



Pandemic Prepping Update

with Jeff Anderson for www.ModernCombatAndSurvival.com

It Gets Worse Before It Gets Better

We've yet to see the worst of this pandemic, and it's got to get worse before it can get better. *Martial law is coming* - and people continue to freak out, making themselves the threat. The recent webinar I did at <https://mcsmagazine.com/pandemic-replay> remains very relevant and can help you prepare.

The Death Toll Could Be...

Trump and Dr. Fauci have said we could be looking at 100,000 to 200,000 deaths. That number is staggering because right now we're at 2,600.

How Is It Spreading?

In early March, a church choir practice for 60 people in Washington State (an hour outside of Seattle) was all about "social distancing." They used hand sanitizer, and no one was coughing or sneezing (they were all asymptomatic). 3 Weeks later, 45 of those 60 people are infected, 3 of them are hospitalized, and 2 are already dead. How did it happen?

- The W.H.O. has downplayed aerosol transmission, but a March 17 study in the New England Journal Of Medicine found that, under lab conditions, the virus remains viable and infectious for 3 hours.
- That's probably no more than 1/2 hour in real-world conditions.

Grocery Stores Could Become Epicenters

Your local grocery store could be a fog of virus droplets. That's very bad because so many people are relying on grocery stores right now.

What You Can Do

Workers should be wearing masks and gloves, and demand that their stores supply them.

- Stock up as early as possible and try to order online/store delivery when you can.
- Focus on "flu relief" products - including acetaminophen, ibuprofen, anti-diarrheals, flu-relief meds, and even chicken soup mixes. (Although be aware of the conflicting reports about whether ibuprofen is not recommended for this.)
- If you MUST go to a store, wear an N95 masks and gloves. Consider your clothes and supplies "infected" after you go out in them. Wash them and quarantine supplies for 72 hours.

Be Warned: Vigilante Action Is Coming

In Maine, a group of armed vigilantes blocked a home's driveway to forcefully quarantine a family they thought were infected.

Meanwhile...

- China has sent personnel to Italy to help. The US is still recommending forced quarantines and "shelter in place" orders.

OPSEC, Anyone?

- I'm seeing too many articles about how prepared various preppers are.
- You shouldn't be talking about your preps to the media!
- Telling people about how prepared you are just makes you a target for people who want what you have stockpiled.

Prepare. Train. Survive.