



Hour 1	Pain and dark discoloration of the infection area
Hour 5	Headache, fever (99-103 degrees F), chills, slight dementia, nausea, vomiting, other flu-like symptoms
Hour 8	Increased fever (103-106 degrees F), loss of feeling in extremities, loss of muscle coordination, dementia
Hour 11	Full body paralysis, slowed heart rate, slowed breathing, full body numbness
Hour 16	Coma, very weak pulse, brain activity ceases
Hour 20	Vital organs shutdown, blood begins coagulation
Hour 23	Reanimation, intense hunger for human flesh

Table of Symptoms from Time of Infection

5 Avoid Bodily Fluids

The best means of avoiding zombification is to avoid contact with bodily fluids of the infected.

The zombie virus, also know as the Solanum virus, is extremely contagious and is spread by direct fluidic contact. The Solanum virus is often modeled as 100 percent communicable and fatal. Since its discovery by Swedish physician Jan Vanderhaven in 1913, the Solanum virus has no known vaccine or cure.

Infection rates may differ by several hours depending on the individual and the severity of the infection.

6 Quarantine Infected

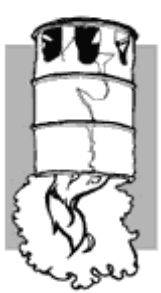
The zombie virus is extremely contagious and effects victims quickly.

Even a small amount of contagion such as a bit of blood spattered into the victim's eye can transform a healthy human into a zombie within 24 hours.

Zombification can occur quicker if a victim is bitten or infected close to a main artery or large blood vessel.

If a member of your party is bitten or comes into fluidic contact with bodily fluids of the infected, they should immediately be quarantined and isolated from the rest of the group.

Infected party members should be restrained and euthanized or isolated from the rest of the group until zombification occurs. If zombification is allowed to occur the decapitation or destruction of the zombie brain is necessary to protect other group members.



The Center for Disease Control (CDC) recommends incineration for disposing of all highly infectious materials. When an incinerator is not available, burn waste in a pit. Use fuel to accelerate the burning and ensure that all waste is completely destroyed.

4 Have A Backup Plan

Always have a backup plan. Getting surrounded by a horde of zombies is sure to be a death sentence to even the most seasoned survivors.

Avoid One Way Entrances
A one way entrance translates to only having one exit. Survivors should always know where to retreat if the number of undead becomes overwhelming.

Danger - Basements can become a death trap for survivors if no alternative escape methods are considered.

Plan Your Escape
When preparing escape routes, be sure that your fall back position is close by and clear of any obstacles.

Make Use of Distractions
Zombies are simple-minded creatures which are attracted to loud sounds and movement. Distractions can be built with common household materials to create diversions that allow survivors time to escape to a safer location. Consider using an alarm clock to create a timed diversion or remote control toy cars to mislead the attention of small groups of zombies.

7 Traveling Tips

When traveling is necessary, take precautions to minimize the risk of possible zombie encounters.

Avoid Populated Areas
When traveling and raiding stores and homes for supplies, travel on the outskirts of populated areas. Heavily populated areas will contain more zombies, which will inherently pose a greater risk to travelers.

Beware of Zombie Hordes
Zombies tend to be attracted to the movement of other zombies, resulting in the formation of large groups of zombies which can easily out number travelers.



Be Alert for the Smell of Death
The smell of death is part of a natural decomposition process which leaves a sweet, heavy, lingering odor. The smell of death can be an early warning sign for an approaching horde.

Knock First
Always knock and listen for zombie movement before entering new rooms.

3 Stay At Home

In the event of a zombie outbreak in your area, you should remain in your home. The initial chaos following the outbreak makes this time period the most dangerous time.

Danger - Do not try to go to the airport in an attempt to leave the country. Airports are very crowded hubs and are likely to have been closed by authorities.

Danger - Do not try to leave the city. If you live in a densely populated area, you should wait to try to leave until after the initial outbreak is over.

Danger - Do not immediately leave to gather supplies. Leaving the safety of your home for an unfamiliar and chaotic environment will be very dangerous.

The best course of action during the initial outbreak period is to remain at home with windows and doors locked.

8 Additional Resources

Max Brook's Zombie Survival Guide
Three Rivers Press, 1st edition. ISBN: 1400049628

U.S. Army Field Manuals
FM 21-76, FM 5-31, FM 31-21, TM 31-201-1

Online Resources
www.ZombieStrategies.com
Interactive forums, free personalized supply location maps, and an Early Warning Zombie Alert System. Register for Twitter, text message, email, and phone broadcast alerts.

www.cdc.gov
Instructions for making a homemade incinerator and proper disposal of biological hazards.

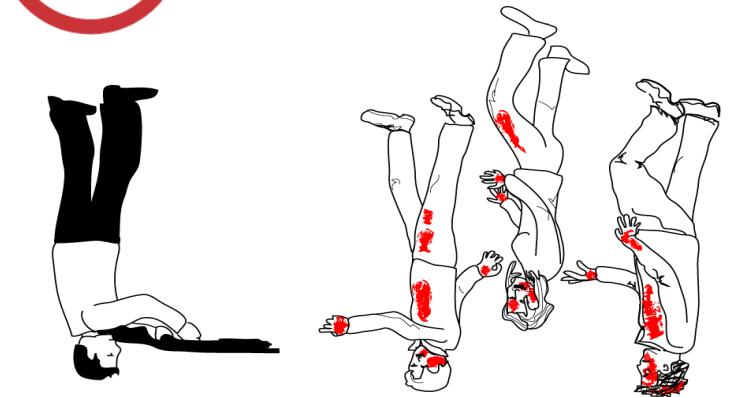
Fold out poster on back!

2 Build A Survival Kit

What you have on hand during a zombie attack can make a big difference. Your kit should have enough supplies for each person for at least 5 - 6 days.

- Water.** Have *at least* 1 gallon of water per person per day. Water is for drinking and sanitation.
- Food.** Store non-perishable food that is high in protein. Store ready to eat soup, energy bars, peanut butter, dried fruit, etc. Select foods that do not require refrigeration.
- Flashlight and Radio.** Pack extra batteries.
- First Aid Kit.** A standard car emergency kit, and any required prescription medications.
- Tools.** Knife, multi-tool, screw driver, hammer, nails, duct tape, plastic sheeting, and garbage bags.
- Outdoor Clothing.** A change of outdoor clothes and an extra pair of sturdy shoes for each person.
- Sanitary Supplies.** Toilet paper, moist towelettes, feminine supplies, personal hygiene products, etc.
- Defensive Items.** Consider anti-pathogen gas masks, Tyvek bio hazard suits, ranged weapons.
- Local Maps.** Mark supply locations. Create your free map online at www.zombiestrategies.com.

8 Actions For Zombie Preparedness



1 Make A Plan

- Planning ahead is the first step towards creating a calmer and more effective disaster response.**
- Talk.** Discuss with your family about what to do in case of a zombie outbreak in your neighborhood. Establish responsibilities for each family member and designate alternate roles in case a member is absent.
 - Plan.** Decide with your family where the safest rooms in the house are to seek refuge.



See the
back of this
poster for
8 steps to
**GET
PREPARED**

ZOMBIE STRATEGIES

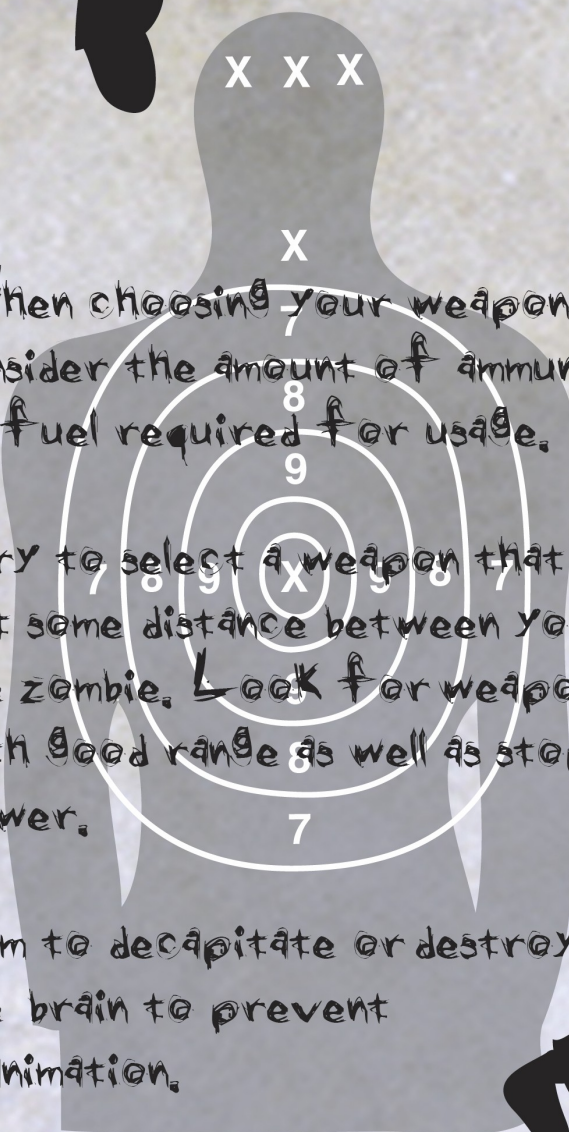
www.zombiestrategies.com



When choosing your weapons, consider the amount of ammunition or fuel required for usage.

Try to select a weapon that will put some distance between you and the zombie. Look for weapons with good range as well as stopping power.

Aim to decapitate or destroy the brain to prevent reanimation.



Join the
Zombie Strategies
early warning system
today.
Have a disaster plan.



Use household items to block entrances. Use a chair or block of wood to wedge doors.



Know basic self-defense moves to avoid being bitten.



Use nails and screws to secure doors, windows and other entrances.

