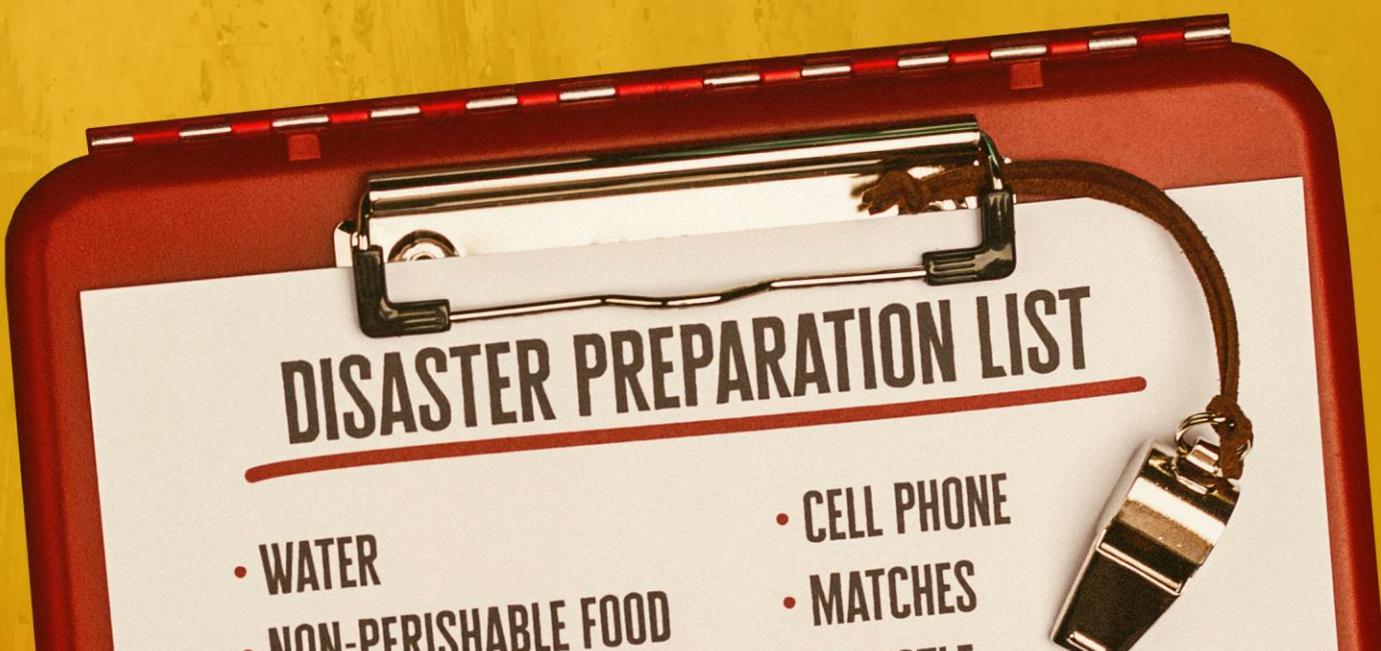


PANDEMIC SURVIVAL ESSENTIALS

7 CRITICAL CHECKLISTS THAT CAN SAVE YOUR LIFE



DISASTER PREPARATION LIST

- WATER
- NON-PERISHABLE FOOD
- CELL PHONE
- MATCHES

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Copyright

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Mission

This book is dedicated to the health, well-being and longevity of all, as all is one.

To achieve this, we must all be vigilant to the health and wellness of those around us, and protect ourselves from dangerous and deadly viruses, disease and illness.

We are our own best doctors and the first guard of defence to protect ourselves. Why do I believe this? Because with education and support, many contagious and scary viruses can be prevented from bringing us harm and even be eliminated.

History has shown us the scourge of common illnesses and diseases and the potential loss these have on humanity, from bubonic plague, influenza, to Ebola, SARS and MERS, there's risk all around us at every corner, and the next big virus could be ever present and even more dangerous and deadly. Actually, it's already here.

Remember, the top priority for the government is to keep citizens calm in times of pandemic crisis, and the role of health care workers is to treat these viruses when they already strike and begin spreading in populations. But in the case of a pandemic, the system becomes completely overwhelmed and we cannot rely solely on these institutions to keep us safe – we need to be ready to act.

Ask yourselves – what good is it if you get to the hospital only to find out that you've already contracted a serious virus that cannot be cured?

That's why we are committed to going above and beyond and ensuring that you have access to the information and tools you need to help you prevent contraction of serious viruses and illness and deal with the potential needs for quarantine, treatment and the like so you have the power in your hands to help yourself and your family!

Knowing what to do, and how to prepare for a serious viral outbreak is the key to being ready to handle the potential risky outcomes. And we're here to help.

As such, some of the royalties from the sale of this book are being used to help fund the mission of educating people about virus prevention and protection, to help spread of harmful and deadly viruses and pandemics.

Pandemic Survival is designed to give you the information you need to not only prevent contraction of this serious virus, but to take charge of your health.

Once you've gotten this vital information that could save your life, I ask you to join my mission by sharing your positive experience with friends and family, so they know there is a way to prevent and protect yourself and those you love so much.

Clayton Mathews

Clayton Mathews

The Fine Print

There's always a legal disclaimer when we discuss health and wellness, isn't there? We live in a funny world where everyone is intent on covering their butts whenever they provide information or opinions. This is especially true when it comes to the subject of health and wellness. I hate having to do this, but it is a necessity, so here goes:

The information provided in this book is for educational purposes only so that you can make better and smarter decisions about your health and wellness.

I am not a doctor, but I am sharing my story and all of the scientific and alternative information I have accessed to help you learn from my experience and make changes in your own life if this resonates with you. I am not permitted to diagnose diseases or conditions. For the diagnosis or treatment of any ailment, please consult a licensed physician or whatever medical practitioner you may prefer.

I am sharing information based on my personal experience and the opinions and conclusions included are mine and mine alone. You and others may or may not agree with them but know that I have done my best to impart information that will educate you and allow you to form your own opinion.

If you should choose to act on any of the information included in this book, please be aware that you do so at your own risk. And that any results may be relative to your own state of fitness and health (physical, mental and emotional) and the awareness, care and attention with which you conduct yourself while participating in the activities or suggestions.

Ok, so now let's dive in and start learning!

Chapter 1: Introduction

Congratulations on buying this book. You are one step closer to surviving any pandemic emergency. In this book you will have seven lists that will show you how to prepare and keep your family safe. By reading this book you have taken the first major step in surviving by just ensuring that you will have all the resources needed in one easy to find place. No one needs to get ill or die needlessly on U.S. soil. Knowledge is Your best defense, by starting to prepare now you will have everything you need before supplies become scarce and hard to get. These simple preparation tips will now give you and your loved ones a chance at a future.

How To Use This Book

By the end of this book you should have gone through each list and check off what you have in your home right now and decide which items you'll buy immediately. This book is not intended to cause fear, in fact it is to reduce fear and make sure you and your loved ones are prepared for what can and will eventually happen. So, take these lists and do what you can to be prepared now. You don't have to be an expert on survival but by doing a little prep work before and being prepared is the best thing you can do to keep your family safe and staying ahead of the Pandemic. This book is intended for anyone who wants to understand what dangers the next pandemic poses and how to prepare for any pandemics, disasters or state of emergencies. You will have the most crucial lists. Lists like:

- Essential items you have to take in case your forced out of your house
- What to carry with you if you can't travel by automobile
- What items should be in your house if you are forced into a lockdown

This book is to show you how to prepare and keep your family alive during pandemic emergencies.

I have to stress that in no way can I say that these lists are the be all and end all of survival lists. There are always options/situations that are unique to each individual or family depending on where in the world you are. This is to make sure you are prepared, do you have these items in your house or in accessible alternate location, can you get to these items in a moment's notice. Have you planned and prepared? I want you to go through these lists check off the items you have, then decide what items you will need to buy and finally plan. Make sure everyone in your family is aware of and knows what the plan is. You need to be ready to act in a moment's notice and that can only happen if you read this book, prepare the items necessary to survive and be ready to act.

Before You Read These Lists

I'm sure most of you have heard of or watched movies and tv shows on pandemics or zombie apocalypses. Shows like *The Walking Dead* are popular today because it is a glimpse at what could happen if the disease spreads through the world and isn't contained. Society as we know will crumble and we will be left to fend for ourselves and I can say that people who are prepared will have the upper hand. I know Hollywood likes to embellish stories but be warned most of these stories are rooted in truths. I would like to say after reading this book if you haven't seen *The Walking Dead* or watched the Netflix docuseries *Pandemic: How to Prevent An Outbreak* I suggest you watch them just to give yourself a visual picture of what could happen.

Chapter 2: Survival List Outline

By failing to prepare, you are preparing to fail” - Benjamin Franklin

In the next chapters we'll cover some of the most critical survival lists for the safety and survival of yourself and the ones you love. The lists I'll cover:

- Preparation
- General
- Emergency Supplies
- Virus Supplies
- Outdoor Survival
- Evacuation Supplies
- Lockdown Supplies

Note:

If food becomes scarce or lawlessness ensues this is the start of panic.

You should consider evacuating urban areas if the above occurs.

There will be items repeated on these lists, the reason they are repeated is because they are important and having extra stock for prolonged pandemics.

Chapter 3: Basic Preparation List

Basic Preparation List

- Hand Sanitizer (alcohol based)
- Isolation suit
- Chemical resistant gloves
- Tissues
- N-95 Mask
- Face Shield or Goggles
- Steramine Tablets

If it's within your budget a gas mask is a good investment in case of nuclear or biological warfare

Chapter 4: General Supply List

Note: These are supplies that are good to have in general, even in non-emergency situations these supplies will come in handy.

General Supply List

- Water Filtration/purification device
- Bottles/Containers of water (I can't stress this enough)
- Water Collection/storage containers
- Different sizes of examination gloves
- Antibacterial soap or wipes
- alcohol based hand sanitizer
- Liquid Bleach
- minimum 30 rolls of paper towel per person
- minimum 30 rolls of toilet paper per person
- heavy duty black garbage bags (can be used as alternate toilet, drop cloth etc.)
- Kitty litter (used to absorb spills, or bodily fluids)
- Duct tape (used to make airtight seals over clothing or if a room needs to be quarantined)
- Laundry detergent
- Rolls of 4 mil plastic for prepping an isolation room
- Clothesline and washboard for hand washing clothes
- Liquid Dish Soap with anti-grease formula
- Food Storage containers

Chapter 5: Emergency Supply List

Note: Basic emergency supplies that everyone should have in case of any occurring emergency.

Emergency Supply List

- Flashlight and batteries
- Fully stocked first aid kit
- 4 day supply of Food (canned, nonperishable, dried foods)
- Water (1 gallon per person per day)
- Local paper maps
- Pocket knife
- Machete (to clear thick bush or protection)
- Hand crank radio
- Whistles
- Prescription drugs
- Zippo Lighter (buy extra fluid and flints)
- Dust mask
- Garbage bags
- Plastic ties
- Multi tool (swiss army knife)
- Currency (small bills and coins)
- Identification/ Important documents
- Clothing for all types of weather
- books
- puzzles/activities
- blankets/ sleeping bag
- First aid book/general reference material
- Waterproof container for pills or matches
- Paper and pencils
- Hand sanitizer (alcohol based)

Chapter 6: Virus List

Note: These items will help you stay safe and if need be quarantine any area in your house. It will help stop the spread of the disease and will allow you to get help to anyone in your family that needs it.

Virus Supply List

- Duct tape
- Plastic drop cloths
- Pandemic Mask
- Disposable hazmat suits (varying sizes)
- Thermometer (non-digital)
- Gloves (nitrile, chemical resistant)
- adult diapers
- basic medicine (Tylenol, cough syrup, throat lozenges etc.)
- Surface disinfectant
- Hand sanitizer
- Garbage bags
- Vomit bags
- Electrolyte packets or drops
- tissues

Chapter 7: Outdoor Survival List

Note: If you find yourself caught in your car or outdoors and unable to get home have these items readily available to you. It is a good idea to keep these items in your vehicle or somewhere hidden close to your house.

Outdoor Survival List

- Sunscreen
- Compass
- Shovel
- Insect repellent
- Heavy duty garbage bags
- Bleach
- Toiletries (liquid soap, toothpaste, etc.)
- mirror
- Sleeping bag
- backpacks/easy to carry bag
- zippo/lighter
- machete
- Toilet paper
- moist wipes
- disinfectant
- towel/washcloth

Chapter 8: Evacuation List

Note: These items are meant to be stored in a bag that is readily available. This bag should be stored outside your house in a safe location so that if you need to leave your house the first stop will be to this safe location. The bag will need to carry enough supplies for at least 3 days. You should be packing one bag per family member. If possible, make more than one bag per family member and store them along a safe route that you have planned out. This will prevent you having to carry a heavy load. An example would be you keep one bag just outside the house in a shed or buried in the backyard. Then about a 2 to 3 day walk from your house find a wooded area or field and bury another set of bags there. I understand it might not be feasible to do so at a bare minimum pack one bag for each family member and keep close to your house.

Evacuation List

- Drinking water
- Water filter
- Protein/energy bars
- Tarp/tent
- First aid kit
- survival blanket
- zippo/lighter
- hand sanitizer
- cooking pots
- collapsible water bottle
- metal canteen
- multi utensil (camping utensils)
- metal cup
- multi tool (swiss army knife)
- Candles
- N95 Face masks
- Self Defense (Gun/ Pepper spray/ Crossbow/)
- Duct tape
- hats (wide brim/winter)
- sealable bags
- Parachute cord
- Canned/non-perishable food
- Tent
- insect repellent

- led headlamp
- emergency radio
- compass
- local paper map
- flare gun
- machete/knives
- Clothing (pack for any weather condition, also consider layering up the clothes on your body when your about to leave as well as have extra clothes in the bag)
- Ignition source (flint, matches, lighter)
- waterproof container
- Tinder (quick fire starter)
- Toiletries
- Cell phone
- notepad and pencil
- currency (small bills/coins/gold or silver)
- GPS (batteries...lots of batteries)
- Whistles

Chapter 9: Lock Down List

Note: If staying put is your best option you will need to prepare for the eventuality of losing power, water, transportation, natural gas, cell phone and landlines. In those cases, you will have to find alternate heat sources and water supply. I will put this item here instead of the list but if possible, invest in a good gas or propane powered backup generator.

Lock Down List

- Wood burning fireplace
- extra blankets/sleeping bags
- water filtration system
- water storage containers
- water treatment tablets
- Charcoal BBQ pit
- dehydrated meals
- Military ready to eat meals
- First aid kit
- prescription/over the counter medication
- Self defense tools (guns/knives/stun guns etc.)
- learn how to turn off your utilities in case of emergency
- Metal cooking utensils
- Kerosene lamp/heaters
- deadbolts for each exterior door
- wood to board up and secure windows
- fuel (gasoline/kerosene/propane)
- Basic first aid training
- Disaster preparedness kits