

SHELTER  PLACE
PREPPING YOUR HOME TO SURVIVE ANY DISASTER, CRISIS OR ATTACK

PANDEMIC RESPONSE

HOW TO SURVIVE SELF-QUARANTINE DURING
A WIDE-SCALE DISEASE OUTBREAK



IMPORTANT DISCLAIMER ABOUT THIS INFORMATION

This book is for information purposes only. Do not attempt any of the techniques shown unless under the guidance of a fully qualified professional. Always consult your physician before engaging in any physical activity. The author assumes no responsibility for any injury that may occur as a result of using these techniques. All of these techniques may ONLY be used in justifiable circumstances where care is taken not to infringe local laws regarding legal restraint and use of force.

You Do NOT Have Permission To Sell Or Distribute This Program

This publication is internationally copyrighted and the sole property of CQC International, Inc, Modern Combat & Survival Magazine and The International Society of Close Quarter Combatants and is only available through a website associated with our organization.

If you see anyone giving away this program as a free or paid download from any other website, please do the honorable thing and let us know at www.CloseCombatSupport.com and if we find that some scumbag is fraudulently stealing our program and profiting from it or giving it away illegally, we will reward you handsomely for your higher moral standard.

Thanks for having our back!

Table of Contents

From The Editor.....	4
About The Experts.....	5
How Real Is The Threat of Pandemic?.....	6
The “Black Swan” Event: Chain Reactions And Societal Chaos.....	11
What The CDC Knew Back In... 2011?.....	15
How Can You Tell When a Pandemic Is Coming?.....	17
What Does It Look Like When a Pandemic Hits?.....	22
Ebola: A Cautionary Tale of Medical Martial Law.....	33
How Coronavirus Showed Us We Were Unprepared.....	37
A COVID-19 Response Plan.....	39
Why Our Current Quarantine Standards And Measures Are Inadequate.....	42
Why You DON'T Want To Go To A Hospital.. And What To Do If You Need To.....	47
How NOT To Respond To A Pandemic.....	51
The Most Critical Preparatory Steps To Take During A Pandemic Outbreak.....	55
Constructing An Isolated Pandemic Safe Room.....	67
How To Treat Your Family And Prevent The Spread Of Disease.....	85
If You Must Venture Out.....	97
Conclusion.....	99

From The Editor

Remember the panic over the “bird flu”? What about the “swine flu”? Or when Ebola first came to the United States? These were pandemics felt largely OUTSIDE the United States — before we started losing our minds at the thought of disease in our own country.

Then the coronavirus, or COVID-19, brought the entire country to a grinding halt. Stores emptied out. People got into fist-fights over toilet paper. Schools, businesses, and sporting events closed. And that was just the beginning.



The thing is, none of this is new. Not so long ago, other pandemics shut down large portions of the United States — taking a terrible toll in human lives.

In New York City in 1916, for example, the paralytic disease polio killed 6,000 people. Because the disease frequently affected children, it terrified parents across the nation. Public swimming pools were shut down... movie-goers were told not to sit too closely... and insurance companies sold “polio insurance” for babies. The disease was largely brought under control through immunization, but polio pales in comparison to the Great Flu Pandemic of 1918-1919.

Across the world, influenza killed 20 million people. At home, it took 675,000 from a population of 105 million in the United States. There were quarantines. There were panics. People wore masks in public. As I write this, it’s happening again, and when this passes, it WILL happen in the future.

Now and in the future, are you, and will you, be ready? This report will teach you what you need to know before, during, and after a pandemic outbreak.

Prepare. Train. Survive.



Jeff Anderson

About The Experts

This report was compiled with the input of several experts and across several sources, but four of the biggest contributors were Mike Adams, Joseph Alton, Amy Alton, and FJ Bohan.

Mike Adams, known as “the Health Ranger,” is an activist-turned scientist who heads a science-based natural health advocacy organization, Natural News. Natural News empowers consumers with factual information about dangerous chemicals and contaminants in foods, medicines, personal care products, and more. You can read more about Mike and his work at www.NaturalNews.com.

Joseph and Amy Alton (better known as “Dr. Bones & Nurse Amy”) Dr. Bones and Nurse Amy are well known in the prepper world as medical experts and Certified Master Gardeners.

You can learn all about their work, including the books they’ve published (such as *the Survival Medicine Handbook: A Guide for When Help is Not on the Way* and *The Doom and Bloom Survival Medicine Handbook: Keep your Loved Ones Healthy in Every Disaster*, at www.DoomAndBloom.net.

Frank “FJ” Bohan is the author of three books: *Living on the Edge: A Family’s Journey To Self-Sufficiency*, *Barbed Wire, Barricades and Bunkers: The Free Citizen’s Guide to Fortifying the Home Retreat*, and his latest work, *Emergency Air for Shelter-in-Place Preppers and Home Built Bunkers*. You can learn more about Frank and his work at www.fjbohan.blogspot.com.



How Real Is The Threat of Pandemic?

Can you picture this?

- Thousands, even hundreds of thousands citizens sick and dying.
- Hospitals filled to capacity and beyond.
- Medical staff and first-responders strained to the breaking point.
- Quarantines forcing people to stay in their homes.
- Troops in the streets.
- Roadblocks.
- Checkpoints.
- Curfews.
- A thriving black market for medical supplies and even dubious quack-cures.
- The threat of being crippled or killed, or watching your children die, at the hands of an insidious disease you can't see and that you are powerless to stop.

This is a *pandemic*, a disease that affects an entire country — if not the entire *world*.

A lot of people used to think it couldn't happen to them.

Then COVID-19 proved everybody **wrong, wrong, WRONG**.

We haven't had one of these in a while, see, which means it literally is just a matter of time before we feel the worst of this one... and before *another one hits*.

Even **before** COVID-19, the Centers for Disease Control had to admit that we were well overdue for a wide-scale pandemic outbreak.



Worse, we were NOT prepared for it when it DID hit.

During the 2014-2015 influenza outbreak, the government admitted that the flu vaccine formulated for that year had little chance of providing you ANY protection... and it only gets worse.

Setting aside the terrifying Ebola outbreak that started in late 2014 — the first time that deadly disease has EVER been diagnosed in an infection occurring on our soil — there have been other, dangerous diseases making their presence known in recent years, even before “coronavirus” panicked the nation.

- The emergence of the H5N1 strain of avian flu in recent years, as well as the reemergence of the H1N1 swine flu strain, heightened concerns that we’re poorly prepared to manage another worldwide outbreak even BEFORE Ebola came to the U.S.
- Some experts estimate that, based on historical models for influenza A, we could see a 2% to 3% case fatality rate during a pandemic.

- In the United States alone, that at least eight to nine million deaths in just a few weeks.
- In the case of the H5N1 avian flu, that fatality rate goes upwards of 40% to 50%... To say nothing of what an Ebola outbreak, one that isn't controlled in time, could do if it took off in our schools and across the public.

But that's not the only possible vector for a pandemic.

We're also seeing reports that antibiotics are losing their effectiveness on diseases we thought were easy to wipe out.

Antibiotic-resistant strains of diseases like tuberculosis are just the beginning.

The CDC and, quoted here, the World Health Organization admit it's a problem:

"This Antimicrobial resistance (AMR) threatens the effective prevention and treatment of an ever-increasing range of infections caused by bacteria, parasites, viruses and fungi. An increasing number of governments around the world are devoting efforts to a problem so serious that it threatens the achievements of modern medicine. A post-antibiotic era - in which common infections and minor injuries can kill - far from being an apocalyptic fantasy, is instead a very real possibility for the 21st Century."

Are you listening?

We've taken for granted our ability to quickly and easily cure people of a host of illnesses.

What happens when people start dying because our antibiotics just can't do the job anymore?

What happens when COVID-19 mutates, as we've already been told it has and could?

And what is the medical community going to do to prepare for an uncertain future?

Palliative Care

Well, unbeknownst to the public, the U.S. Department of Health and Human Services, in collaboration with state and private organizations, has been placing more and more emphasis on what is known as *palliative care*.



Palliative care is what the doctors and nurses do for you when they are basically powerless to fight a disease.

(That's exactly what happened in Italy, which was ravaged by COVID-19 — and doctors started picking and choosing who to treat and who to leave to die.)

They simply try to make you as comfortable as possible.

That means they stand by and more or less watch while you, or someone you love, fights to live from a sick bed... *because the medicines just aren't working.*

When you're staring at your child or your spouse, when they're suffering in a bed with a pale face, incontrollable chills, an unbreakable fever, and they're looking back at you with failing hope in their eyes, what will you do?

Are you prepared to say, “Sorry, but I can’t do more to help you” while they just fade away?

The focus on palliative care says the medical establishment has GIVEN UP on helping you if it gets overwhelmed by a pandemic.

That means the responsibility to take care of your family is on YOU.

As a survivalist and a protector, you know that you are the only one you and your family can truly depend on in a crisis.

But how can you help your family if a pandemic outbreak strains our medical system beyond capacity and care is suddenly hard to find?

What will you do when antibiotics or antivirals are hard to come by... or less effective than before?

Simply put, you’ve got to prepare.

You need supplies on hand BEFORE a pandemic occurs.

You need to know what your strategy will be to see a pandemic coming, to weather the storm when it is here, and to prevent and treat illnesses (for you, and for your loved ones) while the pandemic is ongoing.

You may have to live through medical martial law.

You may also have to suffer through a quarantine, or simply lie low while the pandemic burns itself out... which means being prepared to stay in your home or retreat for some amount of time, surviving off the supplies you have while going out as infrequently as possible.

The time to prepare for these emergencies is NOW, before a pandemic occurs.

Remember: Nobody is debating whether a pandemic will hit the United States.

We can only wonder WHEN the inevitable will happen here.

The “Black Swan” Event: Chain Reactions And Societal Chaos

For many Americans, and for people all around the world, the reality of pandemic hit home for the first time in modern memory with the Wuhan Flu - the “coronavirus,” or COVID-19.

A “Black Swan” event is an unpredictable, catastrophic event that has “unforeseen consequences.”

In 2020, it was the emergence of the Wuhan Flu, which first afflicted people in China, then escaped the country’s borders and spread around the world.

It wasn’t long before the entire planet was teetering on the brink of collapse... and we have yet to see the worst of it as I write this.

You see, “collapse” isn’t typically happens in one giant THUD that wipes everything out in an instant like a meteor crashing out of the sky, sending us all the way of the dinosaurs.

It’s a chain-reaction that can be caused by any triggering event — and, let me tell you, a global pandemic with a 2% fatality rate is one hell of a trigger.

This “black swan” trigger event causes a domino effect that will have a very predictable outcome.

In fact, **a recent report developed for “National Truck Driver Appreciation Week”** drove that home.

Even WITHOUT Coronavirus, something as simple as a **wide-spread flu outbreak** could trigger the reaction.

Diseases can spread very quickly across the country through long-distance transportation such as by people using airplanes, trains...

... and even **long-distance truck-drivers** delivering goods!

Since truckers often stop in the same locations as other truckers for rest, food, re-fueling, an resupply, all it would take is just a few truck-drivers exposed to a medicine-resistant strain of flu or other virus, to rapidly spread the disease throughout the entire trucking industry.

Now here's where things get really scary...

You see, most people don't realize just how dependent we are on our nation's truck drivers.

Our entire trucking system is part of our nation's critical underlying infrastructure that supplies every single household and business with all the things we take for granted, such as **food, water, medicines, fuel, repair parts**, etc.

According to that report I mentioned, here's what you can expect to see happen without this indispensable lifeline — a reality that countless Americans faced when their local grocery stores ran out of toilet paper, bottled water, and hand sanitizer in the facer of the COVID-19 outbreak:

Within 24 Hours Of "No Trucking":

- Delivery of all **medical supplies** to affected areas ceases
- **Hospitals will run out** of basic supplies
- **Service stations will run out of fuel**, skyrocketing prices and creating long lines at the gas pumps.
- **Food shortages** begin to develop

Within 2-3 Days:

- **Consumer panic** over food shortages escalates
- Supplies of bottled water, powdered milk, and canned meat will disappear
- **ATM's will run out of cash** and banks will close
- **Garbage will pile up** in urban and suburban areas
- Ships and trains will be disrupted from delivery

Within 1 Week:

- **All automobile traffic will cease** due to lack of fuel
- Hospitals will begin to **exhaust oxygen supplies**

Within 2 Weeks:

- **Clean water supply will begin to run dry** (or become contaminated due to non-functional infrastructure)

Within 4 Weeks:

- The nation's **clean water supply** will be completely exhausted.

THIS is why I say that ***"It only takes 3 days to go from calm... to CHAOS!"***

And this is only from a "bad flu" hitting truck drivers!

What happens when, instead of influenza, it's Wuhan Flu?

Well, people are going to panic... and ***they've already started doing so.***

The COVID-19 Cycle Of Panic

I had an advanced warning of the COVID-19 panic from an unusual source: one of my employees, who was trying to buy dust masks at the local hardware store.

About two weeks before everything went completely nuts, he was in a Home Depot looking for masks, because he uses them for grinding and construction problems.

The dust mask section was completely sold out.

He didn't get really worried, though, until he tried to order them online... and saw that they were being price-gouged.

N95 masks that used to sell for 30 to 50 bucks for a ten-pack were listed online for as much as \$200 bucks!

That's when he told me about it, and that's when I watched the "cycle of panic" take hold.

- First, people bought N95 and N99 masks — masks that can filter fine particles and might offer some protection from getting sick.
- Then, people bought hardware store dust masks and anything else they could... and it got to the point that you couldn't buy a single painter's mask anywhere.
- At the same time, hand sanitizer sold out EVERYWHERE.
- Once people realized that hand sanitizer was sold out, they started buying toilet paper and bottled water — items tied to the most basic bodily functions.
- Then people realized that toilet paper and bottled water were selling out, so they started panicking and hoarding them.
- As they watched their neighbors hoard, everybody ELSE started buying, because they didn't want to be left out.
- Then the public FINALLY started buying food, especially when state and local governments started banning large gatherings, sports seasons were shut down, movies were postponed, and school districts began taking weeks off.
- By the time we got to that point, the country was in a complete state of panic, and fights were breaking out in Wal-marts over the last rolls of toilet paper or bottles of water.

Now, could we have seen COVID-19 coming?

It turns out that, yes, we should have, and many did.

Read on to learn more...

What The CDC Knew Back In... 2011?

Believe it or not, the CDC actually created a comic book on preparing for pandemic outbreak... YEARS before now!

Back in 2011, they commissioned a comic book that depicts a zombie outbreak in the United States.

Our hero the protagonist learns of the outbreak on the news and immediately goes to the CDC's website, where he prints out a list of the survival kit items he needs to gather up.

Because the comic book is basically **government propaganda**, it shows the scientists from the CDC identifying the mutated form of the flu that has caused the outbreak.

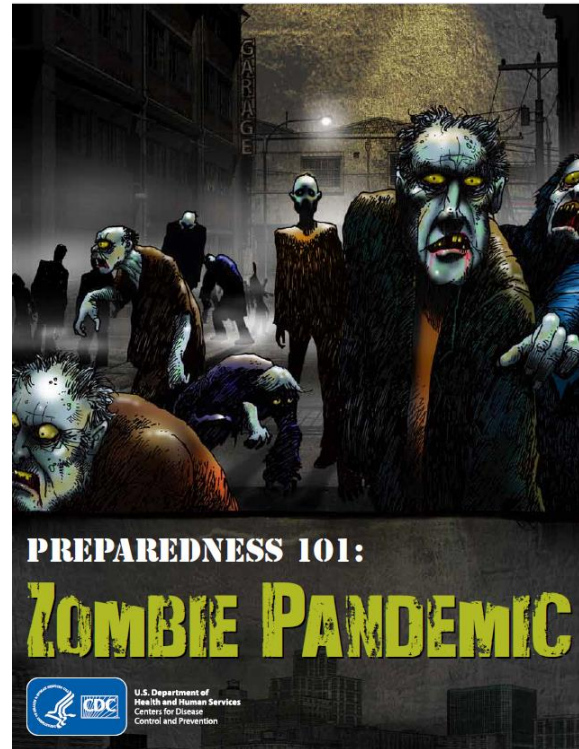
Meanwhile, our heroes go to a "safe zone", are tested and cleared, and enter a giant gymnasium full of refugees.

Then the government announces that they've found a cure for the zombie virus, and our hero celebrates the fact that the government has saved him.

(Yes, that's really what the CDC pictured as the idea scenario in this case, and they want YOU to believe it.)

The comic ends with our hero waking up and discovering it was all a dream... but he's also going through a power outage and decides to put together an emergency kit for this more "normal" type of emergency.

The last page is a list of survival kit items for "all hazards."



Now, the idea is obviously to reassure people and to encourage them to have an emergency kit — and there's nothing wrong with that.

But the comic book just kind of glosses right over what the CDC already pictures as **what will happen in a pandemic**:

- Widespread chaos
- People relying on the government to save them
- Refugees herded into massive “safe zones” (in other words, FEMA emergency camps) to become, basically, “wards of the state”

And, remember, their job is to create order — **NOT** to look after you and your family specifically.

That's right.

(And, if that bottom panel of the comic looks familiar, it's because it might as well be an artist rendering of the emergency center picture from a few pages back.)

It's up to **YOU** to protect your family... and to do that, you've got to know when the next pandemic is coming **BEFORE** it hits.

Even if you're dealing with a pandemic right now, it's going to pass... and when it does, it's only a matter of time before the **NEXT** one.



How Can You Tell When a Pandemic Is Coming?

Set aside the most recent Ebola and coronavirus outbreaks and look at the problem more generally.

If you can spot one pandemic, you can spot others coming.

The first thing you've got to know, in order to be the most prepared you can be for a pandemic, is when one is coming.

A lot of people dropped the ball when it came to COVID-19, and are paying for it.

That's because it's almost *never* the case that a pandemic hits without any warning, and we all just wake up one morning to thousands of citizens sick and dying.

There *will* be signs and, in the case of "coronavirus," there definitely were.



If you learn to recognize them, you will have advanced warning when things start to get bad again, when it's time to start avoiding hospitals and overloaded aid stations, and when medical martial law might be imposed (now or in the future).

Watch the News Constantly

You should already be watching the news.

An informed survivalist and protector is a better armed survivalist and protector.

Yes, the news cycle is manipulated, but even in the news that makes it past the network censors, the shadowy bureaucrats, and the others who control the media.

Keep your eyes on the news, therefore, especially on reports of new flu outbreaks and other epidemic activity in Southeast Asia.

All influenza viruses originate in Southeast Asia.

They are spread by birds and animals like pigs before they reach humans.

That's why the first reports you probably heard, about swine flu and avian flue, were from that region of the world.

The typical global pattern is for the disease to spread from Asia, to Europe, and then to the United States.

If you're seeing news reels of people in China and other Southeast Asian cultures wearing facemasks because they fear an outbreak, you're in the path of that disease.

It's coming your way; it's just going to take time for it to get there.

The bigger and more frequent the news reports of outbreaks in Southeast Asia, the harder that disease is going to hit the seams.

When it does, it just might strain our medical response resources to the breaking point.

Look For Reports Of “New” Diseases

Remember when the first “Wuhan flu” reports came out?

I can remember a similar bunch of reports years ago, when I was reading a magazine article entitled, “What’s Killing Gay Men in San Francisco?”

The article was all about this new, unknown disease that seemed to affect gay men exclusively.



Early on, the illness was labeled “GRID,” or “Gay-Related Immuno-Deficiency.”

Well, “GRID” eventually became known as HIV — the virus behind the AIDS epidemic.

Today, AIDS is a fact of life, but back then, the disease was unknown.

You need to keep an eye out for reports like that, which describe new, previously unknown diseases, especially when the causes of the ailments are unknown.

Things like that sometimes become pandemics, especially if they spread rapidly — before researchers can identify the origin and work up a vaccine or treatment.

Worry When Antibiotics Are Rationed

Every once in a while, the government will announce rationing on sales of certain antibiotics.

They may also declare that some antibiotics will be more closely controlled.

The point of this is not just to restrict the sales of the antibiotics themselves.

It's to preserve stockpiles, shunting critical drugs to those places and storehouses where the government stages them for emergency response.

If your government suddenly controls the supply of an antibiotic, such as Tamiflu, the only antiviral known to be effective against the H1N1 swine flue, then it might be time to worry that an outbreak of H1N1 is coming.

By September of 2009, swine flu had infected 6,300 people and killed nearly 200 of them.

(Interestingly, the Indian Ministry of Health reluctantly agreed to allow “restricted” sales of Tamiflu in an effort to stop the outbreak from getting worse.)

Keep your eyes out for news stories about these types of regulations, because they could point you towards a coming outbreak.

Learn To Read Between The Lines

When an outbreak occurs, your government will issue statements on it.

You've got to learn to read between the lines of these official government proclamations.

If the government starts telling you to behave in a certain way to reduce your risks, you know that those in charge take the threat of the illness seriously enough to tell you to *remain calm and try not to catch it*.

It's a sad, cynical statement about the world we live in, but...

...The surest sign that a pandemic is a potential danger to you is when your government tells you not to worry about it.

(Just like everybody saying COVID-19 was "just the flu" and that it was all media hype, you know?)

That is because the government's primary concern is not keeping YOU safe.

The government's primary concern is *maintaining order*.

Those in power would much rather prevent a panic.

People who are panicking tend to threaten the public peace, after all.

All you have to do is watch the news to see more and more warning signs that the world's health and medical community is nearing *a state of panic*.

From ineffective vaccines, to medicine-resistant viral strains, to diseases coming to the United States that have never occurred here before (like Ebola), the outlook is not good at all.

What Does It Look Like When a Pandemic Hits?

When a pandemic sweeps across America and around the world, a high fatality count is inevitable.

It's only a matter of time — because of how our human civilization is structured.

Prepare For Three Months Of Hell!

FEMA says you should expect at least **THREE MONTHS** of self-quarantine during a pandemic.

That's three months during which you can't go out.

- You won't have access to normal medical care.
- You won't want to risk going shopping or out into public.
- And medical martial law could very well rule the streets!



Are you really prepared to stay locked down for THREE MONTHS?

Do you have three months worth of supplies?

Could you handle a quarantine of that length?

Well, you had better start preparing yourself for it now...

...because we're all vulnerable to it.

We Are Very Unhealthy... And Therefore Vulnerable

Right now, we have MASSIVE immunocompromised populations.

People are just unhealthy.

They're more unhealthy, in fact, than they were in the 1940s, or even in the 1800s.

It sounds ridiculous given that our life expectancies are longer now, but back then, once people survived infancy, they were much healthier as adults compared to how healthy we are today.

Combine that with the rapid air travel available to us now, and a pandemic can spread very quickly.

Think about it: When Ebola was in the news, what was the first thing every person involved in news about the outbreak seemed to do when they realized they were running a fever?

They got on a plane!

The fact is, there are a lot of people in our country, and in modern society in general, who don't take care of their health.

They don't understand how to stop or prevent disease.

Many of them don't get enough vitamin B, for example.

This suppresses or blocks many infections.

The Math Means Pandemic MUST Occur

We pack people whose immune systems simply aren't that healthy, based on a sedentary lifestyle full of processed foods, too much sugar, too much sodium, and too much weight, into cities with high population density.



This creates a mathematical certainty that these people will spread disease amongst themselves like wildfire, especially when they start riding public transportation like subways, trains, and taxis.

This concentration of human population in small areas means that there won't just be a pandemic...

...There will be a pandemic that moves through the population causing mass fatalities.

Interestingly, a highly fatal disease, one that kills 50%, 60%, even 70% of those who contract it, won't spread disease as successfully as a sickness with low fatality rates.

That's why influenza — which we underestimate with its cute little common nickname, "the flu" — might kill only, say, 5% of the people it infects, but it will bring about a much higher overall fatality rate compared to Ebola, which kills its victims quickly.

This is because when a disease doesn't kill people as quickly or as often, there is more potential for more of the population to catch the disease (you know, like with COVID-19).

The smaller percentage of a much higher total number of cases equals a higher death toll overall.

Don't be misled, therefore, by a high fatality rate — the rate that a disease kills its victims — compared to a low fatality rate.

The lower rate may actually be the bigger threat.

This makes diseases like influenza, swine flu and avian flue potentially very dangerous, worldwide threats once an outbreak spreads.

Your Government Has Shown You What Pandemic Will Look Like

Interestingly, if you really want to know what a pandemic will look like here in the United States, you've already been shown as much.

Being prepared means anticipating the almost certain government response.

We saw it in other countries, where our military deployed to nations ravaged by Ebola, like Sierra Leone.

Your government will almost certainly enforce quarantine of certain areas and of infected individuals (or individuals suspected of being infected).

In fact, it has happened already, and it has been the source of a court case.

(The woman's name was Kaci Hickox, and we'll get to her in the next section.)



How will quarantines be enforced?

Why, at gunpoint, that's how.

Never forget that government power always comes with the threat of force attached to it.

If you don't obey, they'll make you obey, and if you resist, they'll arrest you.

If you try to stop them from arresting you, they'll kill you.

What's worse is that enforcing quarantines at gunpoint while dealing with a pandemic *makes logical sense*.

There Will Be Quarantines and Curfews Enforced At Gunpoint

While it makes the civil libertarian in all of us angry, think about the reality of a pandemic.

Let's say a potentially deadly disease breaks out in a single town.

You've got a whole country to protect.

There's this town with a horrible pandemic spreading in it.

You'd naturally block off that town, prevent its residents from traveling around the country to spread the illness.

Yes, you want to save the people in that town... but their individual survival is less important to you than containing the spread of the illness to the rest of the country.

That means a quarantine, and the civil rights of those people in "the hot zone" be damned.

In fact, the movie Outbreak does a pretty good job of illustrating exactly what that would look like.

If you've seen that film, when a deadly African disease (like an airborne Ebola) affects a small town, troops in gas masks cordon off the town with military vehicles and shoot anyone who tries to leave.

That's exactly what would happen in a real-life pandemic scenario, if the disease was serious enough.

After all, a voluntary quarantine wouldn't be much of one, would it?

You don't just ask people to stay in a town ravaged by a deadly illness.

- You tell them to, and if they try to leave, you shoot them.
- You enforce curfews.
- You control the movement of the populace completely.

It's the only way, in the minds of those in power, to stop the infection from spreading.

Now, if you're still healthy, you want to get out of that hot zone.

But you can't.

There's a good chance that even though you're not yet sick, you will be.

That means you're going to get infected and maybe die because if you try to escape, you'll be shot.

You're now a prisoner of the system, even though you're still healthy.

You MUST anticipate that this will happen.

If you see a pandemic coming, if you read the warning signs, and you get the hint that it may be coming to where YOU live, you need to GET OUT and get clear of the potential quarantine area.

That will help save you from being infected and possibly killed by the pandemic thanks to your government's efforts to "save" you.

The Hospitals And First Responders Will Be Overrun

As the pandemic worsens and the quarantine locks the area down, people are going to start panicking.



They're going to go to the worst possible place for them (we'll get to that).

That is your local hospital or aid station.

There will be too many people.

Visit your average hospital emergency room sometime.

Take a look at the gurneys sitting in the hallways.

There are too many people for our emergency services NOW, under perfect conditions.

In a pandemic, hospitals will be absolutely swamped, and first responders will be overworked.

Don't forget that the first responders and medical personnel fear infection, too.

They'll start abandoning their posts, hunkering down with their families and loved ones.

That will only make the problem worse.

As Order Breaks Down and Fear Reigns, Chaos Will Rule The Streets

People live their whole lives believing in their government.

They're soft.

They're used to luxuries.

Most people have never known real sacrifice and they have never known real fear.

You see it on their faces when they actually do experience a real-life natural disaster or other tragedy.

They're in total shock.

They can't believe it could actually happen to them.

They're struggling just to wrap their heads around the idea that the world as they know it is falling apart, that the rules they take for granted are all suspended.



They can't believe their lives, and the lives of their families, are in danger.

This type of fear makes people desperate.

It also makes them violent.

If the military can't keep things locked down, there will be protests.

These could turn violent.

As things continue to spiral out of control, there will be senseless looting.

In Africa, a hospital used to treat Ebola patients was raided by outraged locals, who took bedding and other materials soiled by the Ebola sufferers inside.

In their rage against what they thought was the source of the outbreak, they did the thing most likely to infect greater numbers of people... and they did it out of fear and ignorance.

You'll see that type of illogical behavior, that type of violent acting out.

The streets will quickly become a no-go area, either because of military crackdowns and curfews, or because of the rampaging looters and gangs.

When it gets that bad, what do you do?

You've Got To Be Ready To Bug Out

We cannot stress enough: a pandemic scenario is one that should prompt you to bug out for the simple reason of *isolation*.

Put distance between you and any area of high population density, where infection will absolutely rage.

Get clear of what will likely be the quarantine zone so you don't get trapped inside it.

When the cordons go up, they're going to go up without warning.

The nature of a quarantine requires the government to put it in place immediately and without notice.

- There will be roadblocks on all the highways.
- The airports will be shut down.
- All means of public transportation will be shut down without notice.
- There won't be an announcement, because if there were, everyone would flee, including the infected people the government is trying to contain.

So you need to bug out before that happens, which means you may be bugging out under a false alarm system situation where they don't do a quarantine.

That's still better than getting trapped in a quarantine zone.

But what if you don't act until it's too late?

What if you do get trapped behind the quarantine lines?

You've Got To Be Prepared If You Can't Get Out

There's only one real option when you find yourself locked down in a quarantine.

You've got to ride out the storm.

Eventually, if you stay uninfected, the quarantine WILL be lifted.

This isn't the movies.

Umbrella Corporation isn't going to nuke your city before the credits roll.

But between now and the sanity of restored order, there's a lot of hard work in front of you.

If you've properly prepared, you'll have the supplies you need to weather the infection and stay healthy.

- You'll have the stores.
- You'll have the knowledge.
- You'll have the attitude.

But to prepare, you've got to start NOW.

If you're going to stay home, going out as little as possible until the quarantine is over and you've lived through it, you're going to have to pay attention to the warning signs.

You're going to have to train.

You're going to have to lay in supplies.

Because medical martial law is only a pandemic away.

Ebola: A Cautionary Tale of Medical Martial Law

We mentioned the name Kaci Hickox before.

The case of Kaci Hickox points to what will happen in the U.S. the next time a serious pandemic looms.

In Africa, a forced door-to-door quarantine was implemented to deal with the Ebola outbreak.



FEMA's official guidelines state that you should be prepared for a "self-quarantine" of no less than THREE MONTHS.

(You don't actually think they'll trust you enough to stay inside your home for three months voluntarily, do you?)

While you may think that's not likely, think again.

In 2014 and 2015, we came as close as we've come in a while to seeing medical martial law implemented in the United States.

- On September 30, 2014, the Centers for Disease Control (CDC) announced that one Thomas Eric Duncan, a 45-year-old Liberian national visiting the United States, had been diagnosed with Ebola in a Texas hospital.
- Duncan died in October... and that's when people started to panic.
- Two nurses who treated Duncan also contracted Ebola.
- Then, a doctor named Craig Spencer was diagnosed in New York City.

Spencer had just returned from working with Doctors Without Borders in Guinea, West Africa.

Thanks to speedy treatment, none of the people who contracted Ebola in the United States actually died from it (Ebola has at least a 50% fatality rate).

But those who were infected and recovered in the United States have reported lingering health problems, and there have been disturbing accounts of Ebola lingering in the body long after the patient has recovered — including reports of sexual transmission of the infection.

The freak-out experienced nationwide in the United States was pretty legendary.

You may remember that during the Avian Flu and Swine Flu outbreaks (which were as much media events as anything else) that people started buying breathing masks out of fear of contracting these illnesses.

Well, Ebola scared the absolute HELL out of people.

Its high fatality rate, coupled with the fact that doctors and nurses were catching it from treating Ebola patients (when their safety precautions were supposed to prevent that) had people worried that a major Ebola outbreak on U.S. soil was a very real possibility.

Our government refused to close the borders, even to countries where the outbreak was raging.

That just made people clamor all the more for a government clamp-down.

When people are scared that they, or their children, could get sick, they start demanding government action...

...and then we're just a few quick steps away from martial law.

Then it happened, at least in one case: the case of nurse Kaci Hickox.

Hickox is an American who treated Ebola patients in Sierra Leone.

She became the first person nearly imprisoned — excuse me, quarantined — under new mandatory quarantine rules when she arrived at Newark Liberty International Airport on her way back from Africa.

A forehead thermometer, which is not a very accurate device, was used to test Hickox for fever (an early warning sign of Ebola infection).

Hickox was taken to a hospital in Newark, where she tested negative for Ebola.

Despite this, she was held in quarantine in a medical tent with just a bed and a portable toilet.

- Hickox, understandably, was upset, calling her quarantine “inhumane.”
- She was held in quarantine for an additional 24 hours despite testing negative for Ebola... and when she got out, because she refused to stay home (in one of those voluntary self-quarantines) she became a national news figure.
- A lot of frightened people understandably claimed she was endangering the public by refusing to stay in quarantine.
- The governor of Maine, where she lived, even sought authority to enforce a quarantine when Hickox announced she would not comply with the isolation the government wanted to put her in.
- Finally, Hickox took the case to court.
- She won, but she was told she had to comply with “direct active monitoring” and coordinate her travel with Maine health officials.

You probably heard about Hickox because her case was fiercely debated in the news.

It was a great example of civil rights clashing with public health.

Was Hickox a threat?

She claimed she wasn't... but with doctors contracting Ebola seemingly left and right, everyone was scared that she might eventually turn up infected.

The Ebola scare in the United States saw schools close out of fear of the threat of Ebola, too.



Just imagine if your child were to go to public school... only to come home infected with a deadly illness.

Are you prepared for that?

Are you prepared for the reality that the Ebola outbreak illustrated?

Your government WILL clamp down.

Had the Ebola scare in the United States been more serious, Kaci Hickox would never have had the chance to take her case to court.

She would have been quarantined under medical martial law and that would have been the end of it.

But of course, we have a much more modern example of how bad things can get, something WORSE than Ebola, and that's the Wuhan Flu.

How Coronavirus Showed Us We Were Unprepared

Coronavirus started as an odd little news story out of China.

The Chinese were hiding the true numbers.

(Later, they would try to blame the whole thing on the United States.)

But by the time we realized that this fast-moving, very contagious disease from the SARS family had “broken containment,” it was too late.

See, the symptoms of **COVID-19**, as the Wuhan Flu was named, are fever, shortness of breath, and coughing.

You can have it, and be contagious with it, long before you get symptoms.

In most people (thankfully, especially in younger people), symptoms are mild and may even be undetectable.

But in older people, or people with underlying health conditions, the disease becomes a deadly pneumonia.

The death rate is anywhere from 2% to 6%, depending on who you ask and when you ask.

Italy, which has a higher percentage of older citizens, has been absolutely ravaged by coronavirus.

State and local governments went into lockdown mode.

Schools canceled classes.

Sporting events were canceled.

The new buzz-phrase was “**social distancing**” — treating every person like they might infect you, and staying away from them.

But thousands of people already have it, and thousands more have yet to be identified.

The United States did not roll out aggressive testing for the disease at first, and testing simply wasn't available.

That means that thousands more people will get the disease... maybe even millions.

The reason that we don't quarantine people for influenza (which has infected millions of people this season alone, and killed thousands) is because it has a low fatality rate (like .1 percent) and it's so contagious that quarantine is impossible.

Conservative estimates of the fatality of coronavirus are that it is ten times as deadly.

While that's not the end of the world, it is extremely serious — and it has caused a worldwide disruption in economies, supply chains, and human activity the likes of which we haven't seen in decades.

Simply, put, we were not ready.

The cold, hard reality is that ***our medical resources simply aren't adequate to this, or any, pandemic.***

A COVID-19 Response Plan

We're going to get into more details as you dig deeper into this guide, but now is a good time to review a thumbnail outline of how to respond to COVID-19 (and any pandemic, generally).

Everyone's plan is going to be different, but a **typical pandemic survival plan** involves self-quarantine and sheltering in place (always keeping in mind that you may need to bug out if conditions where you are become too dangerous for you to stay.)

Monitor What's Happening Out There

While you are sheltering in place, don't make the mistake of ignoring the outside world.

Monitor conditions in the outside world, paying special attention to supply chain and transportation issues as well as general levels of civil unrest.

While stores are being restocked and "essential" services are available, and provided nobody's rioting over these resources, you're good to stay put.

If that changes, and if food riots and other disorder breaks out (especially when the supply chain is cut and the stores go empty without hope of restock soon), ***it may indeed be time to get the hell out of dodge.***

If you're lucky, you won't get to that point, and you can ride out the pandemic at home with a pile of supplies.

Understand, though, that these are the issues to watch for, both now and - yes, we have to face it - in a future pandemic.

Don't Forget To Keep Cash On Hand

At the same time, we need to address the danger of runs on the banks.

There are people who will tell you cash doesn't mean a lot if the economy collapses.

Especially in the short term, though, ***money still has power.***

Resist the urge to empty out your bank account for "pandemic readiness," as this creates the very bank run we'd all prefer to avoid... but also keep cash on hand, because if the government orders a lockdown on the banks to PREVENT a bank run, you won't be able to get money during that time (and your debit and credit cards may not be working during that same period).

You just need enough to get you through until things stabilize.

If Your Supplies Run Low

You may need to go out for supplies during the pandemic.

That's not ideal, but if the grocery stores and pharmacies are still open, you may have no choice.

Wear the protective gear that we describe later in this book.

Buy what you need and drive straight home.

Spray down your supplies with disinfectant, and if you can, quarantine them for three days in a separate part of your home, so anything that might be clinging to their surfaces has time to die.

Launder the clothes you wore to go out, wash up thoroughly, and make sure you do everything possible to keep infection OUTSIDE your "safe zone."

If You Do Get Sick

We talk later in this guide about what to do if you start to get sick, but we'll touch on it here as part of your response outline.

If you or a family member gets sick, those symptoms could be symptoms of the pandemic... or they could be an unrelated, but equally serious illness.

Murphy's Law says that anything that can go wrong, will, and at the worst possible time... so it would be just your luck to get a killer case of the regular old flu while the pandemic is going around, right?

Remember that when you go the hospital (and we're going to touch on this again before you're done with this guide), if you didn't have the illness before, you'll likely have it when you're done.

That means that if you can get through the symptoms without hospitalization, you might be better off than if you do go to where the cases of the illness are raging at their worst.

For example, with **COVID-19**, the illness itself isn't what kills you; it's the pneumonia it causes once it settles in your lungs.

With something like that, the time to go the hospital is when you become short of breath and have difficulty getting air into you (which means you need to be on a ventilator).

Remember, too, that if you get sick when the virus has reached the worst part of the outbreak, and the hospitals are flooded with cases, you may not get the treatment you need right away (or even at all).

In Italy, for example, they had to prioritize people with the best chance of surviving COVID-19... which meant letting older patients wait to die without treatment, because there weren't enough resources to go around.

At the end of the day, ***you're going to have to make some hard choices.***

I don't ever want to think somebody died because they didn't seek medical treatment that could have saved them... but at the same time, you really do need to weigh the risk versus the benefits.

Keep that in mind, and keep in mind where you are on the "curve" everybody talks about "flattening" in a pandemic.

If the virus is in its early stages, that's one thing; if it's at the worst part of the outbreak, the highest part on the curve, well... that's another thing entirely.

Let's look more closely at that using an example from 2014 and 2015...

Why Our Current Quarantine Standards And Measures Are Inadequate

One of the reasons that the Ebola scare was so... well, *scary*... in 2014 and 2015 was because so many healthcare workers contracted it.

- From 2013 to October of 2014, when Ebola was raging in our media if not on our soil, there were 200 deaths of healthcare workers in West Africa.
- Healthcare workers, including nurses at the Dallas hospital where Thomas Eric Duncan was treated, have complained of inadequate procedures and protective gear.
- They've highlighted problems including sleeves on protective suits that were too short, being forced to use latex gloves secured with adhesive tape, and other shortcomings... including training and education on how not to contract the virus while treating those who have it.
- Maintenance workers outside Thomas Eric Duncan's apartment cleaned his vomit off the sidewalk with a pressure washer while wearing no protective clothing of any kind.

It's a *miracle* this did not spread the Ebola outbreak in Dallas.

One wonders what might have been going through Thomas Eric Duncan's mind when he was taken to the hospital.

Did he know he was dying?

And was he aware that, in a pandemic crisis, a hospital is one of the WORST places to go?

Probably it made no difference in his case, but had the pandemic worsened, the hospital would have been maybe the deadliest places other residents of Dallas could have sought help.

With something even more insidious, like **COVID-19**, the danger is that much greater — because while Ebola burned itself out relatively quickly, patients

suffering from “coronavirus” can be very contagious long before they have symptoms.

If you THINK you might have coronavirus, what do you do?

There’s already been a case of a guy who was waiting for his test results and GOT ON A PLANE, only to get the positive results while he was in the air!

You might say that he should have gone to the hospital instead of the airport... but if you’re **not sure** whether you’re sick, going to the hospital during a pandemic could doom you, because...

...that’s where all the sick people are going!



Even if you don’t already have the disease, you could catch the disease sitting in the waiting area.

What you need to do is find the best way to self-evaluate your condition so you know when you really do need to seek care... versus when you need to take care of yourself.

We'll get to the dangers of hospitals in the next section, but first, let's take a really hard look at our current quarantine standards.

The People Who Are Treating The Sick Will Be Vectors For Infection

When Kaci Hickox refused to be quarantined, there was a huge outrage because she refused to be confined to her home.

People were clamoring for her to be ordered to stay home, and for this self-quarantine to be enforced.

But Hickox said no; she was a medical professional and she figured she would know when she was sick.

She figured if she thought she was infected, she would turn herself in.

The outrage over that was odd, because it was professionals like Hickox who were going to be treated the infected if there was an outbreak.



These people would supposedly be taking precautions to avoid getting infected, but at the end of a long day of treating the infected, they were going to be going home — essentially exercising the very same judgment that Hickox was exercising.

After all, you're not going to quarantine all the doctors and make prisoners of them when the pandemic occurs.

Yet these are the people MOST likely to get infected, so leaving them free to wander around the public after they've been treating people who definitely DO have dangerous diseases essentially GUARANTEES the spread of the illness, despite whatever quarantine and safety procedures are taken at the hospital.

What's even worse is that ***we've seen multiple examples of this very thing.***

Reread that chapter on Ebola:

- Nurses contracted Ebola from treating Thomas Eric Duncan.
- Medical professionals contracted Ebola while serving with Doctors without Borders, then got on planes and flew back to the United States.
- Medical authorities directed clean-up people to clean up after Ebola patients *without advising them to wear protective gear.*

These are people *who are supposed to know better.*

If it can happen that many times with one of the deadliest diseases in the world, what will happen when a pandemic swamps your local hospitals, and every single medical worker in your city becomes a potential vector for disease?

Our Medical System Is Full Of Contradictions

Our doctors, on orders from the White House and the CDC, are telling everybody to be vaccinated.

Yet that same government refused to close the borders of the United States to nations where infection was raging when the Ebola scare took place.

It doesn't make any sense.

Every time you start to scrutinize the government's response to public health issues, you find all kinds of problems with their logic.

Remember when the government told us to use plastic sheeting and duct tape to keep us safe from chemical and biological warfare?

There was no way that anybody was going to successfully protect themselves without serious training and intervention, but our government advised them that just having plastic and duct tape was enough to call themselves safer.

A LOT of government response is like that, and the inadequate protective measures that allowed our medical professionals to catch Ebola from Thomas Eric Duncan are just the beginning.

Why You DON'T Want To Go To A Hospital... And What To Do If You Need To

We've said several times now that a hospital is the last place you want to go during a pandemic.

That is, after all, where the sick people go.

But you're going to be tempted to go there anyway.

You're going to tell yourself that they can help you, that this can't be happening to you.

But you DON'T want to go the hospital.

There are several reasons why.



Hospitals Are The Hubs Of Infection In Every Pandemic Outbreak

We discussed already the fact that every medical professional is a possible vector for infection specifically because quarantine and safety protocols often fail.

With Ebola, for example, the first deaths that always occur are the hospital nurses and doctors.

It's such a violent disease.

Blood droplets are aerosolized and very easy to catch if you're in close proximity to someone, because the infected are heaving and coughing blood while it spews from their eyes, noses, and mouths.

Regardless of the disease, though, it is the very people you are turning to for help in the hospital — the people working there — who are always on the front lines of the infection.

But that's not the only reason to fear the hospital...

Hospitals Are Heavily Infected With “Superbugs”

Hospitals also, even in America today, are heavily infected with so-called superbugs.

Those are things such as MRSA and C. diff and others that are completely antibiotic-resistant.

There are no drugs in existence today that can kill those superbugs.

There are many Americans dying every year right now from infections that they acquired at the hospital.

This is not a symptom of a pandemic; it's a danger of going into the hospital RIGHT NOW.

So you need to think very, very carefully about going to the hospital even when a pandemic ISN'T raging.

It is not without risks of its own.

A hospital in a pandemic is an even MORE deadly place.

You do have to balance this, though, with whether you are in a medical crisis so severe that you will die without medical help.

In that case, you may have nothing to lose... but then, there may be nothing they can do for you anyway...

Hospitals Can Do Very Little For You When You Inevitably Get Infected

In a bad pandemic, there will be very little the hospital can do for you.

- During the Ebola outbreak, about the most doctors and nurses could do was give IV fluids and aggressively rehydrate the sufferers.
- There was no treatment for Ebola.
- There was no vaccine.

And in the case of a viral pandemic outbreak, chances are there will be few treatments, if any, that can be administered beyond keeping the victims hydrated and hoping they pull through.

That's the "palliative care" we mentioned before.

Hospitals really are going to be mostly helpless to do anything other than simply provide fluids in a pandemic outbreak.

Given that, there's not much advantage to going to the hospital and risking all of the other infections you might acquire there.

You have to carefully weigh the risks.

Every Hospital Will Be OVERRUN In A Pandemic Crisis

The last thing you have to consider is that in a pandemic, lots of people who haven't carefully weighed the risks will have started flocking to the hospitals as soon as they started to feel ill.

- Unless you're one of the first few patients to walk through that door in a pandemic, you're likely to get there and find a massive line.
- There may even be tents set up in the parking lot.
- You're not going to get the care you would under normal circumstances.

You've *got* to start preparing now to keep your family healthy and treat your own medical problems in the case of a pandemic outbreak.

How NOT To Respond To A Pandemic

So, when a pandemic — like COVID-19, the flu, or some other, future epidemic — breaks out, what SHOULDN'T you do?

What are the biggest mistakes people make when word gets out that a major infection has reached outbreak status?

One of the biggest mistakes is one we've already covered — going to the hospital before you're certain you're sick and have nothing to lose.

There are several other major mistakes that people make, however.

Don't Rely On Vaccines To Save You

It's a fact that a lot of vaccines simply don't work.



The flu vaccine this year has been judged to be over fifty percent effective in preventing influenza.

A year or two back, it was only twenty-something percent.

Imagine that: Only one in five or six people who got the flu vaccine that year were actually protected from the flu.

- If you read a chickenpox vaccine insert sheet that comes with the vaccine, it says you can conceivably get chickenpox. from it.
- If you read a measles or a mumps vaccine insert, it says that the vaccine simply doesn't work on everyone.
- If you read an HPV Gardasil vaccine insert, it says that young girls, after they're injected with it, can lose consciousness and fall down and hurt themselves.

That's printed on the sheets.

So if you have blind faith in vaccines and nothing else, then you're stupid.

Vaccines have a role to play in society, but *they are not the one only answer.*

This is because...

...When it comes to pandemics, the vaccine development curve is always far behind the pandemic itself.

- Viruses are constantly mutating.
- That's why the effectiveness of the flu vaccine varies so widely.
- Each year, the scientists involved have to *guess* which strains to protect against.
- *They don't always get it right.*

In a viral pandemic, realize that a virus is like a quasi-life form.

It mutates more rapidly than any other life form on our planet, more quickly than even bacteria or amoeba.

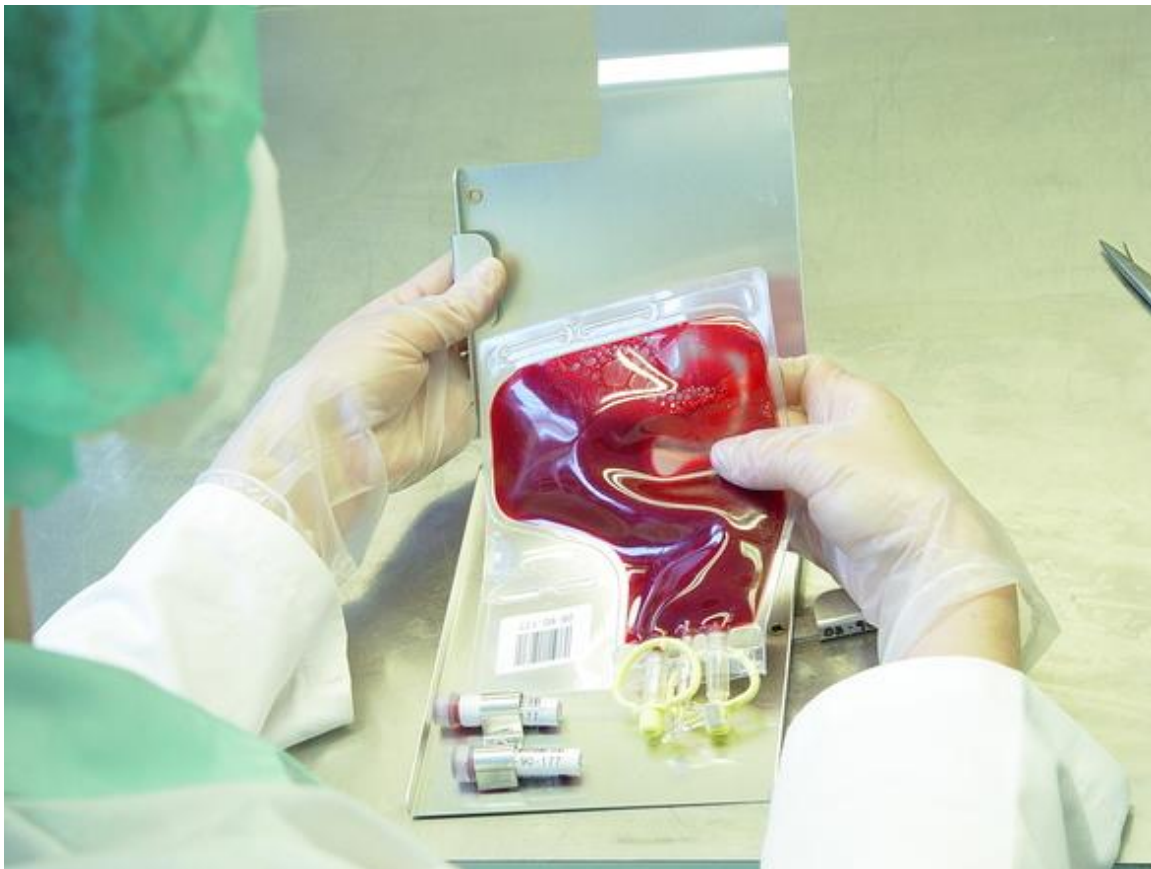
Even if the vaccine industry tries to nail it, they're usually playing catch-up, and the virus they're targeting has already become something different.

Never have blind faith that a vaccine will save you.

Don't Believe What Your Government Tells You

I'm a huge skeptic of the CDC.

There are documented cases of CDC cover-ups.



During the Ebola scare, the CDC claimed that Ebola could be spread through aerosolized particles, which it can be.

The next day, they pulled the document admitting that off the site, claiming that, no, Ebola can't be spread through the air.

They even tried to revamp their public relations procedures when the Ebola outbreak turned out to be such a PR nightmare for them.

They change their story as often as the wind blows.

You can't believe ANYTHING they tell you.

Don't Believe What The Media Tells You

The media are no better than the government when it comes to informing you of what you need to know during a crisis.

When Ebola broke out right before the midterm elections in 2014, the national press stopped talking about Ebola.

It was scaring people too much.

The various media outlets practically went silent on the topic.

They had been reporting infections and hospitalizations, Ebola patients flown into the US, and so on.

Almost overnight, that coverage just stopped.

For a lot of Americans, it was if Ebola just winked out of existence.

The Most Critical Preparatory Steps To Take During A Pandemic Outbreak

Are you scared yet?

You should be — and the reality of COVID-19 had millions of Americans terrified as it spread across the landscape, shutting down public events and schools while driving countless people to buy out everything they could in the stores.

But as real as the threat of pandemic is, there ARE things you can be doing to prepare for it and to protect yourself.



Build Your Immune System

The first and most important thing you can do to prepare for and weather a pandemic — and this is almost never mentioned by any official sources — is to boost your own immune function.

You should be taking care of your health in lots of practical ways.

For example, most people are chronically vitamin D deficient because they don't spend enough time outside.

The darker your skin, the more it naturally blocks UV rays, and it's those UV rays that generate Vitamin D.

You should be supplementing with more vitamin D, but that's just the start of the vitamins that boost your immune system. They include...

- Vitamin A
- Vitamin B6
- Vitamin C
- Vitamin D
- Vitamin E
- Folic acid
- Selenium
- Zinc

All of these can help boost your immune system and make you better able to fight off infections BEFORE you get sick.

Eat More Fresh Herbs

You should also be eating more fresh herbs to boost your immune system.

These are simple garden herbs like...

- oregano
- peppermint
- basil (a powerful antiviral)
- thyme
- rosemary
- garlic
- onions
- ginger

Many of these you can grow yourself in little windowsill gardens if nothing else.

You can use them for cooking and you should be eating them.

- Put them in salads.
- Take them in teas.
- Take them as supplements.

The oils in fresh herbs are extremely potent when they are freshly harvested, so don't dry these or take them in dried form.

You want them fresh to boost your immune system.

Many of the herbs listed here have antiviral properties, in fact, or have been demonstrated to improve health and wellbeing in cultures that consume large quantities of them (such as garlic).

Avoid Contact With People At All Costs

The other thing that you should do, besides boosting your immune system during a pandemic, is to avoid contact with people.

Most people you'd encounter in public aren't taking proper care of their own immune systems, so they're more likely to be infected... and that means they can spread disease to you.

Avoid any place where crowds are, and any place where large groups of people are forced into a small space.

These include...

- Movie theaters
- Shopping malls
- Subways
- Buses
- Trains
- Waiting rooms (especially medical waiting rooms)

During the Ebola outbreak, one doctor who contracted the illness was riding around the New York city subway system!

That's a terrifying thought.

What is it about people freshly back from Ebola hot zones that makes them think, "The first thing I should do is get on public transportation as soon as possible" ...?

Remember, as you avoid contact with people, that they are not going to act responsibly.

Even people who KNOW they are infected break quarantine and expose other people... because they're *selfish*.

Don't believe other people are acting to prevent infection.

They're not.

Stay as far away from them, and from populated areas, as you can.

Store Weapons

If you aren't armed and don't have the means of defending yourself, you're leaving yourself WIDE OPEN to lose everything you've stockpiled.

This should be one of your big concerns for preparing for a disaster.

There's too much to discuss in this guide, but we have a separate guide, **Defending Your Castle: How to Arm and Armor Your Home to Defend Against Almost ANY Threat**," that will teach you the basics.

Store Water

In any long-term emergency such as a pandemic, the water supply may not be safe to drink.

You'll need water, but water is difficult to store.

Water is heavy and takes up space.

It's probably not possible for you to store *enough* water (the rule of thumb is a gallon per person per day) for any real length of time.

You can store *some*, however, which is better than nothing.

There are multiple ways to do it:

- You can use the bricks from SurvivalWaterBrick.com. These are a great modular way to store and stack water (and other items in the plastic bricks).
- For short-term emergencies, you can buy a **bathtub storage system**, which turns your tub into an emergency water bladder.
- You can buy larger plastic storage jugs designed to keep water for long periods of time.
- You can store racks and racks of bottled water (which is less efficient and more costly).

If you have more resources than the average person, you can implement your own off-grid water system, such as a storage tank, water distillation system, or well.

Failing that, you've got to have a way to make water safe to drink.

Some methods include...

- Having the means to boil water (pots, a heat source, a mini-stove with solid fuel, etc.)
- Using filter straws (these are a great portable item, too)
- Chemically treating water with “potable aqua” tablets

It's not possible to have access to “too much” water, so use multiple methods to make sure you can store and produce enough drinkable water to ride out a long-term pandemic emergency.

Store Food

After the toilet paper and bottled water sold out in stores during the first weeks of the COVID-19 pandemic, the food started to go.

You **MUST** stockpile food to prepare for a long-term survive-in-place situation, especially if the government declares a lockdown (medical martial law).

There are multiple ways to stockpile food:

- You can store canned goods in various places in your home, including stacking them between walls and furniture where they are out of sight and out of your way. You can also keep a fully stocked pantry through which you rotate your stores to keep them fresh.
- You can stockpile freeze-dried survival foods. These are a great way to put up a large quantity of food that takes up little space and will last for a long time, but remember: Freeze-dried food requires water to become edible, so you have to have sufficient water stockpiles for these to be work for you. Freeze-dried survival foods are also high in sodium, so keep that in mind if you're one of those people on a low-sodium diet.

- You can store other rations of various types, like MREs. The advantage of this type of food is that they're ready to go, hot or cold. Because you're stockpiling to ride out a crisis at home, weight and space aren't a big problem like they would be for a bug-out bag.

The more food you can store, the longer you can go without being forced to venture out during a pandemic.

Store Medical Supplies

Obviously, since you'll be forced to act as your own medic during the worst parts of a pandemic, you can't afford not to have plenty of medical supplies on hand.



Among the supplies you should be stockpiling NOW, before you need them, are...

- **A fully-stocked first aid kit**, the bigger and more elaborate, the better
- **Any medications you take** (you should be stockpiling extra medications as you can save them up RIGHT NOW)

- **Tourniquets** for stemming extreme bleeding
- **Hemostatic agents** that stop bleeding, like QuickClot and CELOX (CELOX should not be used on those allergic to shellfish).
- **Gauze** (lots and lots of gauze, because a single hemorrhagic injury can wipe out your entire supply of gauze)
- **Ace wraps**
- **A wound kit**, including sutures
- **Painkillers**
- **Anti-diarrheal agents**
- **Antacids**
- **Laxatives**
- **Tea-tree oil** (which has many medical uses)
- **Antibiotics** (the antibiotics used for aquariums will work, because they're the same antibiotics used for human beings)
- **Antiseptic wipes and creams, including hand sanitizer**
- **Sterile gloves**
- **Burn gel** (preferably with lidocaine)
- **Eye wash solution/saline**
- **A thermometer**
- **Scissors**
- **Tweezers**
- **Tick tweezers**
- **Petroleum jelly or other lubricant/ointment**

- **And much, much more...**

You need to **be your own medic** in a crisis.

*(We actually created our own guide, called **Be Your Own Medic**, specifically for these types of emergencies.)*

That means you need to sit down and draw up a lengthy list of all the medical supplies you'll require and start amassing them NOW, before a pandemic

Remember always that in a pandemic emergency, the biggest enemy is the ever-present danger of infection.

The smallest wound, if not properly cleaned and treated, can become a festering case of blood poisoning that might eventually kill you.

Plan ahead and stay healthy before medical care is required.

Store Back-Up Power Sources

While it's likely that the electricity will stay on in a pandemic (unlike in a natural disaster, for example), always count on the power going out for some unforeseen reason, such as increased demand on our rickety power grid.

The power grid is held together with duct tape and hope right now; it wouldn't take much for it to go out, or for it to become unreliable.

We all rely on electrical devices and on Internet connectivity.

Even if your phone is working fine and the it has plenty of signal, it won't do you much good if you can't recharge it.

Consider back-up sources of power, such as...

- USB-rechargeable batteries (available from companies like Survival Frog)
- Solar chargers with USB output
- Portable battery packs that can be charged up so they're ready when you need them
- A hand-crank lantern or radio with USB charging output
- A backup generator (if you really get serious)

Again, power is not your PRIMARY concern in a pandemic, but it's wise to be on the lookout for outages and brown-outs.

Learn To Cope With Product Shortages

That brings me to the problem of product shortages.

During the national freak-out in the first weeks of the COVID-19 outbreak, countless Americans encountered a problem they had never seen before:

Empty store shelves.

For the first time, millions of Americans went to the store to buy something and realized that they just couldn't.

This was, in part, due to the panic cycle of hoarding, as people bought things they didn't need because they were worried about these items becoming unavailable.

The thing is, there are almost always ways to deal with shortages.

Can't get hand sanitizer?

Well, you don't need it, because washing with soap and water is more effective at physically removing viruses and bacteria.

Can't get soap?

Well, learn to wash in water by itself.

Can't get toilet paper?

Well, facial tissues are the same thing... and napkins or paper towels will do in a pinch.

Can't get ANY of those things?

There's always **WATER**, which every person who has ever used a "bidet" knows.

The fact is, the ways around product shortages are limited only by your imagination.

But to cope with product shortages, you have to change your MINDSET.

We are an entitled bunch of people in the modern world.

We're used to **comfort and convenience**.

Most of us have never had to **go without**.

But the Great Toilet Paper Panic Of 2020 has shown a lot of people that they cannot take what's in their stores for granted.

Human beings are an incredibly imaginative and creative bunch of people, and we always seem to find a way to get by (even if Tito's Vodka had to tell its customers to stop trying to make homemade hand sanitizer with the booze).

Understand that to use your imagination to get around product shortages, you have to change your mindset to one of flexibility, adaptation, and improvisation.

Remember that old military slogan: *Improvise. Adapt. Overcome.*

But that brings me to another mindset issue, one that a lot of us dealt with for the first time during the Wuhan Flu outbreak:

Brace Yourself For Depression And Hopelessness

A lot of people are unprepared for the depression and hopelessness that may overtake them during a disruption of their normal way of life.

Anxiety and stress over financial issues, fear for the well-being of their families and friends, even concern about being sickened and dying themselves... these all crop up during a pandemic.

You cannot afford to let fear and stress make you ineffective during an outbreak.

If you lose hope, you'll stop taking the steps necessary to survive.

You have to employ coping strategies for depression, therefore, including...

- Maintain a routine, even if you're staying home for days or even weeks. You don't want to lose your sense of time and fall into apathy.

- Keep yourself clean, and maintain your personal hygiene, as a way of psychologically prepping yourself not to give up.
- Disengage periodically and do things that take your mind off the stress of the pandemic, like playing games, watching movies, or anything else you enjoy that feels “normal.”
- Talk to friends and family if you need to and if it helps you feel better... but take care not to start feeding into one another’s negativity. There’s an old saying that “misery loves company.” Well, it does... and you don’t want to affect everyone around you with doom and gloom.
- It’s okay to put on a positive face for others, but don’t try to bottle up your feelings if you’re really starting to crumble. It’s okay to reach out for help before you completely collapse. Again, you don’t want to be overly negative... but you have to be willing to ask for help if you’re close to the breaking point.
- It’s okay to have a few drinks and otherwise “self-medicate” if this is done in moderation, but don’t start to rely on that as a crutch, or you will regret it.

There’s more to psychologically coping with depression than I can cover here.

Just be aware of it.

You’re going to have to survive in place, hunker down, keep your spirits up, and hope to get through it.

But...

For the **worst-case** pandemic scenario, merely hunkering down at home isn’t enough.

You need to consider constructing a pandemic safe room.

Constructing An Isolated Pandemic Safe Room

It may sound crazy, but you need to be able to quickly construct an isolation room in your own home.

This includes...

- mask
- respirator
- gloves
- apron
- gown/scrubs

Protected this way, you can provide support for that family member in their isolation room without infecting yourself or infecting others.

Now, obviously, this is for when you can't get expert medical attention... such as in a pandemic.

Believe it or not, it IS possible to build such an isolation room with materials like shower curtains and duct tape.

What Kills Viruses?

You need to understand what kills a virus.

- Ultraviolet light kills every virus by destroying its DNA, so sunlight is good.
- Bleach really works.
- Washing surfaces works.



You also need to understand air flow, however.

How is the air flowing through your house?

If a sick person coughs, if that air gets sucked into an air conditioner and recirculated through the house, everyone else could get sick.

Basically what we're talking about is you need to become better educated about viral transmission.



This means understanding the fundamentals of human biology and immune system function.

The way to build a pandemic room is to use multiple layers of defense.

Have redundant protections in place.

You need to filter the air, you need to be able to calculate how much breathable air you have, and you need to understand the mindset and mechanics of securing a pandemic safe room.

The survival law of three states that you can live three weeks without food, three days without water... and three *minutes* without air.

While many people who are taking steps to become more self-reliant and prepared for any type of disaster are focusing in on food and water needs, it's this last resource that gets little attention and is taken for granted, perhaps at your future peril.

Especially in a pandemic, air has never been MORE critical to your survival.

Why Air Filtration Is So Important

Without clean, oxygen-filled, breathable air, you and those you love will die

Is your home or survival retreat outfitted with a means to provide you and your family with clean air, while the space around you is contaminated or choking out your fellow citizens?

We've mentioned already that the government, and specifically FEMA, told Americans to use duct tape and plastic sheeting to seal off their homes.

The thing is, this will actually work... ***BUT ONLY IF YOU HAVE A SOURCE OF BREATHABLE AIR.***

I think what most people fail to understand is that breathable air...

...is only what's in the room that you're sealed in.

There are multiple threats that could threaten your supply of breathable air, prompting you to seal yourself inside your home:

- Dirty bombs
- Nuclear fallout
- Anthrax, a biological solid in the air
- A pandemic illness such as Ebola, swine flu, or avian flu

You need to be able to filter these things out of your breathable air.

Otherwise, your survival shelter isn't going to do much more than suffocate you when you exhaust the internal air supply.

The same is true in an isolation-chamber sort of scenario, where you've sealed a sick member of your family or party away from the ones who are healthy.

After all, the only difference is really what side of the sealed, filtered pandemic room you're on.

If you suffocate, how is that better than being exposed to the threat you're trying to avoid?

That means the first thing you've got to figure out, when looking at any sealed area, is just how much breathable air is available inside it.

How Much Breathable Air Do You Have?

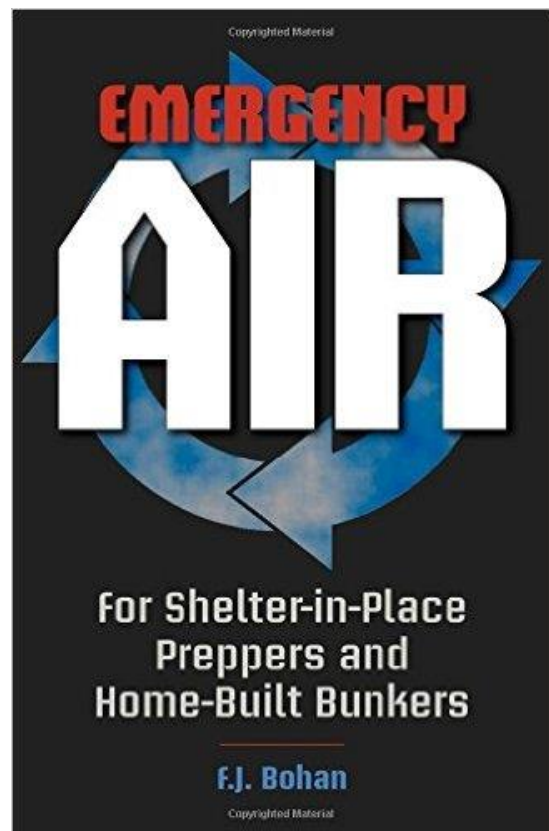
Before you can seal off any area with plastic sheeting and duct tape, you have to know exactly how much air there is for you to work with.

There are multiple variables.

- How many people will be breathing the available air?
- The more people in the room, the faster the air will run out.
- How big is the room, and how much furniture and other solid objects are displacing some of the air that might otherwise be there?

The formula for determining the amount of breathable air is really pretty simple.

That exact formula is found in FJ Bohan's book, ***Emergency Air***.



Basically, you measure the room and then factor in how many people are involved.

Understand that any sealed room is potentially dangerous to you.

That's because *in a sealed room, as people breathe the air, the available oxygen level will eventually drop to a level that we would consider dangerous.*



If you're going to be able to stay in that sealed room for any length of time, you have to find a way to **resupply** that room with breathable air.

Let me give you an example.

Picture a movie theater with 300 people in it.

That theater is essentially a more-or-less sealed room.

It's not airtight, but with the doors closed, air is not circulating in there.

Carbon dioxide, the gas we exhale when we breathe in oxygen, will collect at the bottom of the theater on the floor.

Anyone sitting in that section of the theater will start to feel sleepy because they're breathing a higher concentration of carbon dioxide and a lower concentration of oxygen.

Carbon dioxide is heavier than oxygen.

If you didn't have a ventilation system to bring fresh air into the theater, eventually the people sitting there would start to suffer from *hypoxia*.

Symptoms of hypoxia include...

- Dizziness
- Headaches
- Blurred vision
- Difficulty breathing
- Sleepiness

Hypoxia is particularly deadly because it can come on slowly.

You feel a little tired, is all.

Then maybe you start to feel dizzy, or like you have a headache.

Before you know it, you're going to sleep...

...and if nothing is done to bring you more life-giving oxygen, *you may never wake up again.*

You need to recognize the signs of hypoxia if you're going to breathe inside a sealed enclosure...

...and you've got to have a way to prevent it.

The Prepper Nightmare: Lack Of Air

I have a nightmare, you see.

I imagine a sealed room with a family inside.

They're preppers, just trying to protect their children from an outside threat, an airborne threat like a pandemic.

They've sealed themselves off.

They've kept the disease at bay.

But... something isn't right.

One by one, they start to feel sleepy.

The kids lay down for nap on the floor.

Then their parents' eyelids start to get heavier...

I can't bear the thought of a family dying from hypoxia like that.

Those kids on the floor?

They're lying in an even higher concentration of carbon dioxide, because that heavier gas collects on the floor.

They're sleeping in a poisonous gas... and their parents are right behind them.

I can't bear the thought of people sealing themselves inside a room or retreat only to die of hypoxia in a couple of hours.

Fear would stop them from opening the door: fear of whatever threat is out there in the air or on the streets.

So what's the answer to this nightmare?

The answer is setting up a breathable-air resupply system for your pandemic safe room.

The Mechanics Of Your Safe Air Room

To provide your family with a source of clean, breathable air in a radiological, biological pandemic, or other crisis, either to seal yourselves away from the outside or to seal off an infected person from the rest of your family or party, you've got to have a plan.

Simply sealing yourself away with plastic wrap and duct tape is only part of the problem.

When the government first suggested that, stores like Lowes and Home Depot sold out of plastic sheeting and duct tape of all kinds.

But what the government didn't explain is that you need to set up equipment to resupply the air in the room, and you need to assemble that equipment BEFORE an emergency.

When a pandemic hits, it will be too late.

The absolute WORST time to shop for the supplies you'll need is when everyone else in your city is out trying to do the same thing.

We mentioned FJ Bohan's book, *Emergency Air*, before.

You should definitely read it.

To make this system work, you will need...

- Plastic sheeting to seal off the space in question
- Duct tape (lots of it) to achieve the seals
- A reliable source of electrical power
- A vacuum cleaner



- A HEPA filter
- Adhesive caulk (especially for older homes)
- Metal foil tape
- An alarm clock or timer

A HEPA filter is an extremely high efficiency particulate filter that removes 99.97% of contaminants.

You connect the vacuum cleaner to the HEPA filter and run the vacuum cleaner in reverse, under no load.

You're not vacuuming the floor.

You're using the vacuum as an air pump, vacuuming the outside air, running that outside air through the filter to catch contaminants.

Duct tape is used to make all the necessary seals.

You'll need plenty of it, so lay in a great big supply.

Make sure you have more than enough plastic, too.

Older homes that "breathe" more have wider gaps in the windows, which will need to be sealed with caulk or extra amounts of tape.

If your house has drywall, you should be able to make a nice seal against the drywall between the plastic sheeting and the interior wall.



A stone house, by contrast, will present more problems, so you'll need to figure out a way to establish a seal.

Duct tape doesn't cling well to cement, stone, or cardboard and fiber surfaces, so keep that in mind.

The goal is to make sure that what you're blowing into the sealed area (or out from it, in the case of a sick family member in the sealed "quarantine room") is filtered air that has had contaminants removed from it.

Creating any sealed area, then, is a question of these steps:

1. Seal off the area to be secured from the outside world using the plastic sheeting and the duct tape (and make sure it's as air-tight as you can make it). Make sure to seal off all ductwork and other points of air entry.
2. Make a ventilation opening for the vacuum cleaner hose with the HEPA filter connected to it (the filter must be between the "good" air and the "bad air," ensuring that you breathe only filtered air on the "good" side.
3. Seal the ventilation opening.

But if you have a stone house, obviously you're going to have to figure out a way to make it a nice seal.

Your Pandemic Safe Room Vacuum Cleaner

Because of the volume of air you'll be moving and the size of the HEPA filter available for it, a Shop-Vac type vacuum is best.

You could buy just about any reputable brand, but choose a Wet/Dry vacuum.

The larger ones used in workshops are also built to vacuum up wet environments.

There are HEPA filters manufactured that are sized large to fit those types of vacuums.

That will suit our purposes best and give us the most amount of filtering and coverage.

I'm old enough to remember when Mount Saint Helens erupted.

This was a volcano in the United States that spewed ash into the air and covered the surrounding landscape.

You'd want to filter that kind of contaminant out from the air you're breathing.

It will eventually clog ANY filter, so the larger the filter, the better off you are.

Pre-Filtering

Especially if there is a LOT of particle grit in the "bad" air you're filtering, like volcanic ash, you don't want to go straight to the vacuum and its HEPA filter from the bad air.



You want to pre-filter.

You can find cloth mesh at hardware stores, like cheese-cloth and other materials, that works well as a pre-filter to screen out big clumps of material.

Put the mesh over the vacuum wand end of the vacuum, where the air will be pulled in.

This prevents anything large (including, if you're pulling outside air, leaves and insects and things like that) from clogging your filter system prematurely.

Sealing the Vacuum Cleaner with Metal Foil Tape

The metal foil tape we mentioned before adheres to just about everything and can be bent.

Use this to seal all the joints and other places the vacuum cleaner itself could leak air.

You want to make sure all the air moving through the vacuum passes through the HEPA filter and doesn't just leak in around that filter.

Once you've done all that, there's just one other problem.

That's your electrical source.



Secure Your Electrical Source

Everything about this pandemic safe room is built on the use of electric power to run the vacuum cleaner as an air pump.

If you don't have power, you will last only as long as the supply of breathable air within the sealed area.

You **MUST** have a backup source of electrical power in the event that main power goes out (which you must assume can happen in any emergency).

This means having a backup-generator and/or a solar-panel-and-battery system powerful enough to run your filter setup.

There's something else, though.

Buy Multiple, Redundant System Components

For maximum coverage, you don't just want one vacuum.

You want two.

Or three.

You also want multiple HEPA filters.

That's because if one of these fails, your whole filtering system goes down.

Even if they work as they should, using them could burn them out.

If you're filtering air contaminated by a nuclear fallout event, for example, the fallout is itself a radioactive contaminant.

The inside of the vacuum, before the HEPA filter (and the filter itself on the "dirty" side) are now radioactive, contaminated by the very air source they are filtering.

When that unit gets clogged, you can't go rooting around in there to clean it if it's hazardous to you.

You can clean a vacuum if it's clogged with ash, but if it's clogged with dust, grit, and fallout contaminants, you've got to discard that vacuum and replace it (because to open it up would expose you).

Shop-Vacs really aren't all that expensive.

Better to treat them as disposable and keep multiple units on hand.

Choosing A Location To Seal Off

Choose your pandemic safe room location carefully.

You don't necessarily want to tuck it away in the basement, for example, where you have no access to plumbing (necessarily).

You might choose, for example, to seal off the first floor so you have access to your kitchen.

You'll want to have access to a bathroom.

Different threats will prompt you to make different choices.

If you're filtering ash, it's not nearly as deadly to you as filtering a pandemic infection or radioactive fallout.

If you were concerned about filtering tear gas in a riot situation, however, you might be better off to seal off the upper floor of your home.

Remember, whatever you seal off, you've got to have access to an outside air source, which means interior rooms aren't a great choice by themselves.

The basement starts to look like a better option if you're filtering fallout and you want to avoid radiation poisoning.

Do your homework and plan out your sealed location depending on different threats.

When you have reason to believe a pandemic is coming, for example, you can then choose where in your home to seal off.

You don't have to live twenty-four-seven with a pandemic safe room in your home when there is no pandemic to protect against.

You just have to have the necessary supplies at the ready so you can seal yourself off when the warning signs tell you it's time (and when you find yourself trapped behind the quarantine zone).

How It Works

Here's one example of how to make these mechanics work:

1. Choose a window that has been blocked so it only opens three to four inches.
2. Cover it in plastic sheeting to seal it off completely.
3. Cut a slit in the sheeting to put your vacuum wand with its pre-filter attached through the hole. Put it at the bottom of the stick to get the widest pick-up.
4. Seal the wand around the area of the slit to prevent air leakage. This is now your air intake.
5. All along the vacuum hose, at every joint, tape it to prevent leakage.
6. Seal the vacuum itself with the metal tape, even where the hose attaches to the vacuum, and seal everything again with duct tape.
7. Your HEPA filter connects to the head of the vacuum. Run duct tape all along that seam so that the only air coming out is coming through the filter.

You don't need to take a three-foot length of duct tape and wrap everything like a mummy.

Use smaller pieces of tape, being conscious of when you turn corners, like the flashing on the side of a house.

Keep going around the area you're taping, making sure to create a positive seal.

Don't forget to seal the drum part of the vacuum, where the head slips over the top and latches on.

The exhaust portion of your vacuum cleaner, with its HEPA filter in place and sealed, is now the "good" air vent.

It is from here that clean, filtered, breathable air will enter the sealed area from outside.

Then the exhaust portion of your vacuum cleaner becomes the fresh air outlet into your room.

Now, this next part is important...

You're Not NECESSARILY Running The Vacuum All The Time!

Your vacuum system exists to bring new, filtered air into your pandemic safe room.

You don't always have to run it all the time.

What you need to do is calculate how much breathable air you have in your sealed off safe area.

Set your clock or timer and make sure that you run the vacuum periodically to replenish the air supply.

You should run some experiments, some trial and error, to make sure you've got all this worked out BEFORE you need your filter system up and running.

It never hurts to practice.

The time to figure out how difficult it is or isn't to rig all this up is not when the air raid sirens are going off, or when military troops in gas masks are on the street.

For example, you could run the vacuum 15 minutes for every hour under no load.

This should give you a very long useful life for that vacuum motor.

Why HEPA Filtering Works For Pandemics

You may be wondering, at this point, if a HEPA filter and a vacuum, with some duct tape and plastic sheeting, can really keep your family safe from Ebola and other diseases.

Well, hospitals know that HEPA filtering works.

When a patient's immune system is compromised, something as simple as the common cold virus can kill you.

Patients who are affected this way are kept in what's called a **flow room**.

This is a pocket of positive air pressure that prevents outside air from coming in.

This prevents contaminants from entering, and that's basically what we're doing when we create a filtered pandemic safe room like this.

The vacuum pump creates an overpressure inside the room, which is sealed.

Every time we run the pump, we're upping the pressure.

That means that you've got to leave a port on the floor into the next room when you run the pump.

This drives out the heavier collected carbon dioxide when the pump runs.

FEMA recommends the very same type of safe room.

If Ebola was determined to be an airborne pathogen, and if I found out that my neighbors had Ebola and I was fearful for going outside because of the situation, my first response would be to set this system up.

I would most likely be running it most of the time.

I would want to create that overpressure, keep the overpressure in the house, and maintain it for as long as I could.

That's where backups come in.

You may remember that during the Ebola scare, there was a lot of debate about exactly how long it took for Ebola to incubate.

If the stated incubation period is three weeks, I would want to keep my overpressure going for longer than that.

Only when I was reasonably sure things were clear would I feel comfortable shutting down the system.

All of this is important because viruses themselves are small.

They could pass through the HEPA filter — except that while the vacuum is running, and electrostatic shield is generated around the filter that viruses don't have the mass to penetrate.

So your vacuum filter system protects you both from solid contaminants and from viruses, but for different reasons.

How To Treat Your Family And Prevent The Spread Of Disease

We've discussed extensively the fact that you can't expect medical care in a pandemic.

You may not be able to risk trying to get it, either.

The fact is, we all take medical care for granted.

Think about all the diseases we all cope with that, when medical care is not available, will suddenly become much deadlier:

- Asthma
- Hepatitis
- Diabetes
- Cancer
- Anemia
- Broken Bones
- Open Wounds
- Infections
- Food Poisoning
- Third Degree Burns
- Epilepsy
- Heart Attacks
- Kidney Failure
- Stroke
- ...And many others!



If we get sick, if we come down with a fever, if we get an infected cut, we are confident that there are doctors and antibiotics and a million other things in a nearby magical place called a hospital.

But what if there are no functioning hospitals?

What if you can't get to one?

What if you can get there, but the wait is measured in days instead of hours?

What if you're in the middle of nowhere, in the wilderness, even just on a day hike... and now you're in serious danger thanks to an injury or an illness?

This is where part of self-reliance, part of survival, part of day to day competence as a human being, comes to being your own medic.

Now obviously, you can't become a doctor or a nurse overnight.

What you can do, however, is learn some basic guidelines for keeping you and your family healthy and treating their ongoing illnesses yourself, so you don't have to try to go to the potential death-trap that is a hospital.

Medical care is the key to long-term survival.

It doesn't matter how tough you are, how well you train, or how good your gear might be, if an infected cut or a bad case of diarrhea puts you down for the count.

Sanitize, Sanitize, Sanitize

You need to have plenty of hand sanitizer on hand in a pandemic, and you need to use it often.

Forget the worries about over-use of antibiotics.

During a pandemic outbreak is the time to start using this stuff like it's going out of style.

Most food, for example, is contaminated to some degree.

An improperly cleaned preparation surface — and your hands are a preparation surface — can introduce contamination to the food you consume.

Just like you keep your countertops clean, and you don't put certain foods, once cooked, back in the same containers that held them before they were cooked, you must always keep your hands clean.

Carry hand sanitizer with you and use it often.

Nearly everyone should clean their hands more often than they already do, and this is especially true for young people (who are not very conscious of where and when they put their hands).

You also need to be cleaning and sanitizing your knives and tools.

A lot of survivalists and preppers treat their survival knives, for example, as the do-it-all tool.

But rarely do they stop and consider the medical implications of using that same knife to do everything.

Would you really use the same knife to gut a deer, cut firewood, and then chop vegetables in your kitchen without cleaning it thoroughly first?

That is what preppers will do, by default, in failing to clean their knives properly between uses.

Your knife is itself a food preparation surface.

There are many ways to keep yourself and your tools and preparation surfaces clean.



Before you get to the point that you need to be your own medic, remember that you can use soap and water on your hands and the plates and utensils you use and reuse.

Knives should be cleaned in hot water and with vigorous scrubbing.

Swab utensils and your knife with alcohol pads to eliminate any residual problems.

If your cleaning water wasn't hot enough to kill the germs, swabbing surfaces with alcohol will clean up the rest.

As the saying goes, an ounce of prevention is worth a pound of cure.

Do your cleaning and prevention before you get sick.

Sanitize the HELL out of everything, in other words, and do it frequently.

Anti-Diarrheals

Diarrhea is a big risk.

When you get sick, this is one of the most common symptoms.

When the slightest thing goes off-kilter in your system, you run the risk of coming down with this and losing a lot of fluids as a result.

During the Civil War, diarrhea claimed more lives than shrapnel and bullets did.

You want to stock up, therefore, on anti-diarrheals, such as Imodium.

You might also carry anti-parasitic medicines like Metronidazole, also called Fish Zole in product form, and those antibiotics that are used in worst-case scenarios.



Remember, these are a last resort because the main side effect of using an antibiotic is diarrhea itself.

Watch For Pests

Lyme disease or even the bubonic plague come as a result of fleas and ticks.

Lice, especially body lice, can cause certain diseases like dengue fever and chronic relapsing fever.

Bedbugs have become an increasing problem in the United States, too, brought in by illegal immigrants who were carrying them from less sanitary conditions.

You will have to deal with a lot of mosquito-borne illness as well if the natural order breaks down and you have to become your family's doctor.

Malaria, depending on climate zone, yellow fever and the West Nile virus are of concern.

There are a lot of infections that could become life-threatening that you would think would be a minor problem.

A simple mosquito bite can cause a lot of trouble.

Do what you can to stay clear of pests to avoid the infections they carry and the symptoms they cause.

Clean Your Teeth

If you are in a long-term survival situation, you should be concerned with your teeth.

During the Vietnam War, half of the soldiers that reported to sick call on a daily basis reported for dental issues; not for medical issues.

This is something that's going to be very, very important as you try to maintain some form



of oral hygiene during a collapse situation.

This is something that can be done even if the toothpaste and the toothbrushes run out.

In the old days, people used to just gnaw on the end of a live twig or some live wood to form a fibrous end, and they would brush their teeth with that.

They would use just baking soda.

Baking soda by itself is an absolutely perfectly good natural form of toothpaste.

Also, if you add a few drops of peppermint essential oil, not only are you increasing the tolerance of the baking soda, but peppermint is an antiseptic.

Ultimately, you're helping to clean out the bacteria.

Also, an excellent mouthwash, and something that everyone should have in volume, is hydrogen peroxide.

It works fantastic!

Some dentists have recommended, especially people who tend to have problems with their gums, to do a swish and spit at least once or twice a day with hydrogen peroxide (three percent, right out of the bottle).

In fact, do it two or three times a week to help prevent cavities

Mind Your Feet

If you are concerned about your environment, it's very, very important for you to make sure that you take care of your feet.

It's very, very easy for you to be in a situation where your feet are in cold water and soaked.

As you know, in World War I, people with trench foot (now known as immersion foot) used to actually lose their feet by amputation as a result.

This type of situation is a big issue, and you have to do the best that you can to prevent that by trying to keep your people as dry as possible in wet environments, as warm as possible in cold environments, and in hot environments as protected from sun exposure as you possibly could.

This includes changing your socks on a regular basis.

Make sure you wash your feet, at least once a day if you can; even just hiking.



Even when it's cold outside, you can still get sweaty feet, and during crises, people often don't change their clothes as much as they normally do.

The sweat can build up and cause as much problem as the immersion in water.

It doesn't just occur from going through swamps or walking through muddy areas or lakes.

It could just be from the sweat on your feet.

You should be changing your socks regularly, and make sure you give your feet a good wash.

Powder would be something very, very helpful to have to help keep your feet dry.

Something as simple as Gold Bond or cornstarch works fine.

The purpose of the powder is to soak up moisture.

Alternating between two sets of shoes every day gives the first pair time to dry out completely while you wear the second pair.

Change Your Clothes

A hygiene related issue that is probably one of the more common ones that you are likely to encounter in a pandemic is not taking care of their skin.

People are generally going to be wearing the same set of clothes for several days in a row when they're worried about the collapse of a pandemic, especially if water supplies aren't safe or available for regular bathing.

There are some health problems that this can cause.

Even if you're in a cold environment, for example, the sweat that accumulates within your clothes actually causes problems with losing heat from your body, because you're actually in a self-created wet environment.

This is one thing that could actually lead to hypothermia, even though someone may actually be pretty well clothed.

Think of it as wicking away your body heat.

Again, it is suggested that if you cannot change your clothes, you need to at least wash them, let them dry overnight, and then put them back on.

At the very least, let them dry by hanging them out.

Put powder in the areas that may cause chafing, like underneath the armpits, between the legs, and of course, the feet.

Any area that has movement, you may get a rash from your clothes are not being cleaned.

If you get chafing, then you get a rash.

If you put powder on your feet, it will also help to prevent blisters.

When you develop a rash like that, you are not only running the risk of eventually developing a skin infection.

As if that's not bad enough, if you don't deal with it, you actually can develop an ulcer in the skin in which some of the skin is eroded away down to the dermis or even below, to the deep later of the skin or even below.

It can cause real damage, especially in people with certain chronic medical ailments such as diabetes.

Anytime you open the skin up for any reason, whether it's a blister or because of a rash that you just didn't take care of, you have the risk of exposing yourself to a bacterial infection.

The need to maintain the integrity of your skin is a primary goal.

Poor hygiene with your hair is of least concern to you.

Lice is more of an exposure situation, and just having dirty hair is not really going to cause a problem.

There are people that with tight dreadlocks that don't wash their hair very often, and they certainly can't get into their scalp.

There are some African tribes that actually use animal manure to use to shape their hair into a certain styles, and they don't suffer any medical conditions from it.

Home Prevention/Treatment Remedies

If you've been building your immune system, and you've been doing what you can to keep your hygiene up, and you've been avoiding pests and other disease vectors, you've done about as much prevention as you can do.

There will come a time, however, when you or a family member gets sick.

Entire books can be and have been written on herbal remedies and home treatments for illness.

You absolutely should be looking into these and learning about them.

Right now, though, we'll give you some quick tips for home treatment of illness.

- In any pandemic, anxiety is going to be a big problem. Make sure you have the means on hand to treat anxiety, such as sedatives or, if you prefer a more natural method, lavender tea and lavender essential oils (which have a calming effect).
- In any pandemic home-remedy scenario, pain relief is going to be critical. Have plenty of pain relievers on hand, but be cognizant of natural pain relievers, too. Some of these include willow bark (the inner, green bark, not the outer brown bark) which can be brewed in tea (willow is what we

used to use to make aspirin) and ginger (which has strong anti-inflammatory properties).

- Build your immune system with home treatments and herbs, such as Echinacea (commonly called purple coneflowers, but available in supplements), garlic (which is also useful for treating infections, and avocados (a very nutritious “superfood”).
- Raw, unprocessed honey is good for you and also great for putting on wounds. Unprocessed honey never expires; they have taken some from Egyptian tombs that is still edible. Honey helps prevent infection because it has an acidic pH, which bacteria do not like. Honey also has an osmotic effect, drawing moisture out of a wound to kill bacteria. It helps your skin to heal, too, which is the best way to prevent infection (and the reason that cuts and scrapes can lead to infection — your intact, healthy skin is your best defense).
- Grapefruit seed extract has antibacterial properties.

Pandemic Teas

One great way to treat sickness is with one of our pandemic teas.

You can make a tea of several ingredients that help to fight infection and bring down inflammation. The recipe would look something like...

- 4 cups of filtered, boiled water
- Four to five cloves of finely chopped garlic
- Fresh lemon juice and raw, unprocessed honey

Make sure you don't boil the garlic itself, as this will destroy its nutrients. You want fresh garlic, too, not dried garlic. To really amp up your pandemic tea, you could add...

- Echinacea
- Ginger

- Lavender or chamomile

Remember that the first order of business when treating any illness is to make sure the sick person stays hydrated.

Aggressive hydration was one of the keys to helping Ebola sufferers survive the disease, for example.

In many cases, it was simply the loss of bodily fluids that killed them.

This is why, when medical professionals can do nothing else for you, they at least try to keep you comfortable and hydrated by pumping fluids into you.

When You Have Kids And Dependents

When you have small children or other dependents, there are some special considerations you need to make sure you have a plan for dealing with.



These include...

- Make sure you have some means of keeping kids entertained, such as with their favorite toys and games (you must have non-electronic options)
- Make sure your first aid kit includes items specifically for kids and elders, such as medications specifically for them
- If you have very small children, have a means on hand to move them and carry them, such as a chest carrier for infants, a stroller for larger children, etc. Strollers should be the “off road” type with large, knobby wheels.
- Take the time to

Basic First Aid

Entire programs can be, and have been written, on basic first aid.

There are some principles to keep in mind, yes, but before we get to them, please understand that you **MUST** get first aid training.

It's very easy to take classes in CPR or to take basic first aid seminars and training.

It's all around you if you start looking, much of it completely free.

The better trained you are, the better off you (and everyone around you) will be.

You should also buy a book on basic first aid and read it cover to cover.

Keep it in your bug out bag; keep another copy in your desk; keep another copy in your car.

Read the book whenever you are bored and passing some time, such as waiting for an oil change or waiting for your wife to finish her shopping.

Whatever it is, use your time productively.

The time to consult the first aid book is **NOT** when someone is bleeding out in front of you, white with shock and crying in pain.

You need to learn the basics **BEFORE** a problem occurs.

If You Must Venture Out

If you've got to go out into the infected area, you must make sure you have both a means to protect yourself while you're out there, and a means to disinfect/sanitize yourself when you return.

- This means setting up a pandemic safe-suit. You will need...
- Scrubs or other protective clothing, preferably waterproof and long-sleeved
- Latex gloves
- Goggles
- A National Institute for Occupational Safety and Health (NIOSH) approved respirator with preferably a P100 (one hundred percent resistant) rating (an N100 disposable respirator or N95 disposable respirator will also work, but don't protect as completely)
- A hoodie to cover and conceal the protective gear you're wearing



Your goal is to keep infectious material off your skin, out of your eyes, and out of your nose and mouth.

1. Put on the gloves and the scrubs, using two pairs of latex gloves if you can.
2. Seal your sleeves and pants legs with duct tape.

3. Don your respirator and goggles. The respirator should cover your nose, with no gaps between the respirator and the side of your face.
4. Conceal your preparations with the hoodie.
5. Keep your head down when you go out, and stay out as briefly as possible. Avoid all people as much as humanly possible.

When you return home, you'll need to disinfect your clothing or dispose of it completely to avoid bringing infection into the safe area. ***That means planning ahead for how you'll accomplish this.***

- We recommend setting up several sets of disposable "clean suits" for venturing out into the hot zone.
- Dispose of these when you return to home.
- Scrub your body with hand sanitizer and don fresh clothing as you reenter the pandemic room.

After the threat of COVID-19 hit the national imagination, proper masks sold out almost immediately.

Masks that can't help anyone escape pandemic were next, until you couldn't buy so much as a simple painter's mask in the hardware store.

You NEED to get these things BEFORE a pandemic hits... and if you're reading this after one has occurred and **you couldn't get these supplies**, understand the increased risk you're at when you go out.

Even with all the right equipment, you won't be able to prevent every contaminant, necessarily. ***Going out during a pandemic is always a calculated risk***, so don't venture out casually.

Conclusion

The idea of a pandemic scares us all.

Disease is not an enemy with which you can do battle.

COVID-19 proved that the world simply was not prepared for this type of outbreak.

Most of the time, pandemic is an insidious, invisible, microscopic entity that can't be dealt with directly.

In a way, it's almost like dealing with black magic: you can't see it, but you know it's bad for you.

One of the hardest thing every person faces is when a loved one is sick and there's very little that can be done for them.

If you want to keep yourself, and your loved ones, safe during a pandemic, you're going to have to take the steps to prepare NOW, before an emergency occurs.

It isn't always easy, and can be pretty scary to think about these dangers... but you CAN do it.

You CAN prepare for a pandemic, you CAN keep your family safe, and you CAN weather the hot zone and get through to the other side.

But as upbeat as I like to be about these things, there's no denying that there's a LOT of work between now and then.

You've got to start preparing for the next pandemic, even while we all deal with the fallout of the one that is on us right now.

It's never a question of if.

It's only a question of *when* and for *how long*.

You've got to prepare, you've got to train, and you *must* survive.