



# Prepping for a Pandemic: Life-Saving Supplies, Skills and Plans for Surviving an Outbreak (Preppers)

*Cat Ellis*

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**Prepping for a Pandemic: Life-Saving Supplies, Skills and Plans for Surviving an Outbreak (Preppers)** Cat Ellis

**AN IN-DEPTH GUIDE TO PREPARE YOU AND YOUR FAMILY FOR A WIDESPREAD OUTBREAK OF ANY DEADLY DISEASE**

Every year pandemics strike! And they can easily spread all over the world—overwhelming doctors and hospitals. Will you be ready when a deadly epidemic hits your town?

*Prepping for a Pandemic* provides the vital information and life-saving steps needed before and after an outbreak, including:

- **Outbreak Warning Signs**
- **Initial Symptoms**
- **Ease of Transmission**
- **Quarantine Protocol**
- **First Aid Skills**
- **Medical Treatment**
- **Future Threats**
- **Home Remedies**

With detailed information on deadly diseases, tips on stockpiling supplies and plans for bugging out, this book offers everything required to keep you and your family safe.

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