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# Hurricane Season is Over. Prepare for the Zombie Apocalypse Now!

This just in, from the CDC: Office of Public Health Preparedness and Response (no joke!)

There are all kinds of emergencies out there that we can prepare for. Take a zombie apocalypse for example. You may laugh now, but when it happens you'll be happy you read this, and hey, maybe you'll even learn a thing or two about how to prepare for a real emergency.

Where do zombies come from and why do they love eating brains so much? The word zombie comes from Haitian and New Orleans voodoo origins. Although its meaning has changed slightly over the years, it refers to a human corpse mysteriously reanimated to serve the undead.

In movies, shows, and literature, zombies are often depicted as being created by an infectious virus, which is passed on via bites and contact with bodily fluids. The Zombie Survival Guide identifies the cause of zombies as a virus called solanum. Other zombie origins shown in films include radiation as well as mutations of existing conditions such as prions, mad-cow disease, measles and rabies.

The rise of zombies in pop culture has given credence to the idea that a zombie apocalypse could happen. The proliferation of this idea has led

many people to wonder "How do I prepare for a zombie apocalypse?"

Well, we're here to answer that question for you, and hopefully share a few tips about preparing for real emergencies too!

So what do you need to do before zombies...or hurricanes or pandemics for example, actually happen?

First of all, you should have an emergency kit in your house. This includes things like water, food, and other supplies to get you through the first couple of days before you can locate a zombie-free refugee camp (or in the event of a natural disaster, it will buy you some time until you are able to make your way to an evacuation shelter or utility lines are restored). Below are a few items you should include in your kit, for a full list visit the CDC website.

- Water (1 gallon per person per day)
- Food (stock up on non-perishable items that you eat regularly)
- Medications (this includes prescription and non-prescription meds)
- Tools and Supplies (utility knife, duct tape, battery powered radio, etc.)
- Sanitation and Hygiene (household bleach, soap, towels, etc.)
- Clothing and Bedding (a change of clothes for each family member and blankets)
- Important documents (copies of your driver's license, passport, and birth certificate to name a few)
- First Aid supplies (although you're a gonner if a zombie bites you, you can use these



Source: [www.cdc.gov/phpr/zombies.htm](http://www.cdc.gov/phpr/zombies.htm). Really. Look it up!

supplies to treat basic cuts and lacerations that you might get during a tornado or hurricane).

Once you've made your emergency kit, you should sit down with your family and come up with an emergency plan. This includes where you would go and who you would call if zombies started appearing outside your door step. You can also implement this plan if there is a flood, earthquake, or other emergency.

Identify the types of emergencies that are possible in your area. Besides a zombie apocalypse, this may include floods, tornadoes, or earthquakes.

Pick a meeting place for your family to regroup in case zombies invade your home...or your town evacuates because of a hurricane. Pick one place right outside your home for

sudden emergencies and one place outside of your neighborhood in case you are unable to return home right away.

Identify your emergency contacts. Make a list of local contacts like the police, fire department, and your local zombie response team. Also identify an out-of-state contact that you can call during an emergency to let the rest of your family know you are ok.

Plan your evacuation route. When zombies are hungry they won't stop until they get food (i.e., brains), which means you need to get out of town fast! Plan where you would go and multiple routes you would take ahead of time so that the flesh eaters don't have a chance! This is also helpful when natural disasters strike and you have to take shelter fast.

