

How to Begin a Pandemic Survivor Group

By Grattan Woodson, MD, FACP

11Jan2007

Below is a link to the Fluwiki website where you can hookup with people in your area that are preparing for the coming influenza pandemic: <http://tinyurl.com/yzmbze>. I posted a diary on this site for people living in Georgia and this document includes several of my posts to that section of the website. There are people preparing for pandemic influenza in most US states and many other countries. To see what is going on in your area, go to the above link and find out. The material below provides a brief roadmap for how to begin the process of preparing for the coming pandemic. While some of the ideas may not be applicable to you, there will certainly be many others that can be adapted successfully to your specific situation.

Preparing for Pandemic Influenza in Georgia

GA is the 10th largest state in the US where 40% of the residents live within the Metro Atlanta Area. Our state is unprepared for pandemic influenza and our politicians and local leaders are unlikely to get ready in time to do much about preparedness until the pandemic begins, when it will be too late. In my opinion, the plans that do exist are woefully inadequate. Our state and federal governments are planning for nothing worse than a moderate pandemic and hoping for the best. This is an irresponsible and dangerous strategy for any government to follow. The weak plans proposed to date are so inadequate they will be overcome rapidly if we experience a severe event. It is the old New Orleans levee strategy repeating itself, build one for Cat III and hope you don't get a Cat IV+.

In my opinion, we need to forget the government and do this ourselves. The foundation of this effort is clearly self-sufficiency, family preparedness, and neighborhood community organization for mutual support and protection during the pandemic. This is will be our only reliable refuge during the pandemic storm.

Those who are counting on their government anywhere or at any level to come to their aid or even to do the right thing will be sadly and tragically disappointed. Doing so will surely result in the most terrible and severe consequences. It is going to up to us individually to survive this event and get on with the future.

I am a doctor in Decatur, GA and have been a student of pandemic influenza for several years. My studies have resulted in the publication of two books and several papers that deal with preparing for the coming pandemic and treating influenza at home using simple methods. These books and articles can be accessed on my website www.BirdFluManual.com. While the books are for sale, all the other material can be downloaded from the site for free. The website is one of many places on the Internet where you can go to find advice on what you can do to protect your family from pandemic influenza and survive what in my opinion is likely to be one of the most difficult traumatic events in our country's history.

How to begin preparing for the coming pandemic

Self-sufficiency is the only logical response to an event as pervasive and devastating as pandemic influenza. Achieving this state of preparedness takes time, is expensive, and is very hard work. You must first educate yourself about this risk so that you can be sure that this is something that you really need to do. Don't just take my or anyone's word for it. The sacrifices that you will be required to make to prepare for pandemic are simply to great to

approach it without the strong conviction necessary for your family's survival.

After carefully examining the issue, if you come to the conclusion that pandemic preparation is a rational act, then it is time to write out a Pandemic Survival Plan. This is an important way to comprehensively address the complex and multifaceted problem of family survival during and after a prolonged crisis of this nature. Simply storing enough food and water for a few weeks and buying some extra batteries for your flashlight is totally inadequate.

Since every family has special circumstances that must be taken into consideration, there is no such thing as a "one size fits all" PSP. This said, all humans share basic needs for water, food, shelter, and energy. It is useful then to read how others have met these needs for their families. The complete PSP I wrote for my family and friends to cope the pandemic is found in *The Bird Flu Manual*. A partial excerpt of this plan entitled My Pandemic Survival Plan can be downloaded from the Resources are of the www.BirdFluManual.com website in the section on Pandemic Survival Plans. While this plan may not be entirely appropriate to your situation, there are bound to be some procedures and methods employed in it that will be of value to all.

What to do Once You Are Beginning to Prepare

More than anything else, the Great Bird Flu Pandemic will be a struggle for human survival. Part III of the Bird Flu Manual is devoted to helping you make practical preparations to survive the pandemic. The lives of your loved ones and closest friends could well depend on how well you prepare. As demonstrated by the recent ineffectiveness of the federal government in coping with Hurricane Katrina, an effective government response to an emergency of this scope is unlikely. To depend upon public sources of aid and support during the pandemic would be unwise.

Your family's survival will be best served by taking a self-reliant approach that includes making your own advanced preparations to cope with the illness and its predictable societal consequences. Given the stakes, the most prudent course of action is to prepare for the worst and hope for the best.

Preparing to handle the medical and practical consequences of a severe pandemic turns out to be more complicated than I expected. Medical advice for treatment of mild to severely ill patients with influenza is the focus of Part II of *The Bird Flu Manual*. You can also download an abbreviated booklet from the BirdFluManual.com entitled *Good Home Treatment of Influenza* here: <http://tinyurl.com/yzsexb> for free.

Going about the process of preparing for the pandemic in a haphazard manner could result in the exclusion of some critical items and the inclusion of others that are both frivolous and expensive. A logical first step is to draft a Pandemic Survival Plan for your family. This exercise will provide a rational structure to your preparation activities, and when done properly, it will help you get the supplies you really need at the best price and in a timely manner. Using a master plan makes sense and is my recommendation.

This emergency will be too big to face by individual families in isolation. What makes a lot of sense is for families, their friends, and neighbors to come together into a larger mutually supportive and sustaining Pandemic Support Group. Most people will be riding out the pandemic at home in their neighborhood, apartment building, or city block. Forming a group from among those living near you for the purpose of helping each other cope with this emergency is one of the best ways people can assure the survival of their family and friends. Even if one or both of the adults in a family are incapacitated, they can rely on other members of the group to take good care of their children as long as necessary.

Throughout history people have responded to a crisis of this proportion in just this way.

The remainder of part III of the manual focuses on several practical concerns, with which you need to properly prepare your family to survive well during the crisis. For instance, an adequate supply of food and water during the pandemic will be necessary in the event of a breakdown of the usual sources of these items. What about lighting, cooking, and heating your home? How are you going to manage these problems if our conventional solutions fail? Part III of the manual tackles these issues. While not an exhaustive treatment, it provides an introduction to the topic that will at least get you on the right track. If nothing else, this section will help galvanize you to begin thinking about these issues and how you are going to solve them for your family.



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Flu Wiki Forum

Welcome to the conversation Forum of [Flu Wiki](#)

This is an international website intended to remain accessible to as many people as possible. The opinions expressed here are those of the individual posters who remain solely responsible for the content of their messages.

The use of good judgement during the discussion of controversial issues would be greatly appreciated.

Finding Area Preppers

by: [DemFromCT](#)

Wed Nov 22, 2006 at 20:57:38 PM EST

(- promoted by [DemFromCT](#))

Start an Area Prepper Diary and I will link to this table (links are in blue, black means no diary link - check [here](#) to see what exists already). Include **Area Preppers** as a tag. If you wish, link back to a corresponding Diary at the yellow Forum (they are all listed [here](#)).

(international version - do the same and I will build a table)

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Finding Area Preppers - USA

State	State	State	State	State
Alabama	Hawaii	Massachusetts	New Mexico	South Dakota
Alaska	Idaho	Michigan	New York	Tennessee
Arizona	Illinois	Minnesota	North Carolina	Texas
Arkansas	Indiana	Mississippi	North Dakota	Utah
California	Iowa	Missouri	Ohio	Vermont
Colorado	Kansas	Montana	Oklahoma	Virginia
Connecticut	Kentucky	Nebraska	Oregon	Washington
Delaware	Louisiana	Nevada	Pennsylvania	West Virginia
Florida	Maine	New Hampshire	Rhode Island	Wisconsin
Georgia	Maryland	New Jersey	South Carolina	Wyoming

Washington DC, Puerto Rico, and other territories.

[DemFromCT :: Finding Area Preppers](#)

Tags: [Area Preppers](#), ([All Tags](#))

[Finding Area Preppers](#) | **28** comments | [Post A Comment](#)

What about split parts?

A lot of the Area Preppers threads had been split (remember, long ago, when we used to do have to do that?). How do you want to handle Parts II, III, etc?

We could just let the old threads follow their own links to secondary threads...all of them have "Continued at Part xyz" as their final post...

Insufficient facts always invite danger.

by: [Bronco Bill](#) @ [Wed Nov 22, 2006 at 22:36:43 PM EST](#)

[[Reply](#)]

I would just start a new thread here

and link to the last of the series... I wouldn't port the series here.

by: [DemFromCT](#) @ [Wed Nov 22, 2006 at 22:47:01 PM EST](#)

[[Parent](#)]

We're on SoapBlox now...

...what's a thread?

Insufficient facts always invite danger.

by: [Bronco Bill](#) @ [Wed Nov 22, 2006 at 22:57:01 PM EST](#)

[[Parent](#)]

LOL

it's a yellow diary.

by: [DemFromCT](#) @ Wed Nov 22, 2006 at 23:06:16 PM EST

[[Parent](#)]

Florida Preppers Diary

has been created. I have not linked back to the old wiki, but will do so later. It is linked back to the Area Preppers page. Gotta go cook!!!

Never believe that a few caring people can't change the world. For, indeed, that's all who ever have. — Margaret Mead

by: [FloridaGirl](#) @ Thu Nov 23, 2006 at 08:38:49 AM EST

[[Reply](#)]

you're linked

and thanks.

by: [DemFromCT](#) @ Thu Nov 23, 2006 at 08:46:09 AM EST

[[Parent](#)]

Australia and New Zealand for November has been created

and the previous contents copied across. Here is the link for the [New Diary](#)

Can you please link it in here? Thanks so much.

(Yes, I will go put the link on Old Yeller)

Eat pudding first - who know's what might happen next! - Anon

by: [AnnieB](#) @ Thu Nov 23, 2006 at 17:50:20 PM EST

[[Reply](#)]

Kansas Preppers Diary

I thought I would at least attempt to start this diary. I am uncertain about tags, but I suppose I will learn as I go here.

by: [janaz](#) @ Fri Nov 24, 2006 at 00:14:35 AM EST

[[Reply](#)]

thank you!!!

well done!

by: [DemFromCT](#) @ Fri Nov 24, 2006 at 08:31:45 AM EST

[[Parent](#)]

Canada List

I suggest that "Eastern Canada" be removed and replaced with "Quebec" in the initial comment. Then the list covers all of Canada. The order geographically, from east to west should be:

Maritimes
Quebec
Ontario
Western Canada

If you are trying to save space, this entire list could form single 4-column row of a table.

I'm also wondering if we should have a Canadian Preppers diary, such as we had on the old forum. The word "Canada" in the initial comment could become a clickable link to that diary. We are a lot more centralized here in Canada than in the U.S. The national thread would also be a good place to discuss federal government planning (or lack thereof) with respect to preparedness.

by: *Irene @ Fri Nov 24, 2006 at 23:57:24 PM EST*

[[Reply](#)]

done and...

... however you want Canada to be organized.

by: *DemFromCT @ Sat Nov 25, 2006 at 00:05:02 AM EST*

[[Parent](#)]

can the two other Canadian regions
get threads/diaries/links activated...

merci bien, thanks

by: *crfullmoon* @ Mon Dec 04, 2006 at 12:06:11
PM EST

[[Parent](#)]

Texas Prep Diary

OK, I think I got the TX Preppers diary set up. I added all of the yellow forum links to the extended text (though not in html; guess it's too far past midnight) and linked the new diary in the yellow Lone Star thread. Hope I didn't mess it up too badly. :o) If I did, someone else is more than welcome to override it.

New TX diary is at <http://www.newfluwik...>

Be a voice, not an echo.

by: *Petticoat Junction* @ Sat Nov 25, 2006 at 02:26:37 AM EST

[[Reply](#)]

Thx for the Texas ...

Diary, Petticoat Junction.

I was about to post in here that you had done this so the Mods could get the link created but you have done all that too - great stuff ;-)

Eat pudding first - who know's what might happen next! - Anon

by: *AnnieB* @ Sat Nov 25, 2006 at 02:31:26 AM EST

[[Parent](#)]

NH and NJ added!

thanks!

by: [DemFromCT](#) @ *Sat Nov 25, 2006 at 23:37:52 PM EST*

[[Reply](#)]

Alabama has one

Alabama Preppers

by: [ssal](#)

Sun Nov 26, 2006 at 22:43:12 PM CST

that's all I can tell you right this minute about where it is....
does that help?

= ^.. ^ =

by: [I'm-workin'-on-it](#) @ *Mon Nov 27, 2006 at 10:18:41 AM EST*

[[Reply](#)]

it sure does!!!

I knew you could!!!

by: [DemFromCT](#) @ *Mon Nov 27, 2006 at 13:47:37 PM EST*

[[Parent](#)]

Idaho Preppers added

Please add Idaho to the new link

by: [NIdaho](#) @ Mon Nov 27, 2006 at 23:26:30 PM
EST

[[Reply](#)]

Idaho (and Missouri) added!

thanks!!

by: [DemFromCT](#) @ Tue Nov 28, 2006 at 07:34:32 AM
EST

[[Parent](#)]

Insight into Dept of Health plans

I just received this email from the Hawaii State Dept of Health in response to emails I sent out a couple of weeks back to the Governor and all state legislators regarding pandemic prepping. It is interesting to see that things are in the works to let the general public know to begin prepping. I get the impression this planned series of PSAs etc is nationwide, and not just for our state. However I am pretty sure the delay in getting this sent out has more to do with the Christmas shopping season than any need to fine tune the plans. Let's just hope the flu waits for Xmas to be over as well.

<http://webmail.pas.e...>

by: [maryinhawaii](#) @ Tue Nov 28, 2006 at 00:51:14 AM EST

[[Reply](#)]

Can you provide the text?

The link takes us to the login page for emails ...

Eat pudding first - who knows what might happen next! - Anon

by: *AnnieB @ Tue Nov 28, 2006 at 02:41:07 AM EST*

[[Parent](#)]

text of message from HI health dept

sorry, I thought the link would take you to the email message. Here it is:

Subject: Email 11/10/06 to Governor Lingle

Date: Nov 27, 2006 1:02 PM

Dear Ms. Quijano:

We truly appreciate your input and concern regarding our state's preparedness for a potential influenza pandemic. You are well informed about the broad impact that a pandemic will have on all sectors of society in Hawaii.

You are also correct that prevention of illness and home preparedness are essential parts of pandemic planning, in addition to the provision of medications, vaccine, and health care. Working with the federal government, Hawaii is building a stockpile of antiviral medication that should be sufficient to treat 25% of the population including tourists. Our ability to deliver quality healthcare will be taxed during a pandemic, and we understand the hospitals are steadily building up supplies and staffing

(including volunteers) to increase their capacity.

In the coming months, you will see public messages about what individuals can do to stay healthy during a pandemic and what they can do to prepare their homes for a pandemic or other emergency. A package of resources titled "Plan to be Ready!" has been distributed to Department of Health (DOH) employees. Their comments are helping to improve the information before we distribute it more broadly. Components of this packet include a Family Emergency Plan, directions for the assembly of a Home Survival Kit, Health Information, and a Pet Emergency Plan. This and other resources will be widely available through the DOH and Civil Defense.

Home survival kits need to be stocked well in advance of an emergency, given the limited supplies and resources of our island community. We recognize that the preparation of such a kit can be daunting and expensive. One available resource is a calendar that suggests a schedule whereby a family can put together a kit in small week-by-week increments. We are working with a number of non-governmental and faith-based groups in Hawaii that are helping their clients to prepare home survival kits and making plans for home visits during an emergency.

Preparing for an emergency is the responsibility of everyone. The more

prepared each family is, the better off we will be as a community. The state will continue to improve and expand our preparedness plans, and we encourage and welcome your suggestions.

Sincerely,

Paul V. Effler, M.D., M.P.H., Chief
State of Hawaii
Department of Health
Disease Outbreak Control Division

by: *maryinhawaii* @ Tue Nov 28, 2006 at 02:47:58 AM EST

[[Parent](#)]

Thanks and I would like to know
more about the Diary concept.

Would you please be so kind as to keep us updated once the information starts to flow into the community.

Eat pudding first - who know's what might happen next! - Anon

by: *AnnieB* @ Tue Nov 28, 2006 at 02:51:24 AM EST

[[Parent](#)]

will do

I will be sure to keep you updated.
Not sure what you mean by "diary
concept" though.

*by: [maryinhawaii](#) @ Tue Nov 28,
2006 at 22:57:16 PM EST*

[[Parent](#)]

Delaware

Delaware is spelled wrong on your chart, maybe why nobody
has claimed it yet. :)

by: [Chesapeake](#) @ Tue Nov 28, 2006 at 08:00:39 AM EST

[[Reply](#)]

oof!

thanks for the catch.

*by: [DemFromCT](#) @ Tue Nov 28, 2006 at 08:29:21 AM
EST*

[[Parent](#)]

Merging of Idaho, Montana and Wyoming Area pages

There have been some questions raised as to merging the three
states mentioned in the subject line. I am ok with it since the
traffic on these three states is so slow there is little posting. Let
me know what you think.

by: [NIdaho](#) @ Mon Dec 04, 2006 at 14:40:45 PM EST

[[Reply](#)]

up to the residents!

what say you?

by: *DemFromCT @ Thu Dec 07, 2006 at 18:01:56 PM EST*

[[Parent](#)]

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