



## *The First Ten Plays*

### **SURVIVING A PANDEMIC DISEASE OUTBREAK\***

- **Develop situational awareness: What kind of disease is it? How is it spread? How fast is it spreading? Who is most vulnerable?**
- **Develop a sense of how long the pandemic may last. Is it likely to be just a single outbreak or in waves? What kinds of interruptions are expected?**
- **Identify if there are medical remedies available. If they are not immediately available, how long will it be before there will be a treatment like a vaccine? Will you be in a group likely to have access to a vaccine or treatment? Has the vaccine been tried in other areas already? What were the outcomes?**
- **Establish social distancing at whatever degree is possible. Leaving urban areas for more rural sites brings with it a loss of many resources.**
- **Set up appropriate food and water supplies. The past standards for these supplies may be meaningless in a pandemic that lasts for months or occurs in several waves.**
- **Develop several options for medical support in case your primary physician is incapacitated. Expect the degradation of medical systems.**
- **Plan to work closely with neighbors, friends and relatives. Discuss and write down your plans and proposed actions.**
- **Establish strong hygiene standards in your surroundings: cover coughs and sneezes, wash hands, avoid contact, clean surfaces, use air cleaning devices for airborne diseases, treat for insects that may be carriers, avoid pests and wildlife that may be carriers as well as livestock and pets that are infected.**
- **Isolate the infected so that only a limited number have direct access for treatment. Treat all who are infected in a humane fashion with dignity. Use masks, gloves, and eye protection when handling the ill.**
- **Make plans, as needed, to manage the dead. Follow the directions of health officials. Be considerate, when possible, of social standards and beliefs of the deceased and their families.**

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*\* These are not listed in order of importance but as a group of materials that will increase the possibility of positive outcomes.*