

## In Case of a Zombie Apocalypse



Information from Center for Disease Control:

<http://blogs.cdc.gov/publichealthmatters/2011/05/preparedness-101-zombie-apocalypse/>

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.

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 Center for Disease Control, [CDC Emergency page](#).

Pick a meeting place for your family to regroup in case zombies invade your home. 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.

If zombies did start roaming the streets, CDC would conduct an investigation much like any other disease outbreak. CDC would provide technical assistance to cities, states, or international partners dealing with a zombie infestation. CDC and other federal agencies would send medical teams and first responders to help those in affected areas.

*Plan ahead and don't be a Zombie...*

