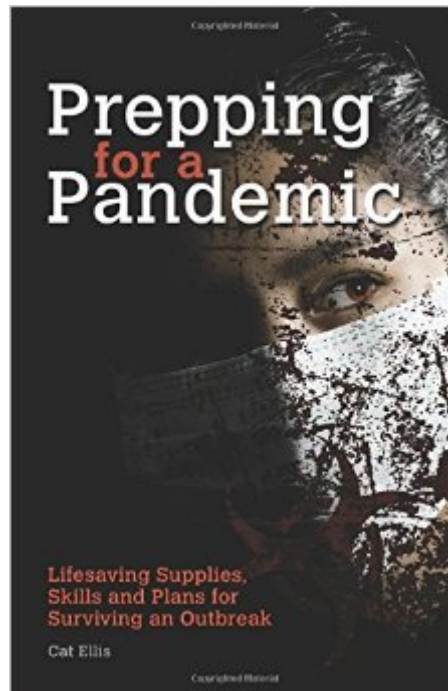


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# Prepping For A Pandemic: Life-Saving Supplies, Skills And Plans For Surviving An Outbreak (Preppers)



## Synopsis

AN IN-DEPTH GUIDE TO PREPARE YOU AND YOUR FAMILY FOR A WIDESPREAD OUTBREAK OF ANY DEADLY DISEASE Every year pandemics strike! And they can easily spread all over the world;overwhelming doctors and hospitals. Will you be ready when a deadly epidemic hits your town?Prepping for a Pandemic provides the vital information and life-saving steps needed before and after an outbreak, including:•Outbreak Warning Signs•Initial Symptoms•Ease of Transmission•Quarantine Protocol•First Aid Skills•Medical Treatment•Future Threats•Home Remedies With detailed information on deadly diseases, tips on stockpiling supplies and plans for bugging out, this book offers everything required to keep you and your family safe.

## Book Information

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Best Sellers Rank: #554,563 in Books (See Top 100 in Books) #497 in Books > Health, Fitness & Dieting > Safety & First Aid #498 in Books > Reference > Survival & Emergency Preparedness #6157 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments

## Customer Reviews

I had read another of Cat Ellis's prepper books, "Prepper's Natural Medicine" and I liked the layout and information presented in a straightforward, simple to understand manner. For this review, I was hoping I'd find similar traits. I was not disappointed. Sure, we've read a few other articles on the topic of pandemics & epidemics and some of the same info popped up, but what I learned easily outweighed what I already knew. Starting with the recent Ebola patients in the USA, she gives us a breakdown of how/why it occurred and the media and governments responses along with how the public reacted. For me, this 1st chapter served as an outline of sorts for the rest of the book. Chapter 2 is the most important chapter. You get the definition of pandemic vs epidemic

(think global vs local), which are terms incorrectly used by the media. The rest of the chapter is an overview of current, new, and possible future outbreak diseases, bacteriaâ™s, viruses, etc. You learn how it all spreads, how to deal with it, how to stay away from it even if it means not going to a hospital. Chapters 3, 4, and 5 deal with threat levels I, II, and III, increasing in danger levels. Basically, from the flu to the plague and human error. These 3 chapters are going to be a great reference tool for everyone. Donâ™t rely on mass media or your Facebook friends to give you the correct life or death info in a time of crisis! Chapter 6â™s concerns are what may pop up after a pandemic winds down. An interesting chapter on its own, but it felt a bit repetitive or maybe it couldâ™ve fit inside another chapter(s). Chapter 7 is also very important, perhaps my second favorite, because it deals with what all preppers and/or survivalists should already be planning. Bug in? Bug out? Quarantine?

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