



5 In 5: Joe “Dr. Bones” Alton

with Dr. Bones from www.DoomAndBloom.net

1. Should I get a flu shot? Does it really help, or is it more trouble (and potential problems) than it's worth?

— Jeff Anderson, Illinois

- The CDC recommends just about everyone get a flu shot, including elderly and immune-compromised people.
- The virus mutates, however, so each year's vaccine may be more or less effective than the last.
- Understand that this is not 100% effective.

2. I've heard about using “fish antibiotics” as a homebrew antibiotic solution, but I don't know anybody who actually has. Is this a viable solution?

— Buck Greene, New York

- Dr. Bones was the first physician to write about and advocate this, but not just any vet medication will do.
- It must have only one ingredient — the antibiotic itself.
- It must only be produced in human dosages.
- It should appear identical to an antibiotic made by at least one human med producer.

3. What are some of the best ways to PREVENT infection before it occurs, especially in a bugout situation where I might not have access to medical supplies?

— Steven Holmes, Montana

- Wash your hands thoroughly and often with soap and water.

- Use hand sanitizer.
- Wear hand protection, face masks, and other personal gear.
- Boil or otherwise disinfect your water before drinking and preparing food.
- Locate latrines at least 200 feet from your water source.
- Have a “survival sick room” for isolating the sick. It should have good ventilation and lighting, but no carpet or fabric upholstered furniture.

4. I worry about getting sick and being unable to function in an emergency. It's hard enough to deal with a disaster or an evacuation when you feel okay. How do you cope with doing these things when you “feel like death?”

— Jenna Orlich, Kansas

- You're alive; act like it. You'll have to tough it out just like our ancestors did.
- In a disaster, people will be sick, depressed, or both. Be prepared to deal with that.

5. What is one piece of medical equipment that everyone should have in their bugout bag, but that a lot of people overlook?

— Peter Sneed, Missouri

- Antibiotics are overlooked by most preppers.
- You need multiple ways to disinfect water. Contaminated water and food are the BIGGEST threat in a survival situation.

Prepare. Train. Survive.