. An avulsion is caused by the same shearing forces on the skin that causes abrasions, only the forces are either greater, have a higher friction coefficient, or last longer than those that cause abrasions.

These forces then cause an actual tearing and ripping of the skin in an uneven and jagged fashion.

When this occurs, some underlying vessels can stretch

and remain intact, but others will tear and bleed. Depending on the degree of injury, avulsions can be washed out thoroughly and bandaged. The bandages should be just tight enough to stop the local bleeding and oozing so that no hematoma (blood clot) is formed and so that no more blood is lost. Ensure the bandage isn't so tight that it restricts blood flow in tissues further away. Bandaging also serves the purpose of pulling the tissues back together so that healing can more easily occur. If the avulsion is large enough or if the bleeding won't stop, consider suturing.

Similarly, with lacerations or cuts from encounters with sharp

objects, sometimes rinsing out and bandaging is enough. But, if the lacerations are deep or long enough, sutures may be required to close, protect, limit bleeding, and promote healing.

So what are the primary issues with determining whether to suture? We want to do three things — stop the bleeding, bring tissues close together and reduce tension on the incision so they can heal and provide protection against infection. If an incision is superficial and doesn't go all the way through or if it does but it is small and doesn't bleed much, skin glue (or superglue) may be sufficient to protect and bring the edges close enough to heal.

Bleeding actually provides some protection from infection by “washing out” the wound, but it's a good idea to make sure all foreign material is removed from the wound and that it is rinsed thoroughly to decrease bacterial burden. If wounds are too dirty and the risk of infection is high, we leave them open and let them heal from the inside out (secondary intention). But, this requires attention, frequent packing and bandage changes. If the wound is larger than what can be safely glued, but clean and at low risk of infection, suturing is recommended. Remember, the more shear stress you can take off a healing wound, the less of a scar you'll generally have (a function of proximity of edges and fibroblast activity needed to hold things together).

Next time we'll talk about mending lacerations and avulsions with various techniques, but for now, get yourself some superglue.

"Bleeding actually provides some protection from infection by 'washing out' the wound."

SURVIVING A FIRE

What To Do At Home, In Your Vehicle or In The Wild

By EJ Snyder

Former Army Ranger and Extreme Survivalist

One of a survivalist's best friends is fire. It's useful for purifying water, cooking food, keeping warm and keeping away predators. But, I have also seen the destruction fire can leave behind. When I was a young paratrooper, we got orders to deploy to the West Coast to help battle a raging wildfire.

As we landed, I saw the famed "Smoke Jumpers" loading up to jump into the middle of this monster. We were issued special gear, other tools and were given training to help fire fighters on the outer rim. I watched wildfire elites called "Hotshots," with the stern look of soldiers heading to war, head deep into remote sections to attack the fire and cut it off. It was very unnerving knowing what could go wrong and the deadly cost of a mistake. It left such an impression on me that fire survival and safety was ingrained in me from that day on.

Since there have been so many wildfires this year, especially in California, here are some fire survival tips to aid you should you find yourself facing a home, vehicle, or wildfire. First, house fires are typically caused by faulty electrical wiring or gas lines, dryers with too much lint in them, kitchen grease or someone playing with matches, to name a few. Sadly, many people have needlessly died from house fires. With a little preparation, they may have survived unscathed.

"As we landed, I saw the famed 'Smoke Jumpers' loading up to jump into the middle of this monster."



To ensure you have the best chance of survival, write down a formal escape plan, with multiple back up plans. A good escape plan will help you remain calm, and think and act clearly. Remember the old fire drills from school? Drill your plan a few times a year. Aside from a written plan, if you have any upper floors in your home, you need to have fire escape ladders at each window or upper-level deck. Your home probably already has fire alarms installed, but if it doesn't, install them immediately. You should have multiple fire extinguishers that are easy to access from each of your major rooms.

In the event you are caught in a house fire, execute your escape plan. Be sure to test doors for heat

before walking through. See if there's any smoke filtering through the cracks between the door and the wall or floor. If not, feel the door for heat. If there is heat of any kind, it is not safe to go through the door. If there isn't any heat, open the door slightly and look. If you still don't see any signs of fire, it should be safe.

Stay low to the ground — at least on your hands and knees — so you're less vulnerable to smoke, which rises. Many people die in fires because they breathe in too much smoke and pass out and the flames consume them later. So, it's critical to keep your mouth covered at all times. Use your hands if you must, but a rag or shirt soaked in water is far more effective. Once you and your family have safely evacuated, don't go back in — no matter what.

Next, vehicle fires can be caused by accidents, faulty engines, etc., and can burn very fast. So, quickly clear the vehicle and get far away from it. Keep a glass breaker within easy reach. Also consider having a small fire extinguisher in your car. Once you are free from the vehicle, move to safety. Call for help and wait for the professionals. Do not go back to the vehicle, as it could explode.

A wildfire can start in any number of ways. Once it starts roaring, anything and everything in its path is in jeopardy. Wildfires have caused trillions of dollars in damage and taken many lives. If you find yourself trapped by a wildfire and are unable to escape safely, you can take steps to increase your chances of survival.

The most important thing is to choose a shelter that's best able to withstand the flaming front of the fire. This may not be your home, but an outbuilding, shop, or even your car. Your shelter should have a "Class-A" noncombustible roof, noncombustible siding or at least 30-feet between the siding and vegetation. Eave areas and the areas under decks should be cleaned of flammable debris.

To survive, you must stay inside the shelter until the fire front passes. The roar of a wildfire can be extremely loud and the shelter will get very hot and smoky as the fire front passes. Stay in the center of the structure, away from windows and glass doors.

You must be emotionally prepared to deal with the horrific sound and strong natural urge to flee. Although it will be very hot, it can be four or five times hotter outside. Close all windows and doors and place wet towels under



window and door openings. Have your fire extinguisher ready to use. Fill sinks, tubs, and buckets with water for extinguishing any embers.

Plan for loss of power. Have emergency generators ready to power your well pump. Have flashlights and batteries ready. Disconnect electric garage door openers. Operate the doors manually. Close metal window blinds. Remove flammable window treatments.

Move furniture away from windows and sliding glass doors. Shut off attic fans, whole house fans, swamp coolers, and interior fans to keep smoke and ash from being drawn into the structure. Bring pets inside and place them in carriers. Put livestock and horses in an irrigated pasture or area where fuels have been removed.

Leave exterior and interior lights on to help firefighters find your house in dense smoke. Close exte-

rior doors and windows but leave them unlocked.

A structure will offer more protection than a car, so if there is a building nearby, get inside it. Otherwise, park and stay in your vehicle. Find a safe place to park with little or no vegetation. Turn on headlights and emergency flashers to make your car more visible in heavy smoke.

Close all windows and doors, shut off air vents, and turn off the air conditioner. Get under blankets or coats, preferably wool, and lie on the floor. Wait until the fire front passes and the outside temperature has dropped. Then get out and go to a safe area that has already burned.

The bottom line is, if there is no chance of fleeing the area, then please use these tips to increase your odds of surviving the blaze. Outrunning a wildfire is unlikely as they move very fast, up to 20 MPH in some cases, and with winds and backdrafts, they can get on you very quickly.

"Get under blankets or coats, preferably wool, and lie on the floor."