

# **Corona Virus Survival Checklist:**

## **How to Thrive in Any Emergency Situation Without Hoarding or Panicking**

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## **Introduction**

Welcome to Corona Virus Alerts Survival Guide.

Our mission here is simple: to provide education, live updates on our website ( [www.coronaviralerts.info](http://www.coronaviralerts.info) ) and help intervene in the spread of the airborne disease that is exhibiting that has rapidly become a pandemic.

We are a team of bi-partisan independent citizens who believe in taking action against potential pandemics first and not wait for government organizations to step in and ensure our safety.

As you'll read further along, the W.H.O had yet to address the severity of the Corona Virus by the time it had already breached several borders.

We've prepared this guide to help you get prepared for the worst *as fast as possible*.

We've kept this guide as brief as possible so you can read through it as quickly as possible and use it as a rapid reference guide.

With that said, we place a specific focus on the two main topics that matter most at this stage in the COVID pandemic: food and emergency supplies

- We offer email daily email alerts to keep you as up to date as possible – only ONE email per day unless an emergency notification emerges. You can easily unsubscribe from our alerts at anytime:

[www.coronaviralerts.info](http://www.coronaviralerts.info)

- Have any questions about the Corona Virus or wish to contribute any updates or news items?

[Contact Us here](#)

## Survival Skill Building Books

Since our goal is to help you prepare you in the areas of food and emergency supplies, here's a collection of books and courses to help you

through the various stages of emergency that could result from Corona Virus conditions getting worse:

[The Lost Ways](#)

[Easy Cellar](#) (companion to the Lost Ways)

[S.A.S Survival Handbook](#)

[Urban Survival – Volume 1](#)

[Urban Survival – Volume 2](#)

[Survival MD](#)

[How to Survive the End of the World as We Know It](#)

## Understanding The Speed of the Corona Virus

January 2020

It's the final week of January, 2020 and we get a startling look at what our shores would soon go on to look.

YouTuber Ben Kavanagh, an ex-pat living in China put together a chilling of Wuhan, the region where the outbreak of the Corona Virus stems from, and what a city-wide quarantine looks like.

It was very chilling - scenes most of us imagined we'd only see in movies.

What strikes us as the most troubling aspect of this video is that it gives an eerie look into what our outside world / society can look like sooner much rather than later - until it started to hit other countries.

Wuhan is a province of 11 million people, making it far larger than New York City, however, from the moment Ben steps out onto the street, this metropolis is almost entirely a ghost town – even the city's massive ten-lane roads are completely empty.

One of the purposes of Ben's excursion into Wuhan's streets is to visit one of the local grocery stores so that he and his friend can stock up on supplies in the event that the lockdown gets even worse and they have to hunker down for an extended period of time.

Once Ben reaches the supermarket is where we get an anxiety-inducing glimpse of the images we've seen before, be it in fictive scenarios (shows like *The Walking Dead*) or real life instances, such as after Hurricane Katrina and in Venezuela.

The line-ups in the supermarket are huge with people waiting in line to pay for over-stuffed shopping carts. Thankfully, everything is civil, but it's clearly evident that everyone's preparing for the worse.

The only upside to the Wuhan Corona Virus situation is the lesson it is clearly teaching us and forcing us to keep in mind, even in the most comfortable times: Be prepared.

Surviving a potential pandemic (or other widescale emergency event) always hinges on having a survival plan in place.

Recommended reading for the present virus watch and future potential epidemics: [build your own Easy Cellar for food storage](#).

## Common Sense Comes Too Late

The Corona Virus emerged very quickly.

Health officials still aren't quite sure how to care for presumptive cases and the earliest vaccines are still months away.

What we do know, however, is that there are measures in place to halt or divert the virus – so why is it then that, even in the face of a potential pandemic, we still can't get some members of society to cooperate?

Case in point: Have you ever seen the movie [Contagion](#), starring Laurence Fishburne and Kate Winslet?

It's a grim look at what could one day happen to our society (as has happened in other mass extinction events in the past).

About halfway into the movie, all people across the country have been made well aware that basic hygiene is one of the most effective ways to stall the virus.

Yet, there is a scene in which a secondary character is part of a line-up of people waiting for a shot of vaccine at a pharmacy.

One of the men in the line is coughing every five seconds or so...making zero effort to cover his mouth.

When the secondary character asks him to cover his mouth, he replies with "*Fuck off, Lady!*" and continues to contaminate the air in the room.

China, where the virus is stemming from, has a reputation for being a population that doesn't believe in washing its hands (keep that in mind next time you're there and ordering food from a restaurant).

Here in the west, while proper hygiene is taught in schools and implored by polite society, it is not enforced.

For proof, just go stand in a public bathroom, be it at a mall, restaurant – anywhere public – and observe how many people either merely rinse their hands after a number 2...or don't wash at all.

Unfortunately, the Chinese government is far too occupied doing PR work in overtime trying to save face in light of the fiasco of how poorly the Corona outbreak has been handled to be focusing on forcing its population to embrace basic hygiene practices.

While the west can do nothing to change the behavior of its less hygienic members of society, it can, at the very least, do more to block the entry of the Chinese until the virus begins showing signs of abetting.

Sure, this is a controversial measure, one that would no doubt arouse accusations of xenophobia and racism, but at what point do we shrug these notions aside as a means of taking the massive action that the Chinese government will not?

Basic Safety & Prevention Equipment to Compliment Proper Hygiene:

[Wrap-around safety glasses](#)

[Medical-grade safety mask](#)

[Medical-grade vinyl gloves](#)

## The W.H.O is Too Late

*Corona Virus Alerts* was created expressly to keep the public as up to date as possible with the progression of the Corona Virus and attempts to contain and cure it.

The WHO had only declared the virus an emergency by February of 2020, meaning they have blood on their hands.

We live in a globalized world that is enabled with cheap, readily-accessible international travel, which has been the leading conduit to the spread of this virus.

This is also compounded by the fact that urban centers around the world are more populated than they've ever been, making for the perfect setting for rapid escalation.

It would not have been excessive or presumptuous to impose travel restrictions and quarantines.

By this time, we had confirmed cases of the Corona Virus found in the following countries:

- Italy
- France
- Hong Kong
- India
- Japan
- Nepal
- Cambodia
- Singapore
- The United Arab Emirates
- Vietnam
- Taiwan
- Canada
- Sri Lanka

## First Sign of Panic

February-March, 2020

The bad news about the corona virus is that it's proving to pose a viable threat.

The good news is that this pandemic (that no one wishes to refer to as such) is forcing folks otherwise hygiene-averse to level-up and keep themselves clean.

However, the sudden change in people's attitude towards living a more hygienic lifestyle is taking its toll on supplies of hand sanitizers in the brick-and-mortar retail sector.

It was recently reported that a leading drug store chain in the United Kingdom had to [limit sales of hand sanitizer to two bottles per customer](#).

[Hand sanitizers](#) are not the only item starting to go into short supply in the physical retail sector.

It appears that many consumers concerned with the spread of the Corona Virus are turning to online sources to supply themselves with protection.

Would it surprise you to hear that one of the best selling item in Amazon's "Health & Household" category is [protective face masks?](#)

Not so curiously, it should also be noted that other best selling items in that category are [sanitary wipes](#) and [Lysol](#) disinfecting wipes.

By the end of February, President Trump was still downplaying the severity of the Corona Virus, thankfully making people realize they need to take matters into their own hands.

Authorities had denied just how much of a threat the corona virus poses and if you're seeing capitalist industries like the Boots drug store limiting sales of hand sanitizer and thousands upon thousand of consumers turning to online sales for common items, it's a sign.

Once the virus started gaining ground in North America throughout March, consumers in the U.S. and Canada started to hoard common items just as they did in Europe.

## ***Hoarding is not the answer.***

Now that we've gained an understanding of how rapidly the virus has emerged and how much faster it can escalate, it's time to prepare you for the worst.

You are going to do this without hoarding, without spending every last dime you have in the bank and also build your confidence in a challenging time.

# SECTION ONE: EMERGENCY SUPPLIES

## Alternatives to Toilet Paper

Before we start into our guide on Alternatives to Toilet Paper, we encourage you to also visit the [Preparation Center for an extensive list of common items](#) you should have in supply.

You'll likely notice that we've omitted tissue from the list as, at the time of writing, supplies of all brands are already dwindling and therefore isn't worthy of a mention.

What you have are four suggestions (one of which has two options) for you to consider as manufacturers scramble to keep up with demand for toilet paper.

**Bidets**: A lot of people, especially in the west, are turned off by bidets. The idea of washing one's posterior with a (light) stream of water is a total turn-off. Well, it just so happens to be the most sanitary way to clean up after a #2.

Using bidets results in almost no traces of bacteria being left behind – something that cannot be said about toilet paper, which will still leave you unclean, no matter how white that final wipe happens to be.

Also, if you can get comfortable with bidets, they offer great value. The average American family can find itself paying hundreds a year for toilet paper.

[This simple bidet will cost you \\$50](#) one time and take care of you and your family for many years to come, making it the best of all alternatives to toilet paper.

[Wet wipes](#): Slightly more expensive than conventional TP, Wet Wipes are the middle ground to paper and a bidet and when both online and offline store shelves are empty, these make a great replacement.

Wet Wipes will also leave you feeling fresher and women discreetly tote them around in their purses for use in public toilets. The [best bulk value on Wet Wipes is here](#).

[Dude Wipes](#): Absolutely no difference between Dude Wipes and regular Wet Wipes, save for the fragrance, which is more masculine, for those who want to keep things manly, even during a pandemic.

[Cotton Pads](#): Smaller, and requiring more precision when wiping (you have a much narrower margin of error), cotton pads are one of the least considered alternatives to toilet paper, but a worthy addition to your pantry, nonetheless.

## Cover Your Family's Hygiene Necessities for a Pandemic Isolation Period

It used to be that after food and water, hygiene products are the next items that disappear from shelves when a pandemic strikes.

As we've seen so far with the corona pandemic, quite the opposite has proven to be the case.

Your odds of getting what you have to have during a time when needs are elevated are slim.

You want to prepare now so that you don't have to fight crowds (if you think what you've seen so far is something, it really can get worse and more hostile).

Plus, you want to make sure you can stay isolated from them so that you won't bring any illness back to your own home.

You'll want to figure out how much of each hygiene product your family goes through by adding up what you normally go through in a year's time.

Then multiply that by at least a two year period.

Hygiene items can store that long, so even if the pandemic doesn't last that long, you won't have wasted the expense of buying the items.

For toothpaste, figure that a family of four would need two tubes of toothpaste per month.

Dental floss should be figured at one container per month per person.

Toothbrushes should be replaced more often during a pandemic because of the higher chance of you having to deal with germs.

A good rule of thumb is to change toothbrushes every four weeks - sooner if anyone in the family has an illness.

You'll need [bar soap](#). If you currently use [liquid hand soap](#), it's more cost effective to plan to use bar soap during a pandemic.

However, since pandemics are spread through viruses and germs, you'll want to make sure that you have a hearty supply of hand sanitizer to use during the length of the isolation period.

Everyone in the family - ***except for infants and small children*** - will need deodorant. Using the solids is more cost effective than the spray on kind. Figure a container per person that uses it per month.

Feminine products should be figured at the current use, but always store extras in case of extra needs. If you use condoms for intimacy, you'll want to pack a supply of those as well.

You'll need to pack in storage a supply of razors for both men and women as well as a supply of [shaving cream](#).

Shampoo is something you can also store up, but in a pinch, hand soap can be used to wash hair if you don't have enough shampoo.

Lotions for dry skin should also be on your store list. Also add Chapstick to prevent cracked lips from occurring.

Q-tips and nail clippers for each person should also be stored for use. You'll want separate nail clippers to help keep nail fungus and other bacteria or viruses at bay.

If you have infants, you'll want to store up diapers and baby wipes.

Now you'll want to be careful on the diaper sizing since babies can outgrow diapers. So buy these in size increments to allow for that.

## Disinfecting Supplies to Stock Up on for Pandemics

When a pandemic occurs and you fear for your family's health and safety, it might be too late to get the supplies you need. Think about those times when a bad storm is headed your way and the store sells out of essentials.

With a pandemic, it'll be difficult to get the most important things you need, so you need to stock up on them ahead of time and be prepared.

Let's take a look at the most important things you'll need to keep on-hand.

Bleach is an inexpensive solution for cleaning and it kills germs better than just about anything else.

You can use it to sanitize surfaces by diluting it with water. You can also use it to clean soiled linens to disinfect them if someone in your own home is affected by illness.

Bleach **can also be used for water purification** when needed.

Because you dilute bleach for every use, you don't need to have huge amounts on hand. But having *two or three gallons per person* in your household is a good idea.

Bleach needs to be stored in a temperature controlled environment away from very high heat or temperatures below freezing.

In the proper conditions, it has a shelf life of about one year, so make sure that you rotate it and replace it when necessary.

[Safety gloves](#) are essential safety equipment to allow you to touch surfaces and infected people without worrying about infection. It's best to purchase non-latex gloves so that anyone can use them regardless of skin allergies.

Make sure that you have gloves in a variety of sizes. Remember that gloves can only be used one time, so you want to have a good amount. A good number to aim for is 4 boxes of latex gloves per household.

One of the best things you can use to clean your home is plain old soap and water.

Brands such as Dawn and Ivory or Castile soap are all good for storage. Make sure to add extra when you find these items on sale.

If you're running low on cleaning supplies, you can also get natural disinfection by using sunlight. Items exposed to direct sunlight for at least six hours will be disinfected.

## How to Quarantine Your Family During an Outbreak

During a disease outbreak, you may need to quarantine your family to keep disease from entering into your home.

But it's difficult to quarantine your family if you don't have supplies on-hand to survive during a long period of time.

You may also encounter a situation where you have a sick family member that needs to be quarantined from the rest of the household.

If you don't come in close contact with a virus, you can't get sick from it.

The purpose of quarantine, then, is to prevent the possibility of coming into contact with a virus that can be deadly and spread quickly – just as the common cold is easily spread.

## Keep Disease Out of Your Home

If the purpose of quarantine is to keep healthy family member well, you'll need to be prepared ahead of time with all of the supplies you need for food, sanitation, and hygiene.

You'll want to seal off the outside entrances of your home using duct tape and plastic sheeting to cover doors and windows.

Most people find it helpful to cut out plastic sheeting ahead of time that will fit these entrances so that in times of stress, all you have to do is tape them up.

It's important to have a designated area outdoors where you'll place items such as used bags for personal waste.

It's not a good idea to store these in your home because they increase the risk of developing a host of diseases.

Once you're sheltered in place, you'll want to keep communication lines open with radio communication so that you'll know when it's safe to leave your home.

## What to Do When a Family Member Is Ill

A more likely scenario when it comes to illness is that you'll have one or more members of your family who has become ill.

*Those people will need to be quarantined in a room of your home or in another nearby place.*

For example, if you have a motor home, cabin, or detached garage you can use these as quarantine areas. These rooms need to be sealed off with duct tape and plastic sheeting.

You'll also need to place a sign on the entrance stating that it is a quarantined area. This warns people to stay out unless they're wearing protective clothing.

Right outside the entrance you'll need to set up a sanitation area that contains soap, water, latex gloves, masks, and other protective equipment as needed.

Before people enter the room, they need to put on the proper protective gear.

Before returning to the rest of the household, they need to properly dispose of gloves, masks, and other disposable items and make sure they wash their hands thoroughly.

## The Best Things to Have in Your First Aid Kit During a Pandemic

The ready-made kits that you can buy at the store or online are packed with the basic items needed during a regular first aid emergency situation.

They are not prepared for pandemics, so you'll need to make sure that your kit has what will come in handy during a viral health situation like bird flu or Ebola.

Every first aid kit should have at least the basics when you buy it - but you can build onto that kit by adding what it's lacking.

You can find some first aid kits that are specifically built for pandemic use - or you can just create it yourself by adding items one or two at a time.

You want to start out by making sure your kit has at least a week's supply of the prescription medications that every family member uses on a regular basis.

Don't forget to add medicines to treat allergic reactions since this can spring up without warning.

Your kit should also have a list of numbers that you can reach out to in case of an emergency.

You'll need a flashlight and fresh batteries in the kit.

These items are necessities because you don't want to try to administer first aid treatment to someone when you're in the dark.

In the kit, you need sterile dressings that are big enough to cover large wounds.

But you also want to have a hardy supply of bandages in assorted sizes.

Additionally, you'll need medical tape to put on the dressings so they'll stay in place.

Antibiotic ointment, hydrocortisone ointment and alcohol wipes are staples that should be in every kit.

Pain medication should be in the kit as well. You'll want a [thermal blanket](#) to use to protect the injured from cold, to cover them from bad weather or to wrap around them in the event that they're in shock from the injury.

You'll want a lip protector in case you have to give CPR to someone. During a pandemic, you may not know if the person you're treating is disease or virus free, so you'll need to protect yourself as you're giving CPR.

For that same reason, you'll need a supply of gloves, facemasks, biohazard bags and a way to protect your clothing from being contaminated.

There should be a pair of scissors in the kit that are strong enough to cut through clothing.

You'll want to have a regular thermometer as well as a supply of disposable thermometers in the kit to use for someone who could have been exposed to a virus.

Tweezers should also be in your kit.

You'll need a supply of [anti-diarrhea medicine](#) to treat that ailment along with medications that can ease nausea.

Don't forget to plan for dental emergencies in your kit. Have a supply of topical gel to relieve toothaches.

You can find supplies that can help you temporarily pack a cavity to relieve pain, too. Most importantly, if you're dealing with a disease where fevers are an issue, invest in fever reducers and items to help you keep hydration levels stable.

## **SECTION TWO: FOOD**

We will cover how to approach food supplies and the management of nourishment in a moment, but first, we have to talk about avoiding infection in a pandemic and eating at restaurants.

The very fact that it took a [pandemic for hand sanitizer to disappear off store shelves](#) is very telling about how little consideration humans give to basic sanitation and hygiene.

So when the vast majority of the people you share your society with practice bad hygiene, then it only makes sense, when facing a pandemic, to avoid potential hotbeds of viral spreading such as restaurants.

We strongly recommend that you [watch this video](#) as it paints a very clear picture of the dangers that public eateries pose in such times.

Best of all, the video reviews not just any restaurant – it covers buffets, where your immune system is at the mercy of not only the staff's ineptitude, but that of fellow diners.

\*\*\*Word of warning\*\*\*: DO NOT watch this video while you're in the midst of eating or if you've just eaten (on that same token if you're dieting and looking for a way to curb your hunger, this video WILL eliminate your appetite).

If you do insist on going to restaurants:

- Stay away from salads (you wouldn't believe how they're washed)
- Pasta is the number most unsanitary food to eat at restaurants
- Deep fried food might be artery clogging, but it'll be the safest
- Large chain restaurants tend to have the most inexperienced/underpaid staff and therefore pose the highest risks

McDonalds is your safest bet if you're going for fast food

The hidden bonus of avoiding restaurants during the COVID-19 pandemic is that you'll save money, stay healthier and, if you're not a whiz in the kitchen, it opens up the opportunity to hit YouTube or crack open a book and step up your culinary game.

With that covered, time to move on to how to source, stockpile and store food for the long term.

## Living on a Survival Diet in a Pinch

In the cities and towns of most states, there are dozens or more supermarkets.

Fast food places are in abundance so there's a never-ending variety of food choices.

With all of these food choices, you might find it surprising to learn you can actually live and thrive on only a handful of different foods.

Not only can you thrive on fewer food choices, but your body will be able to get the nutrients it needs to be healthy even on less. Why is this important now?

Because in the event of a natural catastrophe or a government economic meltdown, you'll have to be prepared to survive.

When you have no access to supermarkets or other places that sell food, all you can count on are the food supplies that you can take in your backpack or the food that you get from living off the land.

Your body needs protein, fats and carbohydrates.

Since a backpack can't hold all of the food you need for a long-term survival situation, you have to be prepared.

Your body has to have the bare necessities in order to live.

Some of these bare necessities are known as super-foods.

They not only give the body great nutrients - such as iron and calcium - but they can be dried for longer periods of storage time, too.

You want to make sure that your body has what it needs to stay healthy, so you'll want foods that contain vitamins and fiber.

You'll also want foods that are loaded with antioxidants, too.

Potassium foods are good for the body - as are foods that can lower your cholesterol.

Foods from sea and natural waters can help provide the nutrients your body needs as well.

Getting ready now to live off the land makes good sense. If you have foods already growing that can feed yourself and your family, then you can do well with long term survival.

It's a good idea to have emergency food packed, but you don't know how long that food is going to have to last you and eventually the rations will run out. But you can begin now and plant foods that can be the staples you need.

You can grow fruit and all sorts of healthy foods.

In fact, living off the land, off the foods you grow for yourself, is actually better for you than what you can buy prepackaged at the supermarket.

Prepare now by planning your garden with seeds and plants, but also take the time to learn what plants that grow in the wild are edible in case you and your family have to leave the area where your garden is growing.

## Preparing for Water Stores

If things go bad, you may lose the ability to have water in your home the way that you've always depended on it in the past.

In a pandemic, a water supply can suddenly become unusable.

The water supply can become compromised at any time. This is why you often see those boil advisories on the news.

You need to be prepared by stockpiling water as soon as possible.

The water must be stored away from any direct sunlight. Warm water is an invitation for bacteria to grow and has the potential to make you sick.

*So you'll need to keep the water stored in a cool area.*

After you get your supply in, you need to look over it often to make sure it remains viable.

Water can be stored in plastic bottles or jugs. Wash the bottles, soda bottles or any clear jugs and then fill them with water from your home.

You can also buy water barrels.

These are [55 gallon water barrels](#) that are great for holding a large supply of water and you can find them online. They're specifically for long-term water storage.

But you would also need to keep these away from direct sunlight. You can create a cistern for catching rainwater. What you do is position a barrel beneath any runoff areas of your home.

For example, you can place the cistern directly beneath your gutter pipe. Instead of the water going into the ground and getting wasted, it can be used for drinking or other water needs.

In a pinch, when you need a water supply, you can get it from rivers, ponds or lakes - but the water must be treated first before it's safe to use.

When you use water that you get or collect yourself, you need a filtering system.

The filter can clear your water of bacteria and other pathogens that can make you ill if you ingest them.

There are different kinds of systems you can get - ranging from the very elaborate to the very simple, such as [filtering straws](#).

Boiling the water you need to use for eating or drinking kills pathogens as long as the temperature of the water hits about 215 degrees Fahrenheit.

Chemical solutions to purify water includes using iodine.

You can get these in [tablets](#) or crystals. But you need to be aware that iodine does not kill some organisms. So use these only in a case where you have nothing else to use.

Chlorine tablets are good to use to purify water and so is regular household bleach. If you use bleach, don't use any brands that have additives. So don't use scented bleach.

To make water safe to drink, put  $\frac{1}{4}$  of a teaspoon into every gallon of water you want to purify.

So if you had a five gallon container of water you wanted to make safe for use, you would add a teaspoon of household bleach.

## Know How to Hunt and Fish for Your Family If a Pandemic Lasts Longer

Everyone hopes that when a pandemic hits, it will be over quickly, but a pandemic isn't something that can always be charted precisely.

They can last for a few weeks, a few months or stretch toward a year or more before it's brought under control - with the Corona Virus, it rests to be seen.

Regardless of how prepared you are with your food supply, you should always take into consideration that something could happen to that supply.

In the event that something does go wrong and you run short on supplies or your food supply is destroyed, you may not be able to bring more in the way you first stored it up.

For that reason, you need to know how to hunt and fish to provide for your family's food needs.

If you're a complete beginner and you know someone who's been active in the hunting community, see if he'll let you come along so that you can learn from that person.

Seeing things done hands-on will help you pick up the skill faster.

When you're hunting, you need to know how to find the game that you're seeking. This involves being able to track the game.

Animals will leave a trail and you need to know which trail belongs to which target.

Practice with your firearm before you go hunting - especially if you're not used to hunting.

An injured animal can be a dangerous one. Never aim your firearm at anything except your target.

Start by hunting prey that's smaller first before you decide to go after the bigger animals.

The supplies you'll need for hunting depend on what you're hunting. But some standard hunting equipment includes proper clothing - including safety vests and boots.

It also includes rifles, shotguns and handguns, plus the accompanying ammunition.

You'll need binoculars and night vision scopes. You'll also need carts or drags if you're hunting larger game like deer.

You can add to that knives or butchering kits.

For fishing, you only need a few supplies to get started. You can start with a rod and bait. A fishing rod can be one such as a casting or spinning rod.

But a simple fishing pole will do the job as well. You'll want to use a light reel if you're a beginner, because this lets you feel the way the fish move. Start with the basic bait and lures.

If you don't have any plastic fishing lures, you can use earthworms. These should be plentiful and because they move in the water, fish are attracted to them.

Other supplies you'll need are hooks and bobbers, a bait bucket if you use live bait, fish stringer and a net.

For after you catch the fish, you'll need a filet knife and ice packs to pack the fish in the cooler. For peak fish biting times, you'll want to look at a lunar calendar. You can see these online many places free of charge.

## One Must-Have Survival Kitchen Tool Is a Prepper Vacuum Sealer

Food storage in a survival situation can be harrowing because you have to make sure you have plenty of room for your food stores and also keep the food safe and sealed.

One kitchen tool can help with both of those issues – a [vacuum sealer](#).

Your food sealer will usually come with a pack of food sealing bags but if you're prepping for long term storage, you do not want to use the clear plastic bags that come with the sealers.

These sealing bags are air permeable, and just like plastic water cartons, they will eventually deteriorate and leak air into your container, compromising the safety of the food.

Pro preppers will tell you that they use a different kind of bag to seal their foods in for long-term storage – [Mylar bags](#).

And you don't just use the Mylar bags – you use [oxygen absorbers](#) along with them.

Mylar bags offer more durability (they don't puncture easily like a plastic bag will).

Plus, they provide light protection that see-through plastic food sealing bags don't have.

Some preppers use a combination of the two, double sealing each item.

Place your food item (such as grains or beans) inside the Mylar bag and add the oxygen absorber to the bag with the food.

Some preppers use a flat iron to seal most of the bag shut, leaving enough room for a formidable straw (hard plastic, not disposable).

Using a vacuum sealer with an attachment hose, you attach the hose to the straw, which is inserted into the bag, and allow the machine to suck out as much air as possible.

Then you seal it with the flat iron and remove the straw. You may not be able to get out every bit of air, but that's what the oxygen absorber is for.

Another way you can do it is by double sealing your meals.

Place your entire meal into a Mylar bag with an oxygen absorber. Then place the Mylar bag into a regular plastic vacuum sealer bag and let the machine suck out all of the air for you before sealing it.

It takes awhile to seal big batches of food because most food sealers require the motor to cool down a bit before using them again and again.

It's good to do a little at a time, purchasing supplies on each grocery trip and sealing them off for storage.

You can reuse some bags, but make sure you have them marked so that you're not putting raw meat with bacteria in a bag first and then putting other foods into the same bag afterwards.

## Prepper Checklist for Cooking and Canning at Home

Cooking and canning foods at home is so easy that even a beginner can quickly learn how to master it.

Making and canning foods at home is also an inexpensive and healthy way to provide food for your family.

It's a method where you can set aside provisions in the event of a disaster.

However, if you're going to use canned foods, you'll want to follow this checklist to make sure that you have the right supplies and to follow the important safety guidelines.

The first items that you'll need to line up are enough jars to hold the foods you want to store. How will you know how many jars you need?

One way is by checking out what the recipe says. Home canning recipes will usually tell you how many batches of food the recipe will produce.

You can find jars that are specific for home canning.

When you have the jars you need, you'll want to wash the jars along with their lids and bands like you would hand wash dishes.

This is done to remove germs and sterilize the jars.

The next thing you'll need are utensils. You'll need spoons and a spatula. You'll also want to make sure that you sterilize the utensils you use.

When you're canning foods, you don't really have to have a lot of items, but you do want to make sure you have a sturdy stockpot.

You might find it helpful to have a funnel, labels and a canning jar holder.

If you're canning fruits or jellies, you may also want - pectin, but some people can food without it – it's a personal preference.

Once the water has simmered in the pot, you'll want to fill the jar to the level that the recipe calls for.

Don't put warm foods in cool jars because this will cause the jars to shatter. The jars need to be at least room temperature.

To get out the air bubbles, make sure you don't stir - just run a flat utensil around the inside of the jar. Put on the lid toppers and the rings then place the jars in the jar lifter.

If you don't have a jar lifter, you can use tongs in a pinch, but it's easier for the jar to slip with tongs.

Using a jar lifter, you would lower it by the handle into the stockpot until the tops of the jars are completely covered by water.

Let the water boil however long the recipe says to let it boil.

You don't want to count the time before the water boils.

Once the jars are cool, some people put labels that are dated on the outside of the jars so they can rotate the foods while they're in storage.

## Additional Food Storage Tips

As soon as possible, you need to have your food supplies set aside for your long term survival. But for food to keep for any length of time, it has to be properly stored.

Not all foods are good for long term storage, but many foods are.

Certain foods, if properly stored, will last for years and your goal is to have a long term food supply so that you can be self-sufficient.

The list below names foods that you should buy and put aside for the future - these foods will keep well.

**Beans** - You want to buy beans in bulk quantity. You want beans because these will give you a supply of protein.

**Grains** - You'll want to have wheat, oats, rye, cornmeal, brown or white rice and flour, wheat flour, barley.

**Powdered milk** - This doesn't taste the same as fresh milk, but this type of milk can last at least 20 years and you need milk - not only for cooking, but for children as well.

**Fruit** - You'll need to buy dried fruit or freeze dried fruit that you can reconstitute by adding water.

Make sure dried corn is also in your food storage supply.

Stock up on honey, tea, coffee, peanut butter, nuts and seeds, salt and canned goods. You'll want to buy canned meats as well.

Though these don't keep as long as other survival foods, canned goods can often last many years at a time. You should also buy pasta.

You'll need oils like olive oil and fats like lard. If you have a baby who's on formula, you'll want to set aside a supply of formula for the baby.

Just buying the food isn't enough. If you don't know how to store it, the food will go to waste.

Foods that are put back in storage are susceptible to oxygen, light, moisture and temperature changes - especially heat.

You want to [store the food in a cool room](#) where the temperatures are less than 60 degrees.

To properly store your food, you can use food grade containers. You can get buckets like this at no cost from grocery stores and restaurants.

You can also purchase them. What some people like to do is to put a Mylar bag into the container first and put the food down into the bag. Then the top of the bag is sealed using a heat source.

The Mylar bag helps keep out what would destroy your food source and makes it last even longer than it would last just in the container alone.

To help absorb the oxygen, you can put silicone gel packs into the containers or you can use salt.

Make sure that you date stamp the outside of the container so that you'll know the month and year that you put the food into storage.

Rotating your food stores is one key to maintaining a healthy food supply.

# Summary

As we said, this was not meant to be an extensively long guide.

We've focused exclusively on the two pre-epidemic supply categories you need to focus on most.

Should the Corona Virus continue to escalate, we won't hesitate to expand on this guide to cover the next stage of challenges you'll be facing such as shelter and overall self-preservation.

We sincerely hope we don't have to go there, but at least you can be assured that we'll be there if it does.

In addition to using this guide, be sure to visit our site, [www.coronaviralerts.info](http://www.coronaviralerts.info) for continued updates on the situation as well as emergency updates.

Take care of yourself and your family and never underestimate the possibilities.