

# FAMILY & HOME PANDEMIC

## PREPAREDNESS



CORONAVIRUS  
COVID 19

AVIAN  
FLU

EBOLA  
VIRUS

WUHAN  
INFLUENZA

# BE READY! STAY ALIVE!

FAMILY & HOME  
PANDEMIC  
PREPAREDNESS

BY

LYNN JACK



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## CHAPTER 1 - What and Why?

### “Failing to Plan is Planning to Fail!”

Forward thinking people tend to plan and/or prepare. The “or” is important here, because a forward thinker might *plan* what they would do in certain situations, but never get around to implementing the plan. Forward thinking *preppers* get on with carrying out the plan. Just as a soldier hopes and prays that they never have to use the deadly skills they have been trained in, the soldier makes certain that they *are* trained, because ultimately it is *their* life on the line. Forward thinking preppers hope never to have to fully implement their plans and use all of their preps, but they plan and prepare all the same, because they know that failure to do so could cause them and their family suffering or cost them their lives.

What are preppers preparing *for*? Worst case scenario situations, such as a hurricane landing ashore near them, or war happening in their country. The prepper wants to insure, as much as they possibly can, that they and their family will come through whatever catastrophe that should happen safely. They plan to be able to survive in the weeks, possibly months, while life returns to some sort of normality. Yet another situation is the one being specifically addressed in this book: a **PANDEMIC**.

What is a **PANDEMIC**? Merriam Webster defines it as,

*“...an outbreak of a disease that occurs over a wide geographic area and affects an exceptionally high proportion of the population; a pandemic outbreak of a disease.”*

### **How can a pandemic shut down society?**

A pandemic can quickly shut down services. It is called the domino effect. The hospitals are quickly overwhelmed.

Hospital staff will bring home the disease whether it's the medical staff, the food staff, the janitorial or administrative staff. These people in turn will expose others, who will expose others. Many people will choose to stay at home rather than to risk exposure and their lives. People huddle at home and don't go to work. Gas stations, stores and businesses could shut down as employees no longer return to work. The transportation system breaks down. The store shelves will be empty as trucks will not have enough gas to deliver groceries and panic purchasing has occurred. Quarantines are put into effect. Soon water and electricity will halt as the grid shuts down to lack of manpower. Society as we know it has collapsed. **Be prepared – not scared!**

Pandemics are not a new thing. The plague, the Spanish influenza of 1918, and the Ebola virus in Africa are examples that come readily to mind. Pandemics have been responsible for the deaths of millions of humans over the centuries. While the current Coronavirus (COVID-19 virus)

has only killed a few thousand to date, we won't know for certain a final number for quite some time.

Pandemics spread and kill because many people are contagious and do not know it... but that doesn't mean that they aren't still dangerous to others, particularly the elderly and those with a compromised immune system or some other serious underlying illness.

Keeping that information in mind, you might be of the belief that since (hypothetically) you, the reader, is under the age of 50 and healthy as a horse, you have no need to worry. Indeed, to some of the people who have caught the virus, the symptoms have been mild, somewhat akin to a bad cold. However, just because YOU might not become extremely ill or die from it ("might", because there are always exceptions, and some healthy younger people have succumbed to COVID-19), you are at risk for causing someone else to become ill, possibly fatally, if you do not take the proper precautions.

**To protect yourself and others, you should:**

- **Avoid crowded areas,**
- **Avoid sick people**
- **Thoroughly wash your hands,**
- **Use hand sanitizer frequently**
- **Don't touch your eyes, nose, or face, and**
- **Sneeze and cough into a tissue, or the sleeve of your clothing.**

If your community experiences an outbreak severe enough, the government to may be required to quarantine the entire area. If it has come to the point where your community is virtually on lock down, it is probably too late for you to do any significant preparations to see you and your family through the pandemic. You might be fortunate enough to scrape by and come out the other side, but probably not in that great of condition. If nothing



else, you and your family might be alive, but very hungry, having spent the majority of the last two weeks rationing food because someone failed to purchase any groceries just before the quarantine came down. Your neighbor, who happens to be a prepper, will survive and thrive during the pandemic because they were prepared for an emergency like this. Keep this well-worn phrase at the front of your brain as you plan for what you will do when (not if) a pandemic lands on your doorstep:

***“Proper prior planning prevents piss-poor performance.”***

This should be engraved on every forehead. Seriously.

While the advice provided here is applicable to other situations than a pandemic, there are some things discussed that are specific to in a pandemic. The advice provided here is based upon the research and opinions of the author, and as such, is intended to be **a starting point** for

the reader to create their own plan to survive a pandemic crisis.

**Emergency preparedness is not a fad, nor a hobby. It's a way of life.** If you believe that, you'll be much better off.

## **CHAPTER 2 – Shelter-in-Place or Bug-Out?**

During a pandemic, you have two choices:

- Shelter-in-Place. Stay and survive in your home.
- Bug-Out. Flee to another location to survive.

Neither of these options is necessarily better than the other. Which option you choose depends on the situation. For example, in the event of a wildfire, you will need to bug out. However, in the event of a pandemic, you will most likely shelter-in-place,

### **Shelter-in-Place**

Why would someone stay put in the face of impending pandemic disease? There are many reasons, each unique to

the person or family that decides to stay put:

- As described in the rest of the book, the amount of food, water, medical supplies and equipment needed to survive for several weeks is too much to transport,
- Some do not have the health to make a journey that might entail going on foot for a distance.
- Some may consider themselves too old and feel they don't have the energy.
- Others may decide to stay put because of the needs of an immediate family member that is already ill.
- Some may choose to take care of animals (livestock and pets) that cannot make the journey.

- Some have no transportation, and
- There are many, many other valid reasons to shelter-in-place.

For whatever the reason, the information in this book will hopefully assist the “bug-inners” in making wise choices in the face of potential danger. Specifically, items the bug-inners need are different than those than a bug-outer will carry in their pack. Ultimately, the needs of both types of prepper are the same: to be safe, be sheltered, have adequate water, and enough food to get through the disaster. It is a personal decision, but one that should not be taken lightly for the ‘inner or the ‘outer.

In the event of a pandemic, it is likely that the majority of people will choose to **shelter-in-place**. One of the main reasons is the length of time of the crisis. A wildfire poses immediate danger, that quickly passes. A pandemic will last

weeks or months, and it is difficult to leave, unless sufficient supplies have been previously stockpiled in another location.

In fact, if the decision to shelter-in-place or bug-out may be taken from your hands and made by the government via quarantine. In a pandemic, the government has the authority to order you to stay in your home or other location. This is a quarantine order. There are two types of quarantine orders:

1. Area Orders. This type of order closes off an area, such as a town. People are not allowed to leave or enter without specific permission.
2. Individual Orders. You are personally ordered to stay in your home for a set period of time (two weeks, etc.) because you have been exposed to the disease. You may or may not be sick, but if you are considered to be contagious,

you can be quarantined until you are no longer contagious.

Being prepared with enough supplies to get through the quarantine period or voluntary shelter-in-place period is vital. This will be explored in detail in the later chapters of this book.

## **Bug-Out**

To “bug out” means to leave your home for a more secure location. It could be to a family member’s home in a smaller community, a farm, high on a mountain top, or to a piece of land that you may have purchased precisely for the purpose of “bugging out” to. Wherever it may be, it is likely not more than one tank of gas away from your current location, or a place you can reach on a bicycle or on foot. Depending upon the emergency situation of the pandemic, gas stations may be closed. You will carry on your back or in your trunk a previously stocked Bug Out Bag (BOB), which will contain enough survival supplies for at least 3 days.

Hopefully you have either pre-planned and hidden additional supplies along your route, or you get to your safe space in 3 days or less and there are supplies waiting there for you. If you have a family, EVERYONE carries their own bag, even the dog. The bag should be manageable for the person/animal carrying it and should be filled with specific items to cover most situations you may encounter along your journey.

There is much more that can be written on Bugging-Out and your BOB. However, that it is **not** the focus of this particular book. This book is mainly for those readers of the book that intend to *shelter-in-place*. Even if you bug-out, due to the length of a pandemic, you will need to shelter in place at your destination. Therefore, the remainder of this book will focus on the needs of those who are sheltering in place should a pandemic disease appear in their area. For a slightly more in-depth discussion on bugging out, see Appendix A.



## Chapter 3 – Food

Faced with a pandemic, you will need **at least 2 weeks** of food on hand. Many people live paycheck to paycheck and the thought of buying two weeks of extra food seems impossible. However, it can be done. You may not eat like a king, but you will eat. Foods like beans, rice and noodles will provide nutrition, store easily and are inexpensive. Buying an extra few items every grocery trip can get you up to speed in a hurry with the basics, generally for US \$5.00 or less. A pack of cigarettes costs more than this in most locations.

If your budget allows for more than beans and rice, consider the following list as a starting point for your food stockpile. Many of the items in this list are here because they have a relatively decent shelf life, some up to two years or more. Be sure to check the use by dates and buy those items with the furthest out date possible. Add these items to your regular food

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