

The CDC wants you to prepare for a zombie apocalypse (Yes, you read that right)

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How should you prepare for zombies? The Centers for Disease Control and Prevention gave some tips. Photo: Kiselev Andrey Valerevich/Shutterstock

Imagine zombies tried to take over your neighborhood. Yes, we said zombies -- those scary-looking dead things from horror movies that come back to life and attack people. What would you do in that situation?

The Centers for Disease Control and Prevention (CDC) is a government agency that helps people prepare for high-risk events and emergencies. For example, they offer tips for protecting yourself during flu season.

For the last year, the CDC has been busy providing help during on the COVID-19 pandemic. The disease that spreads from close contact has affected the whole world.

Now, the CDC has updated its tips to prepare for another emergency: the end of the world ... because of zombies.

Another word for the end of the world is apocalypse. If there was a zombie apocalypse, humans would be in a lot of trouble.

The CDC guidelines for a zombie apocalypse started as a joke. However, they also serve as useful guide for any emergency. You can use them to plan for things like hurricanes, earthquakes or floods.

"You may laugh now, but when it happens you'll be happy you read this," the CDC website says. "You'll even learn a thing or two about how to prepare for a real emergency."

Handle An Apocalypse Step By Step

So, what would happen if zombies started coming alive?

First, the CDC would carefully study the situation, they said. They do this for every disease outbreak. Once they learn the cause of the outbreak, the CDC can provide help to states to stop it.

Part of being prepared for any disaster is having an emergency kit ready. It should include enough supplies to last for a few days. The kit must have a gallon of water per day for each person. You will need food, too, so make sure to include some items that won't go bad quickly, like canned goods. There should also be medications, tools, first aid supplies, health products, clothing and bedding.

Next, you should create an emergency plan. You need to know exactly what to do when any disaster is outside your door.

Start by identifying the types of emergencies possible in your area. Some places have earthquakes. Others have flooding, hurricanes or tornadoes.

You should also make an escape plan. This includes a meeting place where everyone from your home can come together later.

Zombie Blog Relates To Real-World Preparedness

The CDC posted the guidelines in a blog. They want to emphasize that emergency preparedness is important. The pandemic and February's winter weather in Texas are two recent events that affected a lot of people. The snowstorm caused 4 million people to lose power for days. Texas was unprepared for freezing temperatures and heavy snowfall. The storm left many helpless without even having water.

The CDC blog about zombies, which was originally posted in 2011, received 1,450 replies. People liked the creative post. They said it was a helpful way to start conversations about emergencies.

"While I have yet to meet a zombie, I have been through a couple of power outages," one person said.

Disaster experts seem to agree about the effectiveness of the zombie blog.

"I think it's great," said John Sellick. He's a professor at the University at Buffalo. He teaches in the school of medicine and knows how important it is to be prepared for unexpected situations.

"As we've seen with coronavirus, disaster preparedness is crucial," Sellick said.