

Pandemic Preparations

A. Prepare Ahead

1. Follow the prophet!
2. "Eat your vitamin pills. Get your rest."
Vitamin C has been shown to reduce mortality in cases of sepsis and ARDS.
Elderberry has been shown to be an effective antiviral.
Elderberry is available as syrup, tablets, and gummies.
3. Store a three-month supply of food that is part of your normal daily diet and two weeks of water.
Paper products (plates, cups, etc.) are helpful for short-term emergencies.
4. Prepare consecrated oil for priesthood blessings.
5. Go to <https://www.churchofjesuschrist.org/callings/church-safety-and-health/safety-fact-sheets/pandemic-planning-home-and-family-preparedness?lang=eng>

B. Early Days

1. Practice social distancing. Refrain from shaking hands and hugging friends.
2. Wash hands frequently and refrain from touching your eyes and face.
3. Place hand sanitizer in cars, work locations, school backpacks, etc.
4. Stock up on supplies.
Prescriptions, medical supplies, and comfort measures
Basement cold storage: potatoes, onions, apples, cabbage, carrots, sprouting seeds, eggs
Refrigerator: butter, cheese,
dairy that can be used as starts: plain yogurt, buttermilk.
Freezer: yeast, meats, vegetables
Bathroom: toilet paper, hygiene supplies, cleaning supplies
Garage: animal food, gasoline, propane, wood
5. Store personal protection equipment for the early days when a pathogen begins to circulate in your community but society continues to function.
Masks: N-95, N-99, or N-100
Medical gloves: nitrile or latex
Hand sanitizer
6. Go to <https://www.churchofjesuschrist.org/callings/church-safety-and-health/safety-fact-sheets/pandemic-planning-social-distancing?lang=eng>

C. Self-quarantine

1. Make arrangements for working from home.
2. Gather vulnerable family members so that no one is living alone.
3. Stay home! Avoid interaction with people in the community.
4. If you must leave your home, set up a decontamination area in your garage where you can remove your mask, gloves, and clothing before heading to the shower.
5. Go to <https://www.churchofjesuschrist.org/callings/church-safety-and-health/safety-fact-sheets/pandemic-planning-home-sheltering-in-place?lang=eng>

Medical Supplies

Immune Boosters and Flu Remedies

Consecrated oil for priesthood blessings

Prescription medications

Vitamins: C, D, B

Elderberry syrup, gummies

Herbal immune booster

Fire cider tonic

Echinacea

Oregano oil, garlic oil

Over-the-counter medications: Sudafed (pseudoephedrine), Mucinex (guaifenesin),

Robitussin

Stomach medications: George's Aloe Vera (juice), Pepto Bismol (bismuth subsalicylate), Imodium (loperamide hydrochloride), Kaopectate

Electrolytes: Emergen-C, Pedialyte, Gatorade

Antibiotics

Comfort Measures

Fluids: water bottle with straw

Ibuprofen, acetaminophen

Cough drops, honey

Tea: raspberry, peppermint, Breathe Easy, Throat Coat

Chicken soup, bone broth, veggie broth

Castor oil and flannel compress

Essential oils: eucalyptus, oregano, On Guard (DoTERRA), Thieves (Young Living)

Rice bag, heating pad

Medical Equipment

Bleach ($\frac{1}{3}$ c. bleach to 1 gallon water), pool shock, dishwasher soap

Thermometer

Blood pressure cuff

Stethoscope

Rubbing alcohol, hydrogen peroxide

Neti bottles (for rinsing sinuses)

Humidifier, vaporizer, diffuser, nebulizer (for misting ionic silver solution)

Ionic silver: commercial solutions (ASAP, Silver Biotics) or ionic silver generator kit

Isolation Room

Masks: N-95, N-99, or N-100 respirator with goggles or full-face mask

Gloves: medical and heavy duty

Coveralls (Tyvek) or rain suit

Boots or shoe covers

Chlorine bleach or powdered pool shock, garden sprayer

4-mil plastic, duct tape

Disinfectant (Lysol spray, Chlorox wipes)

Toilet paper, tissues, paper towel

Human waste: bedpan, chux underpads, diapers (baby and adult, also cloth diapers and plastic pants), bucket with toilet seat, cat litter or absorbent horse bedding pellets

Waste disposal: garbage bags, lime

Sheets, blankets, pillows

Elderberry Syrup

*Elderberry is used as an immune booster. Children like it because it tastes good.

*Elderberry has been shown to be effective against fever, muscle aches, and coughing from flu. Laboratory studies have demonstrated elderberry to be effective against human, swine, and avian influenza strains.

*If picking fresh berries, be sure to choose *Sambucus nigra* elderberries that are fully ripe and a dark purple color. Do not use red berries because they are toxic.

Elderberry Syrup

1. Combine $\frac{1}{2}$ c. dried elderberries, 1 c. glycerin or honey, and 3 c. distilled water in a pot.

2. Cover and bring close to a boil. Simmer on low for 40-50 minutes.

3. Allow the syrup to cool for a little while.

4. Strain the syrup and berries using a mesh strainer.

6. Bottle and label the syrup.

7. Store in the refrigerator.

Makes about 4 c. syrup.

Dosage

*12 and up: Take 2 tbs. every 4-6 hours.

*Children under 12: Take 1 tsp. per day for prevention or 1 tsp. per waking hour at the onset of symptoms.

*Toddlers: Take $\frac{1}{2}$ tsp. per day for prevention or $\frac{1}{2}$ tsp. per waking hour at the onset of symptoms.

*Babies: Take $\frac{1}{4}$ - $\frac{1}{2}$ tsp. every 3 hours. Do not give babies syrup made with raw honey.

Fire Cider

*Fire Cider is an old folk remedy that works wonders for upper respiratory illnesses such as bronchitis and pneumonia. It is particularly effective against cough.

*Wear gloves when handling hot peppers. Be sure that you don't touch your eyes.

Fire Cider Tonic

1 part fresh garlic, coarsely chopped (don't need to peel)

1 part fresh white onions, coarsely chopped

1 part fresh ginger root, grated or coarsely chopped

1 part fresh horseradish root, grated or coarsely chopped

1 part fresh hot peppers, coarsely chopped

(habanero, jalapeno, or a combination)

(or 3-4 tbs. cayenne powder)

Cider vinegar (Braggs brand with the "mother," a live-enzyme culture)

[½ lb. of each vegetable will combine to fill approximately 3 quart jars and produce about 2 quarts of finished tonic.]

1. Chop the vegetables to fill ¾ of a jar.
2. Empty the vegetables from the jar into a blender and add cider vinegar.
3. Blend the vegetable combination. (Be careful with your blender. Blend small amounts at a time if necessary.)
4. Return the mixture to the jar, top off the jar with cider vinegar, and cover with a lid. (As the pulp settles over a couple of days, you will need to add more vinegar.)
5. Keep the jar on the kitchen counter where you will see it. Shake it once a day.
6. Allow the mixture to extract for 2-4 weeks.
7. Line a mesh strainer with a cloth, a jelly-straining bag, or a paint-straining bag.
8. Pour the mixture into the strainer and allow it to drip.
9. Remove the cloth full of vegetables and squeeze and twist by hand or use an herb press to remove as much liquid as possible.
10. Add 1 part honey or glycerin to 3 parts finished tonic as a preservative.
11. Bottle and label the tonic.
12. Store in the refrigerator, if possible, or in a cool, dark place.

Dosage

*Adults: take 1 tsp. once a day for prevention or 1tbs. every hour for illness.