

MAY EDITION

# SURVIVAL LIFE

MAGAZINE

**PEST  
REPELLING  
PLANTS:**  
KEEP YOUR GARDEN  
PEST FREE

**HOW TO  
SURVIVE  
A HOME  
INVASION**

**HOW  
PREPARED  
ARE YOU?**

**New Developments  
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**WHAT YOU NEED TO KNOW**

## MAN'S BEST FRIEND

COULD BE A PREPPER'S BEST FRIEND

**PROTECTING  
A CITY**

And guarding  
a nation

**THE RETURN OF THE  
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How An Endangered  
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# FROM THE EDITOR

## DEAR SURVIVALIST,

As you probably know, I was inspired to become a survivalist when my family's home was hit by Hurricane Rita in 2005.

Though they were among the lucky ones whose homes remained intact after the storm, they found themselves stranded. Roads were closed, so they couldn't leave town or even get to the store (not that there would be much left if they could.) It was four days before cell phone service was reestablished. All they had to eat were a few MRE's and some baked ziti.

Desperate, they went out and salvaged what they could from their garden. Then they struck out into the woods to see if they could hunt some birds for food.

Fortunately they were able to shoot some birds in the woods near their home. And, thankfully, they had their two Labradors with them, who were able to retrieve their kill and bring it back to them. Those dogs played a huge part in saving my family's life after that devastating storm.

## IN THIS MONTH'S EDITION OF SURVIVAL LIFE MAGAZINE:

You'll learn about the many ways you can rely on your faithful canine companion in a survival situation. You'll also learn about your dog's ancestor, the wolf, and how – with our help – they're making a comeback in Yellowstone National Park.

Along with these stories, we've also got the latest information on the Zika virus and how you can protect yourself against the mosquitoes that carry it, as well as tips for surviving a home invasion and an interview with a true American hero.

We're proud of this issue and hope you enjoy what we have to teach you this month.

## REMEMBER, WE'RE ALL IN THIS TOGETHER!

**"Above Average" Joe**

Editor-in-Chief  
Survival Life Magazine







# DOGS: A PREPPER'S BEST FRIEND?

## >HOW YOUR PET CAN HELP YOU WHEN SHTF

• • • • • By: Leslie Hale

*The topic of pets is a somewhat divisive one in the prepping community. While some people consider their pets part of the family and wouldn't dream of leaving them behind when SHTF, others see them as an unnecessary hindrance and an extra mouth to feed.*

*Both sides of the argument certainly have their points. But seeing as we recently celebrated National Puppy Day, we thought we'd talk about how having a dog can be very beneficial in the world of survival and preparedness. (Plus...bonus pictures of cute dogs! Who can say no to that?)*

### 1. DOGS CAN PREDICT THE WEATHER

When I was growing up, my family had an old German Shepherd who was almost completely blind and deaf, but she had a "sixth sense" when it came to the weather. When the dog laid in a certain corner of my parents' room, we knew there was bad weather coming — and it never failed, several hours later a

thunderstorm would roll in. This is a common phenomenon in dogs. According to Pedigree.com:

*"With their keen ears, canines can hear at much higher and lower frequencies than we do. A dog can hear a faraway rumble of thunder that you might miss. In addition, a dog's nose is so sensitive, it can detect odors a billion times better than humans. Yes, a billion! Since lightning ionizes air with the*

*formation of ozone—which has a characteristic metallic smell—it's possible that dogs detect this odor, or some other odor, associated with the storm.*

*Dogs are also more attuned to changes in barometric pressure than humans. A drop in pressure signals that conditions may be right for a storm to develop. So a dog may learn to associate the feeling of a pressure drop with the arrival of a storm."*



In a survival situation, knowing beforehand that inclement weather is brewing would give you time to prepare and seek shelter from the storm. Your canine friend could help you out by acting as your own personal meteorologist.

## 2. DOGS CAN SENSE DISEASE IN HUMANS

Dogs have been proven to sense even early stage cancers in humans, as well as diseases such as epilepsy, diabetes, neurological disorders and more. In a survival situation where doctors or traditional medicine might not be available, having a dog with this ability could save your life.

## 3. DOGS KEEP YOU ACTIVE AND HEALTHY

There's no such thing as a lazy dog owner. Dogs, especially the larger and more intelligent breeds, require a lot of exercise and stimulation. Whether it's playing fetch, going for a hike or just walking around the neighborhood, having a dog will help you stay active and in shape. And as we all know, being fit and healthy is one of the best ways to be prepared. According to DogVacay.com:

*"Dog owners have been found to have lower cholesterol, lower blood pressure, fewer heart attacks, and according to a study by the British Journal of Health (2004), dog owners also have the added benefit of having fewer medical problems than those without pets."*

## 4. DOGS ARE GOOD JUDGES OF CHARACTER

In a SHTF situation, it's hard to know who you can trust. Your dog can help. Most dogs are astute judges of character, and if your dog is acting suspicious or not like



himself around a new person, you may have good reason not to trust them. According to TheDodo.com:

*"Dogs are highly sensitive of pheromones which we are not aware of. This is the reason dogs can predict possible danger. They can get to know about the intention of a person we meet by sensing their subtle facial expressions and body language. Not only dogs can make you aware about any danger from a person, they are also good at detecting bombs, drugs etc. If your dog shows unusual dislike towards someone, he is making you aware about the potential threat that person can present to you."*

## 5. DOGS KEEP KIDS FROM DEVELOPING ALLERGIES

If you have little ones, owning a dog while they're young — or even while you're pregnant!

— can provide huge health benefits for their entire lifespan. According to MentalFloss.com:

*"While dogs can be one of the worst triggers for people with*

*allergies, growing up in a house with a dog makes children less likely to develop allergies over the course of their lives. Even if you were just a fetus when your mother lived with a dog, you are still less likely to be bothered by animal hair and dander, or to develop eczema as an adult."*

## 6. DOGS HAVE A GREAT SENSE OF DIRECTION

We hear news stories all the time of a dog finding its way back home after being separated from its owners for weeks or even years. This is because dogs and other animals use a combination of senses and perceptions to find their way and remember where they came from. According to SmartAnimalTraining.com:

*"The vestibular system located in their inner ear provides constant feedback about their rotations and accelerations. When walking, they also get information from their body movements. They have an idea of how many steps they took between two points. This of course happens unconsciously, the dogs are not purposely counting how many steps they took. Combining these two sets of information will allow*



*dogs to get a sense of where they came from, like a vector pointing in that direction.”*

For an outdoorsman or survivalist, having a dog with this “sixth sense” could be very beneficial and even lifesaving. Being lost in the wilderness can be terrifying and dangerous, but it is less so when you have a trusted companion who can show you the way back home.

## 7. DOGS KEEP KIDS ENTERTAINED AND DISTRACTED

In a disaster situation — especially one where electrical power has been compromised — kids can

often become frightened, bored and restless. Having a dog around can ease the burden on parents by giving the kids a distraction in the form of a comforting companion.

## 8. DOGS MAKE US HAPPY

Dogs are called “man’s best friend” for a reason. Dogs provide unconditional love, a sense of companionship, and have been proven to ease the symptoms of disorders such as ADHD, anxiety, depression and PTSD. Dogs can also give us a sense of purpose. Many people suffering from depression or grieving the loss of a loved one have reported that

having a dog gave them a reason to keep going. It’s easy to see how these benefits could serve us well in a survival situation where it may seem like all hope is lost.

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# HOW TO SURVIVE A HOME INVASION

## THEY KEY TO PROTECTING YOUR HOME & FAMILY IS PREPAREDNESS

• • • • • By: James Smith

Crime rates have been going up for the past few years. Robberies and breaking and entering incidents have been increasing. These invasions often lead to worse crimes such as kidnapping, rape and murder.

This article is intended to help yourself prepare before the robbers get to your home, and how to deal with them if they do get to you.

### TAKE THESE FIVE PRECAUTIONS FIRST

1. Establishing a “safe room” should be your first priority while planning precautions for an invasion. The point of the room is that your family can take shelter in case of an emergency. The door should be fitted with a dead bolt lock, so it can be locked easily upon entry.

2. Having a telephone in your safe room is mandatory so that you can call the police. One thing to keep in

mind is that phone service providers provide telephone services along with television services, and they operate off dish services. This means that the wires to these can be severed, rendering your phone useless. The solution to this is to keep a secondary phone, or use a cell phone to keep in the safe room.

3. A safe room must have a safe or a lockbox inside with a loaded handgun, which is easily accessible. Keep practice drills for running to the room, unlocking the lockbox, and getting ready to shoot. A spare key to the lockbox is also a must-have inside the safe room.

4. Do not hesitate to use a pump-action shotgun as your first preference for a gun. Firing a couple of rounds out your back window can instill fear in the intruders. Please also read gun licensing laws before you purchase any firearm.

5. It is absolutely necessary for you and your family to stay in the safe

room until help arrives. The invaders might not know that you are in your safe room, unless they already have heard gunshots or they know that you are inside the house, which gives you an advantage over them.

### ALWAYS BE PREPARED FOR A GUN FIGHT

If anyone finds out about your safe room during the invasion, they will try to break into the room. In such a situation, you should have already placed a few heavy pieces of furniture, which can be easily slid in front of the door, and lumber which can be used to leverage the furniture against the opposite wall, preventing the furniture from sliding back.

### USE A BULLHORN TO SCARE INTRUDERS AWAY

Bullhorns can be used either in the



beginning of an invasion or during the invasion. In the beginning it can be used as an alert to your family that an invasion is taking place, or you can use a siren feature that most bullhorns have, which might fool your intruders into thinking that they might have tripped off a home security system, causing them to flee thinking that the police might be on their way.

## **ALWAYS HAVE A BACKUP PLAN**

As soon as you realize that a home invasion is taking place, shout out the emergency code word which signals your family members to run to and take shelter in the safe room. Lock the door once you are inside. You can also have a window which has easy access to the ground. You should listen quietly and stay silent in the room as there is always a chance that the invaders might be trained at moving silently through the house, which greatly increases the dangers you are faced with. Scan your property through the window, making sure that none of the burglars or the invaders are outside, and then you can take your chance at making your escape. If you have a wife and kids, let your

wife go out first and hold out the kids to her, making it easier for all of you to get to safety. Always have a planned escape route in mind if you want to use the back window strategy to escape a home invasion.

## **HOME INVADERS MIGHT NOT BE AFTER YOUR BELONGINGS AFTER ALL...**

In some situations, home invaders might not be burglars. They might be kidnappers or murderers who are after you. There is a chance that they might have been watching you for a long period of time, and are after something valuable. The trick is to put as much distance between yourself and the burglars if you find out that they are after your life.

## **DECOYS CAN REDUCE THE CHANCES OF HOME INVASION**

A former CIA guy suggested using decoys to ward off home invaders. These tips probably work best on invaders who are new to the business.

One effective decoy is to put a dog bowl outside your front door, a leash and a sign saying something like "My Best Friend is a Rottweiler." Many invaders will choose a house that is not home to a large dog.

The trick to this tip is to make your house look more and more like there is a canine living in the house, even if you don't actually have one. This will definitely decrease your chances of being invaded and increase your security.

Of course, the only thing better than using a canine decoy is having an actual canine in the house. Having a trained guard dog outside is surely going to scare off any invaders planning to break into your house.





A photograph of a wolf standing in a forest, looking towards the camera. The wolf has a mix of grey, brown, and white fur. The background is dark and filled with bare tree branches.

# THE RETURN OF THE WOLF TO YELLOWSTONE

## HOW AN ENDANGERED SPECIES MADE A COMEBACK

By: Stacy Bravo

*At one time, man and wolf lived in harmony. But then things took a dark turn when the US government attempted to cause the deliberate extinction of these magnificent creatures. Read on to learn how the wolf population managed to hang on, and what we're doing now to help them not only survive — but thrive.*

### IN THE BEGINNING...

Since the moment wolf first trusted man, and man first trusted wolf, many things have changed.

For centuries, the indigenous peoples of the Americas depicted the wolf in their art and stories. Most often, the painting or story displayed wolf and human joined as one powerful creature. In some legends, the wolf is given healing powers and in others the wolf saved the people from the great flood. Many Native Americans believed in man's brotherhood with the wolf.

Not so long ago, wolves roamed nearly all of the United States. Between 250,000 and 500,000 wild wolves lived in harmony with Native Americans and the rest of the ecosystem.

### BY THE EARLY 1900S, THE HARMONY

### BETWEEN MAN AND WOLF CHANGED...

Over a hundred years ago, people around the world began waging a war against the wolf. The U.S. government implemented a nationwide policy of wolf control. Wolves were seen as pests that posed a threat to the continued safety and prosperity of the American people. Theodore Roosevelt, a man widely known for his environmental activism, declared the wolf as “the beast of waste and destruction” and called for its

eradication. The existence of the wolf declined dramatically between 1900 and 1920 as Congress officially sanctioned the Bureau of Biological Survey to shoot, trap and poison wolves to extinction. Their skulls and skins were piled high for victory photographs (as shown below) and to claim the bounties. Most believed they served God and the United States by ridding the countryside of such vermin.

Even national parks such as Yellowstone National Park were included in this new act of Congress. Yellowstone was





once sanctuary where wolves once roamed freely and were “protected” under the Yellowstone National Park Act of 1872, which stated that the Secretary of the Interior “shall provide against the wanton destruction of the fish and game found within said Park.” Their protection and security was now gone... as if it never existed.

*Through a systematic extermination of every wolf to be found, the US government won its battle against nature. By 1960, the once populous gray wolf was essentially extinct throughout its former range.*

The last 300 wolves in the lower 48 states roamed the deep woods of upper Michigan and Minnesota, only surviving by running and hiding at the first sign of humans. The wolf is the only species to be deliberately driven to the brink of extinction by humans.

## THE WOLF'S TRIUMPHANT RETURN TO YELLOWSTONE

In the 1970's, national awareness of environmental issues and consequences led to the passage of many laws designed to correct the mistakes of the past and

help prevent similar mistakes in the future. One such law was the Endangered Species Act, passed in 1973. The US Fish and Wildlife Service is required by this law to restore endangered species that have been eliminated, if possible. By 1978, all wolf subspecies were on the federal list of endangered species for the lower 48 states except Minnesota.

The US Fish and Wildlife Service 1987 Northern Rocky Mountain Wolf Recovery Plan proposed reintroduction of an “experimental population” of wolves into Yellowstone.

In 1991, Congress provided funds to the US Fish and Wildlife Service to prepare, in consultation with the National Park Service and the US Forest Service, an environmental impact statement (EIS) on restoration of wolves. In June 1994, after several years and a near-record number of public comments, the Secretary of the Interior signed the Record of Decision for the final EIS for reintroduction of gray wolves to Yellowstone National Park and central Idaho.

In late 1994 and early 1995, and again in 1996, the US Fish and Wildlife Service and Canadian wildlife biologists captured wolves

in Canada and relocated and released them in both Yellowstone and central Idaho.

## THE TRANSFORMATION OF YELLOWSTONE

Since 1995, the wolf population of the region has quintupled and something else magical has happened. The ecosystem is thriving.

Much of what we know about the importance of wolves in maintaining the integrity of these ecosystems has come from research by Oregon State University's Bill Ripple and his colleagues, who have been studying the ecological impacts of the wolf reintroduction.

The effects have been dramatic. Within three years of the reintroduction, coyote populations declined by 50%. The elk are back down to reasonable numbers, and more importantly, they've regained a healthy level of fear, avoiding high-risk areas like the sensitive stream banks. The aspens, cottonwoods and willows are all coming back, and with them, the beaver.

The restoration of the wolves and the subsequent recovery of the Yellowstone ecosystem is one of the greatest conservation success stories of all time.

The future of the wolf continues to be promising with each passing year. Even though the numbers of wolf packs may never be what they once were, it's a glorious sight to see the wolf come home again.



# PLANTS THAT REPEL INSECTS AND PESTS

## >KEEP YOUR GARDEN PEST-FREE THIS SPRING

By: Stacy Bravo

Repel Insects and Other Pests... Naturally! Here are 8 plants that can deter those pesky insects and other pests such as mice.

### 1. MINT

Mint is a useful and inexpensive herb that can repel flies. You can use mint in both forms – in fresh or dried form – to deter flies. Apart from flies, mint is also helpful against mosquitoes, ants, and mice.

You can keep crushed mint leaves in shallow bowl, to keep flies away. If you want, you can also fill few muslin tea bags with dried crushed mint leaves and keep them in the infested areas.

Tip: Because mint grows so quickly, keep your mint plant in its own pot to prevent it from taking over your garden.



### 2. BAY LEAVES

Bay leaves produce a subtle scent that flies hate. Other insects like moths, roaches, earwigs, and mice also hate the fragrance of bay leaves.

You can grow bay leaf plants in pots to place in the infested areas to keep roaches, flies, and mice away. Dried bay leaves are equally effective in repelling flies.



### 3. LEMONGRASS

To help deter mosquitoes with its strong fragrance, plant lemongrass along walkways and in locations close to seating areas. Also, plant lemongrass in large planters which can be moved around as they also function as a privacy screen and smells wonderful.



### 4. BASIL

In fly infested areas, you could use potted plants of basil to deter flies. You can use them near external doorways and/or seating areas. If, for some reason, you are unable to use fresh basil, you can also use



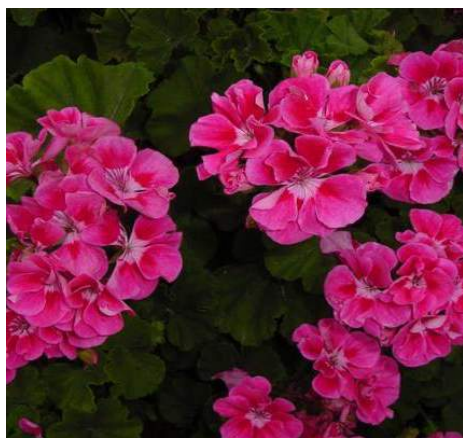
dried basil. You can keep dry basil leaves in a muslin teabag, near the infested area.

One important thing about the basil plant – it should always be watered at the root and not on the leaves, as this will produce a stronger fragrance.



## 5. GERANIUMS

They not only add a boost of color but geraniums also keep out Japanese beetles. These would look beautiful in the front walkway. Curb appeal and bug deflector... can't beat that!



## 6. CATNIP

We all know that cats love catnip, but this perennial also has quite a reputable history as a medicinal herb. One trait that this plant is less known for is its mosquito

repelling ability. The natural oil within the leaves has been proven to be ten times more effective than DEET at repelling mosquitoes.



## 7. PYRETHRUM CHRYSANTHEMUMS (SPECIFICALLY, THE ONES THAT LOOK LIKE DAISIES)

The blooms of these lovely chrysanthemums contain pyrethrum, which is frequently used in natural insect repellents and dog shampoo. The chemical can kill and repel ants, ticks, fleas, spider mites, roaches, Japanese beetles, lice, and even bed bugs. This characteristic makes it a popular insect-repelling companion plant in vegetable gardens. Pots brimming with these yellow and white blooms are also a welcome addition to any outdoor seating areas.



## 8. CITRONELLA MOSQUITO PLANT

The Citronella Mosquito Plant is a genetically engineered geranium hybrid with a unique characteristic – it repels mosquitoes! It is easily grown as a potted patio plant, and it is easily enjoyed for its attractive foliage and sweet lemony scent, as well as for its mosquito repelling powers. Citronella is the substance in citronella candles, which have long been used to deter mosquitoes. This plant is most effective as a repellent if you crush a few leaves and rub them on your skin.





# PROTECTING A CITY AND GUARDING OUR NATION: >ETHAN MENNEN TELLS SURVIVAL LIFE WHAT IT'S LIKE TO BE A COP AND ARMY RANGER

..... By Leslie Hale

*Ethan Mennen is a busy guy.*

*Not only is he a full-time detective for the New York City police department, he also serves as a Lieutenant and instructor in the New York State Army National Guard.*



## POLICE WORK

Mennen says he joined the police force and, eventually, the military because he was searching for a more fulfilling career after brief stints in television production, advertising and as a pre-school teacher.

“On 9/11 I lived a short distance from the World Trade Center. My roommates and I couldn’t go back to our apartment for about a week afterwards due to no running water,” Mennen said. “Shortly thereafter, I took the NYPD test. I was hired by the NYPD in July of 2003 after about a year and a half of testing. It was my first job in law enforcement.”

Though Mennen has family ties to the NYPD (his paternal grandfather was an NYPD detective from 1939-1954), seeking a career as an officer wasn’t something he planned.

“Becoming a police officer was not something that was a life-long goal. It was just something that happened,” Mennen said. “I took the initial test and then went through over a year of testing. They

called me one day and said, ‘If you want to be a police officer, show up on Monday.’ And I did. Once I got on the job, I fell in love with it.”

Mennen began his career in law enforcement as a street cop working the 10th precinct (Manhattan’s Chelsea and Hell’s Kitchen neighborhoods.) But he always had his eyes set on the Intelligence Bureau, knowing how prestigious and well-respected they were in the department. In 2012, that goal was realized when Mennen was accepted to the NYPD Intelligence Unit. In 2014, he was promoted to Detective.

“I loved my time on the street and worked with a great bunch of people. I moved on because I was offered opportunities I couldn’t pass up,” he said.



Though Mennen loves his job, he says it does not come without its hardships. Finding a good balance between work and a personal life is a constant struggle. In recent years, an added burden has been placed on police officers as they find themselves the focus of media scrutiny.

“The last couple years have not been great in terms of how people perceive police officers. There have been times where I hesitated to tell people what I do for a living because I didn’t want them to have a negative first impression of me,” Mennen says.

Mennen believes that much of the criticism leveled at police officers is due to “reporters” on social media taking things out of context.

“There are people who should not be police officers, but sometimes they get through the hiring process. I do not believe police brutality is the epidemic some people would have you believe. In this age of social media anyone can be an instant reporter. Unfortunately, in many videos, you don’t get the full

context of what happened before the camera started. I believe bad cops should be exposed, but you cannot indict the entire profession of policing because of a small number of bad actors,” Mennen said.

Still, he does see some value in the conversations taking place.

“Police officers should be held to a higher standard of behavior. We are the street-level enforcers of the law. Sites like Twitter can provide a great forum for talking about current problems with the institution of law enforcement, but it has to be done responsibly.”

## MILITARY CAREER

After seven years on the police force, Mennen was ready to tackle another goal. In 2010, at age 34, Mennen joined the New York State Army National Guard.

Mennen says that his military training was challenging in an entirely different way than being a police officer is, particularly where self-discipline is concerned.

“The Army instilled a sense of discipline that I had never fully developed. Ranger school showed me what is possible when you remove choice from the equation. When you’re in the field in Ranger school, you don’t have the luxury of choice. You know you’re not going to sleep or eat very much, so you stop worrying about those things. Your body adapts and you develop an ability to lead soldiers in the absence of comfort. It proved to me that people are capable of amazing things that they never thought possible. Once choice was removed from the equation, I realized I was capable of things at 35 years old that I never would have even attempted in my early 20’s,” Mennen said.

Though Mennen was older than many of his fellow infantrymen, he says that his age and experience proved to be an advantage and that he was able to look at things through a slightly different lens than his peers.

“I realized that everything our drill sergeants did was for a reason. They really didn’t hate us, they were







teaching us through pain. They had to break us down physically and emotionally in order to become good soldiers. Some of the younger guys took it personally and they became angry. I was old enough to know that everything the drill sergeants did had a purpose. That mentality helped me get through all my Army training,” Mennen said.

After completing basic training, Mennen went to Officer Cadet School and commissioned as a Second Lieutenant. He then completed Infantry Officer School. In 2012, he earned the Ranger tab at age 35, then “walked-on” to Airborne School. He has also completed Air Assault School and Mountain Warfare School, and served as an Infantry Platoon Leader and Executive Officer of an Infantry Company.

In January of this year, Mennen became an instructor at the New York State Regional Training Institute Officer Candidate School at Camp Smith in Peekskill, NY.

“My Army experience has helped me in the NYPD. My experience leading soldiers has helped me be a successful Detective. And being a police officer developed my

ability to talk to people and read people, which enhances my ability to lead soldiers. Each of my careers complements the other,” Mennen says.

## PERSONAL SAFETY AND SELF DEFENDER

Naturally, his experience both on the police force and in the army makes Mennen an expert in personal and family protection.

“There are steps you can take to protect yourself from becoming a victim. It mostly has to do with being aware of your surroundings. Trust your instincts. They evolved to keep us safe,” Mennen said.

He continued, “If you are uncomfortable in a situation, get out of it. If an elevator door opens and you don’t feel safe getting in it because of someone in there, wait for the next one. If someone taps your bumper your first reaction is to pull over and exchange information. Just be aware of your surroundings. Is it dark? Are you alone? Is there someplace you can pull over that has better lighting and more people? If a car not clearly marked as a police car tries to pull

you over, drive to a well-lit public area like a gas station parking lot or a restaurant with other people and then pull over. Any cop should understand.”

Here are some more of his tips:

- *If you’re out late at a restaurant or bar, don’t go anywhere alone – not even the bathroom*
- *Don’t accept a drink you didn’t see being made*
- *If you take a cab home, ask the driver to wait until you get inside your house or building*
- *Don’t wait until you are standing at the door to get your keys out of your bag. Have them in your hand before you get out of the car. This will keep you from being vulnerable as you search for them, plus they make a great impromptu weapon if needed.*
- *Once inside, make sure the door closes and locks behind you and no one has followed you inside*
- *Carry OC spray (also known as pepper spray or mace)*
- *Keep the contents of your purse*

*organized so you're not fishing around for something you need in a hurry*

*- Don't bury your head in your phone while walking*

*- Remove your headphones as you approach your door so you can hear if someone is behind you*

*- Know where you are (what street you're on) in case you need to call for help*

*- Try to avoid crowded places like diners late at night*

*- Drink responsibly – alcohol contributes to a lot of late-night crimes such as assaults and thefts*

*- Your mother was right: nothing good happens after midnight*

"You learn pretty quickly on this job that you are not going to save the world, but you can make people's lives a bit better once they have been victimized. And you can try to help them by offering some advice on how to not be a victim in the future," Mennen said. "When I retire from the NYPD I would like to work to stop either human trafficking or

animal abuse. I feel that those two categories of crime deserve more attention than they have gotten in the past."

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# NEW DEVELOPMENTS AND INFORMATION ON THE ZIKA VIRUS

By: Stacy Bravo

By now, you have probably heard about the Zika virus. If you are not aware of the Zika virus and its causes and symptoms, here are some key facts.

Zika virus disease is caused by a virus transmitted by Aedes mosquitoes.

People with Zika virus disease usually have symptoms that can include mild fever, skin rashes, conjunctivitis, muscle and joint pain, malaise or headache. These symptoms normally last for 2-7 days.

There is no specific treatment or vaccine currently available.

The best form of prevention is protection against mosquito bites.

The virus is known to circulate in Africa, the Americas, Asia and the Pacific.

## RECENT DEVELOPMENTS OF THE ZIKA VIRUS – WHAT IS CURRENTLY KNOWN

According to the Zika situation report from the World Health Organization, dated April 7, 2016, the Zika virus transmission is confirmed in 62 countries and territories from January 1, 2007 to April 6, 2016. Previously thought of as only a mosquito-borne illness, sexual transmission of Zika is now confirmed in six countries: Argentina, Chile, France, Italy, New Zealand and the U.S.

According to the Centers for Disease Control and Prevention (CDC) as of April 6, 2016, there are a total of 700 confirmed Zika cases in the U.S. and U.S. territories:

- Number of travel-related Zika cases in U.S. states: 346

- Number of overall Zika cases in U.S. territories: 354

- Total number of Zika cases in U.S. states and U.S. territories: 700

- Number of total Zika cases in U.S. states (346) that are pregnant women: 32

- Number of total Zika cases in U.S. territories (354) that are pregnant women: 37

- U.S. state with the most confirmed cases of Zika: Florida (78)

- U.S. territory with the most confirmed cases of Zika: Puerto Rico (325)

- Number of total Zika cases in U.S. states and U.S. territories (700) that are pregnant women: 69

All Zika cases in U.S. states are confirmed to be travel-related, while in U.S. territories, there have



been 351 reported cases that are considered to be locally acquired. Puerto Rico has the most cases of any U.S. state or territory — 325.

## ZIKA VIRUS AND ITS CONNECTION TO OTHER DISORDERS

Zika has long been linked to microcephaly, a birth defect where a baby's head is smaller than expected. While the connection has yet to be confirmed, the WHO announced recently that there is mounting evidence of not only a link between Zika and microcephaly, but also between Zika and Guillain-Barré syndrome (GBS) and other neurological disorders.

Even more recently, Brazilian scientists discovered a new brain

disorder associated with Zika to add to the list of serious health problems linked with the virus. These latest findings linked Zika to an autoimmune syndrome called acute disseminated encephalomyelitis (ADEM), which attacks the brain and spinal cord.

## PREDICTION OF THE SPREAD OF ZIKA VIRUS IN THE UNITED STATES

U.S. health officials said that the risk of a Zika outbreak in U.S. cities is greatly increased during the summer months. The aedes aegypti mosquito, which is believed to be largely responsible for the spread of the virus, will appear more regularly across the southern and eastern U.S. and some U.S. territories as the weather warms.

Mosquito bite prevention is more crucial than ever!

## UNITED STATES OFFICIALS SAY THEY “MAY HAVE UNDERESTIMATED THE THREAT”

U.S. health officials said this week that Zika virus is “scarier” than first thought and that the impact of the virus on the U.S. could be greater than predicted. Officials fear that Puerto Rico is particularly at risk, and that hundreds of thousands of infections could appear there.

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## THE SPREAD OF THE ZIKA VIRUS



Countries and territories with active Zika virus transmission and reported cases



# Mosquito Bite Prevention (United States)




Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <i>Aedes aegypti</i> , <i>Aedes albopictus</i>	Chikungunya, Dengue, Zika	Primarily daytime, but can also bite at night
 <i>Culex</i> species	West Nile	Evening to morning

## Protect yourself and your family from mosquito bites

### Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient		Some brand name examples*
Higher percentages of active ingredient provide longer protection		
<b>DEET</b>		Off!, Cutter, Sawyer, Ultrathon
<b>Picaridin</b> , also known as <b>KBR 3023</b> , <b>Bayrepel</b> , and <b>icaridin</b>		Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
<b>Oil of lemon eucalyptus (OLE)</b> or <b>para-menthane-diol (PMD)</b>		Repel
<b>IR3535</b>		Skin So Soft Bug Guard Plus Expedition, SkinSmart

\* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

