

Procedures for Pandemic

Objective:

The objective of this document is not to cause panic, but is to give useful information. Specifically towards COVID-19 at this point I think it is a 60/40 of significant global disruption. To me that means this current situation can either be and hopefully will be resolved, but if this does take a turn for the other 60% then I see a catastrophic breakdown in supply chain and normal life for a period of time globally. This document will hopefully give you a chance to evaluate your situation and adjust where needed.

1.
 1. Basic PPE recommended by local government
 1. Typical, N95 Face Mask
 2. Hand Washing with Soap and Warm Water
 2. Recommended Voluntary Quarantine
 3. Low profile public and health center perimeters
 4. Obvious Hot, Warm, Cold contaminant zones with clear security delineating zones
 5. Forced public space quarantine
 6. Full travel restriction of general public
2. Financial
 1. Personal
 1. If voluntary or forced quarantine occurs you will still have bills. Ensure when the epidemic or pandemic passes you will not be in financial legal trouble for not paying mortgage, rent, car payments, regular bills.
 2. Government can implement bank holidays to lessen large groups of people gathering to reduce sickness spread. This means if power or cyber systems suffer as a result of people not coming to work or as a result of a hacker jumping on an opportunity cash will be the most common short term trade option.
 2. Corporate
 1. Supply chains can be effected and products can be slowed or stopped.
 2. Slowed chains can either be a large corporate financial concern or in some cases cause a reaction for many other businesses.
3. Security
 1. Health and Physical Security
 1. Health
 1. If obvious sickness around you use distance and barriers to separate yourself
 2. Wash hands
 3. Try to not touch your face
 2. Physical Security
 1. As panic begins there is typically a rush to buy items. This means stores will be areas to avoid.
 2. You will want enough cash on hand to deal with emergencies if banking systems are overwhelmed or there is a banking holiday to reduce gathering places as previously stated.
 3. If a quarantine is enacted then depending on the severity you will be forced to stay inside or on your property. The problem with a quarantine or other major disaster is the people typically available for law enforcement or fire/medical emergencies might choose to be home with their families especially in a pandemic. They will not want to bring a disease home to then infect their loved ones. Additionally, once criminals figure this out crime can ramp up and outside response can be drastically slowed or non-existent.
 4. A way to fortify you home
 5. A form of distance protection that can be used against multiple assailants in a home invasion scenario

1. I refrain from saying firearm, because my who have started watching my channel and looking at my website and outside of America. If you have the ability and training a firearm is a good option.
 2. If you are not allowed to or choose not to have firearms then something like a bow and arrow or sling shot is an option. Yes these are not typical, but they have been used for thousands of year and will probably be used for years to come.
 3. If you are not comfortable with a firearm or are waiting for a reason for buy one this is not it. First a firearm needs to be learned and trained with a lot. Second you need time to train. Please do not be a person that buys something and when trying to figure out how it works and hurt yourself. There are numerous classes all over the planet, but this takes time. Use this as something to learn from and when this passes as it will, train and practice then.
4. Food
1. The first and obvious is supply chain. As seen with China, Italy, and South Korea at this point when panic buying begins supplies do not last long and when, again as seen with China, Italy and South Korea when a hot zone is declared and a quarantine instituted travel in and out is restricted to needed people only. This means those store shelves will not be restocked quickly.
 2. Because of the shelves not being restocked quickly it is important to have enough food on hand you can avoid government food distribution areas as these areas will be very controlled and people will be very desperate.
5. Water
1. You need water stored for one week in a rugged cases similar to water bricks.
 2. It would also be prudent to filter the water you drink from municipal water sources. While typical public potable water utilities do chemically treat your water, if the situation around you has become bad enough a possible or full quarantine is happening you should take every precaution you can to give yourself every advantage possible.
6. General Supplies
1. What should you have?
 1. 2 months Toilet Paper
 2. 2 months Paper Towels
 1. It is good to have washable cloth napkins and washable dish towels, but you also want to have paper towels for wiping down with a bleach solution before you bring them into your home. These towels need to be thrown away or burned if possible so remaining contaminant can not grow and spread.
 3. Bleach, lots of bleach
 4. Your common groceries but a little extra
 5. Long term food storage for 2 months for each person that will be with you during an emergency
 6. Spices or seasonings that you like
 7. Drink mixes like Crystal Light Lemonade
 8. Entertainment
 1. In a near worst case scenario internet and non-emergency tv and radio could be stopped
 2. This is a good time to have board games, cards, book on card games, ebooks, real books, something that can help you and other pass the time
 9. Vice items
 1. Candy / Chocolate
 1. Something to make you happy and something as a reward for kids
 2. Tobacco
 3. Alcohol

1. I do not encourage habits that are unhealthy, however if you are a smoker or you drink on a very regular basis you do not want to be forced into withdrawals during a pandemic where you can not leave.
10. Water filter and purification tablets or bleach for drinking
11. Solar power option to charge phone and flashlights
12. Rechargeable flashlight for everyone with you
13. Ability to wash cloths with hot water and soap
14. Dawn, lots of Dawn large jugs
15. Hand pump garden sprayer for bleach solution to spray cars, packages, common area touched items
 1. Dawn can be used for many things. Body wash, hand washing, dishes, surfaces, vehicles, cloths. Anything you need to wash Dawn is a very good Swiss Army knife for soap
16. Tools
 1. Basic tool bag for hand tools
 1. Hammer
 2. Philips and flat head screw driver
 3. Electrical Tape
 4. Duct Tape
 5. Zip Ties
 6. Small amount wood or drywall screws
 7. Tape Measure
 8. Drill with spare battery
 9. Needle Nose Pliers
 10. Normal Pliers
 11. Diagonal Cutters
 12. Crescent Wrench
 13. Safety Glasses
 14. Work Gloves for everyone
 2. LED Light Bulbs
 3. Jumper Cables
 4. Car Booster Pack
17. Gasoline with Stabil to get where you think you would need to get for an emergency
18. Electric car, ability to charge your car to also get where you think you need to get in an emergency
19. 3 months Tooth Brushes
20. 3 months Tooth Paste
21. 3 months floss
22. Medical Stuff
 1. You will not want to go to a hospital to chance getting sick if at all possible. This means for basics you need to be self sufficient for a while
 2. Major trauma items
 1. Tourniquets
 2. Israeli Bandages
 3. Sterile roller gauze
 4. Occlusive chest seals
 3. General Medical
 1. Drugs
 1. Fever reducers like Tylenol or Advil
 2. Strong OTC meds like Goody's Powder
 3. Decongestants like Musinex in the states
 4. Children's fever reducers
 5. Everyday needed medication
 2. Basics
 1. Various Size Band-aids

2. Lots of Triple Antibiotic ointment
 3. Finger SAM Splints
 4. Leg/Arm SAM splints
 5. Tweezers
 6. Magnifying Glass
 7. Moisturizing Eye Drops
 8. Sensitive Skin Lotion
 9. Lots of sterile 4x4 gauze
 10. Hydrogen Peroxide
 11. Isopropyl Alcohol
 12. N95 masks with vents
 13. Nitrile medical gloves (sizes for all with you)
 14. Forehead/temple thermometer
7. Communications
1. World Band Radio with High Frequency and an ability to power it
 2. World Band reference book
 3. Chargers for cell phones
 4. 2 way radios for each person with ability to charge
 5. Satellite Phone or satellite 2-way messenger if traditional cell networks have an outage
 6. Radio Scanner to hear what is happening in your area with emergency and non-emergency services
8. Religious Book
1. I do not want to cause panic, but I do think in a pandemic this is important
 2. I personally am a Christian and have a paper Bible.
 3. When you become scared and there is an unknown even the most atheistic people have found faith.
 4. If you are a different religion you need to have a paper copy of your religious book.

Conclusion:

I want to restate again now is not the time to panic, however now is the time to be vigilant with global current events. If you have the ability to prepare then you should. If you do not have a ability to prepare a good option is to buy a little extra each time you go to the store and to get a little more cash in hand each time you get paid. Over time this will add up to a healthy insurance plan. I also want to state this current situation will pass just like all the other past pandemics. This will hopefully be a lesson for us as a planet where supply bottle necks exist and use this to be a better global economy and global society.