



Permanent Pandemic Prepping

with Jeff Anderson for www.ModernCombatAndSurvival.com

Pandemic

We're all sick of dealing with the pandemic, but just as we created systems for dealing with, say, house fires, we can and must create systems and plans for dealing with the ongoing threat of pandemic. This podcast consists of Prevention, Response, and Post-Response tips so you can and your family can cope with the pandemic.

Pandemic Prevention

Just as people learned to build better homes to prevent house fires and structure fires, you can build yourself better to prevent infection.

- Those who are prone to getting sick are those with weakened immune systems and health conditions.
- If you can correct blood pressure, weight problems, diabetes, etc., you need to work on that.
- There's always more you can do to boost your immunity through proper nutrition, supplementation, diet, exercise, etc.
- Embrace a lifestyle that promotes the healthiest possible you.

Pandemic Response

We implemented everything from fire departments to keeping fire extinguishers by the stove when it comes to fire response, and pandemic response involves a variety of direct measures you can take:

- We've already learned what works.
- Hand sanitizer works, so have some with you all the time (or make your own).

- Masks work, but they need to be high-quality masks, not just bandannas or neck gaiters. I've told you about the great high-tech mask that I wear.
- Set up a pandemic response plan for your home, with the right resources, including layout, medical equipment, nutritional resources, etc.
- There is a ton of information out there, and on our website.
- Consider ways to make money if you're locked down. Side hustles are more important than ever.
- Take stock of how you might be able to earn some extra money if there's another lockdown. The time has never been better to do so.

Pandemic Post-Response

We developed insurance to cover the risk of things like fire damage.

- Health insurance is important; it's worth the investment.
- No matter what you think the right solution might be, you need it when you need it, and it has to cover what you need it to cover.
- Life insurance is also important. Don't leave your loved ones in the lurch if you pass away. A policy on a spouse is also important.
- A lot of people don't think about how important life insurance truly is.
- Always plan for the worst and hope for the best. Remember the worst could be DEATH.

Prepare. Train. Survive.