

MEDILL REPORTS C H I C A G O

Story URL: <http://news.medill.northwestern.edu/chicago/news.aspx?id=225445>

Story Retrieval Date: 1/16/2014 10:26:42 AM CST



Caroline Thompson/MEDILL

By following the CDC's zombie preparation guide, families will be able to cope with this zombie and other unexpected disasters.

When the zombie apocalypse comes, the CDC is ready -- and you can be too

by PATRICK ROTH

Oct 31, 2013

For all the criticisms that can be leveled against the federal government, lack of preparation for a zombie apocalypse isn't one of them.

For more than two years the Centers for Disease Control's Office of Public Health Preparedness and Response has maintained a "Zombie Preparedness" website. The website includes a zombie blog, which offers advice on what items should be stocked up and how to prepare and implement an emergency plan for a zombie apocalypse.

Officials are also quick to point out that preparing for a zombie apocalypse leaves someone better prepared for other disasters.

"There are a lot of similarities when it comes to preparedness," said Patti Thompson, a spokeswoman for the Illinois Emergency Management Agency. "The idea is to sustain yourself for three days until first responders can come."

The director of the Office of Public Health Preparedness and Response, Dr. Ali Khan, explains on the CDC's zombie preparedness website, "If you are generally well-equipped to deal with a zombie apocalypse, you will be prepared for a hurricane, pandemic, earthquake or terrorist attack."

The CDC's campaign, which their website refers to as being tongue in cheek, began as an attempt to use the popularity of zombie related shows like "Walking Dead" or the book "World War Z" as a way "to engage new audiences with preparedness messages."

Some of the things that the CDC recommends doing in the event of a zombie apocalypse include stocking up on water – one gallon per person per day – food, medications, and First Aid supplies in addition to planning an evacuation route.

Because let's face it, if the dead rise from their graves to feast on the flesh of the living, it's probably a good time to get out of town.

When the zombies come (oh, they will come), the CDC will conduct an investigation as they would with any other disease outbreak and provide assistance to state, municipal and international partners are also dealing with a scourge of the undead.

So as everyone else is fleeing to the hills and regretting not reading this article and by extension the CDC's zombie preparation guide, the CDC will stay on the ground working for a cure.

Related Links

[The CDC's zombie preparedness guide](#)