Preparedness 101: Zombie Apocalypse

Posted on May 16, 2011 by Ali S. Khan

Walking Dead fans, check out our latest post: [http://go.usa.gov/Q4J](http://go.usa.gov/Q4J)

There are all kinds of emergencies out there that we can prepare for. Take a zombie apocalypse for example. That’s right, I said z-o-m-b-i-e a-p-o-c-a-l-y-p-s-e. You may laugh now, but when it happens you’ll be happy you read this, and hey, maybe you’ll even learn a thing or two about how to prepare for a real emergency.

A Brief History of Zombies

We’ve all seen at least one movie about flesh-eating zombies taking over (my personal favorite is *Resident Evil*), but where do zombies come from and why do they love eating brains so much? The word zombie comes from Haitian and New Orleans voodoo origins. Although its meaning has changed slightly over the years, it refers to a human corpse mysteriously reanimated to serve the undead. Through ancient voodoo and folk-lore traditions, shows like the Walking Dead were born.

In movies, shows, and literature, zombies are often depicted as being created by an infectious virus, which is passed on via bites and contact with bodily fluids. Harvard psychiatrist Steven Schlozman wrote a (fictional) medical paper on the zombies presented in *Night of the Living Dead* and refers to the condition as *Ataxic Neurodegenerative Satiety Deficiency Syndrome* caused by an infectious agent. The *Zombie Survival Guide* identifies the cause of zombies as a virus called solanum. Other zombie origins shown in films include radiation from a destroyed NASA Venus probe (as in *Night of the Living Dead*), as well as mutations of existing conditions such as *prions*, *mad-cow disease*, *measles* and *rabies*.

The rise of zombies in pop culture has given credence to the idea that a zombie apocalypse could happen. In such a scenario zombies would take over entire countries, roaming city streets eating anything living that got in their way. The proliferation of this idea has led many people to wonder “How do I prepare for a zombie apocalypse?”

Well, we’re here to answer that question for you, and hopefully share a few tips about preparing for real emergencies too!

Better Safe than Sorry

So what do you need to do before zombies…or hurricanes or pandemics for example, actually happen? First of all, you should have an emergency kit in your house. This includes things like water, food, and other supplies to get you through the first couple of days before you can locate a zombie-free refugee camp (or in the event of a natural disaster, it will buy you some time until you are able to make your way to an evacuation shelter or utility lines are restored). Below are a few items you should include in your kit, for a full list visit the [CDC Emergency page](http://www.cdc.gov/ emergency).

- **Water** (1 gallon per person per day)
- **Food** (stock up on non-perishable items that you eat regularly)
family members meeting by their mailbox. You should pick two meeting places, one close to your home and farther away.

Get a Kit, Make a Plan, Be Prepared

- **Medications** (this includes prescription and non-prescription meds)
- **Tools and Supplies** (utility knife, duct tape, battery powered radio, etc.)
- **Sanitation and Hygiene** (household bleach, soap, towels, etc.)
- **Clothing and Bedding** (a change of clothes for each family member and blankets)
- **Important documents** (copies of your driver's license, passport, and birth certificate to name a few)
- **First Aid supplies** (although you're a goner if a zombie bites you, you can use these supplies to treat basic cuts and lacerations that you might get during a tornado or hurricane)

Once you've made your emergency kit, you should sit down with your family and come up with an emergency plan. This includes where you would go and who you would call if zombies started appearing outside your door step. You can also implement this plan if there is a flood, earthquake, or other emergency.

1. Identify the types of emergencies that are possible in your area. Besides a zombie apocalypse, this may include floods, tornadoes, or earthquakes. If you are unsure contact your local Red Cross chapter for more information.

2. Pick a meeting place for your family to regroup in case zombies invade your home...or your town evacuates because of a hurricane. Pick one place right outside your home for sudden emergencies and one place outside of your neighborhood in case you are unable to return home right away.

3. Identify your emergency contacts. Make a list of local contacts like the police, fire department, and your local zombie response team. Also identify an out-of-state contact that you can call during an emergency to let the rest of your family know you are ok.

4. Plan your evacuation route. When zombies are hungry they won't stop until they get food (i.e., brains), which means you need to get out of town fast! Plan where you would go and multiple routes you would take ahead of time so that the flesh eaters don't have a chance! This is also helpful when natural disasters strike and you have to take shelter fast.

**Never Fear – CDC is Ready**

If zombies did start roaming the streets, CDC would conduct an investigation much like any other disease outbreak. CDC would provide technical assistance to cities, states, or international partners dealing with a zombie infestation. This assistance might include consultation, lab testing and analysis, patient management and care, tracking of contacts, and infection control (including isolation and quarantine). It's likely that an investigation of this scenario would seek to accomplish several goals: determine the cause of the illness, the source of the infection/Virus/toxin, learn how it is transmitted and how readily it is spread, how to break the cycle of transmission and thus prevent further cases, and how patients can best be treated. Not only would scientists be working to identify the cause and cure of the zombie outbreak, but CDC and other federal agencies would send medical teams and first responders to help those in affected areas (I will be volunteering the young nameless disease detectives for the field work).

To learn more about what CDC does to prepare for and respond to emergencies of all kinds, visit: [http://emergency.cdc.gov/cdc/orgs_progs.asp](http://emergency.cdc.gov/cdc/orgs_progs.asp)

To learn more about how you can prepare for and stay safe during an emergency visit: [http://emergency.cdc.gov/](http://emergency.cdc.gov/)

**Join the CDC Zombie Task Force!** The CDC Foundation, a non-profit partner of CDC is offering Zombie Task Force t-shirts (click on the picture to find out more). Proceeds go to benefit disaster relief efforts and other important health programs. Get yours before they're gone...

**Are you prepared? Tell us...**

Have you begun preparing for a zombie apocalypse? Or maybe you have been preparing for a more realistic threat like hurricanes or the next flu season? Tell us about what you are doing to prepare! Enter our video contest here: [http://prepare.challenge.gov](http://prepare.challenge.gov)
1,450 comments on “Preparedness 101: Zombie Apocalypse”

Comments listed below are posted by individuals not associated with CDC, unless otherwise stated. These comments do not represent the official views of CDC, and CDC does not guarantee that any information posted by individuals on this site is correct, and disclaims any liability for any loss or damage resulting from reliance on any such information. Read more about our comment policy »

Donovan Young says:
May 16, 2011 at 1:48 pm
I might suggest adding a baseball bat, preferably aluminum, to your emergency kit as well. It doesn't require ammunition and can be highly effective at clearing a path through hordes of zombies whilst trying to make good your escape.

Lisa says:
May 16, 2011 at 8:27 pm
That is sooooo awesome!!!! Thanks, CDC.

Alice says:
May 16, 2011 at 8:33 pm
Dude! So totally awesome!

Riggit says:
May 16, 2011 at 8:58 pm
I love this post! My friends and I were discussing the zombie apocalypse after watching Zombieland. The discussion revolved around what would we do and how would we do it. It then dawned on us that what we were discussing would be extremely practical in real-world scenarios as well. That's when we began our journey into the world of prepping. I hope your article sparks many more discussions in many more homes across the country! Thanks!

Zap-tac of Zombie Apocalypse Preparations says:
May 17, 2011 at 3:36 pm
This is the stuff we preach on a daily basis. Our goal is to prepare the masses for impending doom, with a smile. Being prepared for zombies is exactly that, being prepared. No, this doesn't mean we aren't crazy, but at least we'll have a fighting chance no matter what happens.

Nedra Weinreich says:
May 17, 2011 at 4:44 pm
I love that you covered the issue this way! You might interested in a group called Zombie Squad that is centered around exactly this idea -using the coming zombie apocalypse to get people interested in general emergency preparedness. I did an interview and profile with the group on my blog a while ago.

Trevor says:
May 17, 2011 at 5:00 pm
Using the zombie apocalypse is a fun way to get people thinking about the basics of being prepared for an emergency.

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

Bo says:
May 17, 2011 at 5:18 pm
A "zombie apocalypse?" Is this for real? My tax dollars funding CDC nonsense?
Pingback: Zombie Preparedness Article from the CDC - ZombAlert©

Cynyr says:
May 17, 2011 at 6:48 pm
Finally, government spending I can support!

Wilson says:
May 17, 2011 at 7:10 pm
This is how rear admiral's get to spend their time at the CDC? Writing garbage about a zombie apocalypse?
QUIT WASTING MY MONEY!

Drew says:
May 17, 2011 at 7:16 pm
Only thing I've got to say is, double tap, baby.

DrSpEd says:
May 17, 2011 at 8:06 pm
As a doctor, I applaud the CDC’s recognition of the potential danger a Zombie Apocalypse presents. This is a great first step in the development of a National Emergency Response Plan and I encourage the CDC to continue to develop and refine a comprehensive Zombie Apocalypse Response Plan! Good work & Keep up the fight!

Tim McCormack says:
May 17, 2011 at 9:24 pm
One important point that is left out of many survival kit discussions is medicine expiration. A bottle of ibuprofen indicates *when* it expires, but not *how* it expires. If I take expired pills of a given medication, will it hurt me or just not be effective? Will evacuation packs are not updated frequently, and prescription medications cannot always be hoarded — so there needs to be a way for people to figure out what expired meds are safe to take.

Sunyaku says:
May 17, 2011 at 9:34 pm
The virus is “solanum” not “selenium”. Selenium is an element. Auto-correct fail.

nodnarB says:
May 17, 2011 at 10:43 pm
How could you forget a firearm from an emergency kit?

Karl says:
May 17, 2011 at 11:02 pm
Really? I have to be the one to point out that selenium is an element in the periodic table and solanum is the zombie virus?

Eric Daily says:
May 17, 2011 at 11:27 pm
Add “Cricket bat” to list.

Change plan to:
1) Go 'round mums.
2) Grab Liz.
3) Head over to the Winchester.
4) Have a cold pint.
5) Wait for this whole thing to blow over.

How's that for a slice of fried gold?

JC says:
May 17, 2011 at 11:54 pm
Forgot the guns. Major caliber for preference, but a few thousand rounds through a .22 should stop a f for all your semi-auto clean-up problems sized horde. Don't forget spare clips (for bolt action rifles or M1 Garands and Magazines
Jennifer says:
May 18, 2011 at 12:06 am
this post makes me feel patriotic- like someone up there actually has an ear to the population, even if they are just hearing a joke. much appreciated, CDC!

matt says:
May 18, 2011 at 1:04 am
Thank you, if it takes Zombies to get the general public aware of disaster preparedness maybe you (the CDC/FEMA) should use them in public service announcement spots during prime time. Also though im sure that the Men and Women at the CDC are hard working Doctors and researchers and general all around medical gurus im not too sure the cure rate you guys have is so high maybe 2 or 3 in 50 years or so and besides everyone knows the only real cure for a Zombie is a bullet, or something into the brain matter

Joshua says:
May 18, 2011 at 3:08 am
This makes me so happy inside that the CDC is finally preparing for this! I love this article, Is it alright if we post something about this on our zombie website? Zombie Informer Also is it alright if we can use the badge you guys have?

Thanks and keep up the good work!

Pingback: [Avian Flu Diary] The CDC And The Zombie Apocalypse | Influenza Virus Mashup

Leigh Anne says:
May 18, 2011 at 6:10 am
fantastic! granted, zombies may be unlikely, but some viral rabies-like disease that causes similar symptoms is not all that far-fetched. I've been needing to get an emergency supply closet started. Maybe I'll start adding an item or two on my grocery list every week. Thank you, CDC for a list to get started with.

McKenna says:
May 18, 2011 at 6:15 am
the largest problem with this list is it doesn't mention anything to defend yourself, I'm sorry to say but before you get your hands on all the "living essentials" you'll need to get your hands on Weapons, both ammunition consuming and non, i.e. baseball bats, golf clubs, ect. I would strongly recommend both a rifle and a pistol for both long range and close range. Vehicles are also an essential, trucks preferably diesel that lasts the longest and is the least commonly used, and pedal bikes for those involved in your escape plan.

One of the other biggest things to remember is you're on your own unless you have a preplanned group of people involved, this could mean a friend, family, and/or both. Another is a refuge a camp in the middle of no where that a stock pile of ammunition and "living essentials" would be located.

Blog Administrator says:
May 18, 2011 at 8:35 am
Joshua, yes feel free to use the badge that's what it's there for! And please, spread the word!

Thanks for reading.

Scott M says:
May 18, 2011 at 8:57 am
It really depends on the zombies. If they're Romero/Brooks, slow, lumbering zombies, a baseball bat will work just fine. Not so if they're the Zack Snyder fast zombies. Running zombies change everything.

Pingback: Emergency preparedness and zombies. | Dum Spiro Soero

Julie B. says:
May 18, 2011 at 9:13 am
This might just actually spur me to make that emergency kid. CDC, you are made of awesome.

Julie B. says:
May 18, 2011 at 9:17 am
Guess I'll stick to making an emergency kiT, since I've already made the emergency kid.
Karen aka ReadyMom says:  
**May 18, 2011 at 9:57 am**

Yes. We are a prepping household. We also send our college students to school prepared with a ‘Two-week Emergency Food Box’, A Flu Kit/Medical Kit and a 72 hour Kit is in each vehicle.

For High School graduation, we are now giving a Medical Kit and a Tool bag as gifts.

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ReadyMom says:  
**May 18, 2011 at 10:05 am**

A ‘Card Catalog’ of resources to help the public get educated about being prepared for emergencies of all types: [http://www.EmergencyHomePreparation.org](http://www.EmergencyHomePreparation.org)

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harvey says:  
**May 18, 2011 at 11:28 am**

sweetness.. all those yrs if reading,now if the cdc would just have practice drills in my area that would make my day. love you cdc people..

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Witchdoctor says:  
**May 18, 2011 at 12:06 pm**

Was this written on your dime or mine?

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Bill M says:  
**May 18, 2011 at 12:25 pm**

Not to be picky, but any way you can begin investigating BEFORE zombies actually are roaming the streets? Might cut down on a few problems...

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Alison says:  
**May 18, 2011 at 1:33 pm**

This is genius. Probably also appealing to a subset of the population that had never before thought of making an emergency kit. Awesome.

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Ender Wiggin says:  
**May 18, 2011 at 1:35 pm**

“human corpse mysteriously reanimated to serve the undead” I’m not sure I trust someone who doesn’t do research. this person doesn’t know anything about folklore, classic (or Romero), or modern zombies. Only the Return of the Living Dead (John A Russo’s breed) eat brains.

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brhau says:  
**May 18, 2011 at 1:44 pm**

Seriously, guys. Everyone knows that the refugee camp is the LAST place you want to go in the event of a zombie apocalypse. Hasn’t experience taught us anything?

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Andre Blackman says:  
**May 18, 2011 at 4:07 pm**

This is hilariously awesome and very well thought out. Have to spread this around!

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James says:  
**May 18, 2011 at 5:54 pm**

Dear CDC,

If the popularity of this cute little article is enough to overload your servers, then what will happen when a real emergency occurs and ppl cannot access your website for information. It looks like you are under prepared yourself. Please fix that as soon as possible.

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Beatbox says:  
**May 18, 2011 at 7:23 pm**

@mckenna You would be better off with a shotgun rather than a rifle when fighting zombies.

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crashemt says:  
**May 18, 2011 at 7:48 pm**

While I am a huge zombie fan, and well prepared for disaster, I must ask...

In a time when the Federal Government has a $14.3 Trillion debt, and cannot
control spending, can you please post exactly how much government employee and/or contractor time was used to create this entertaining but wasteful page (including planning and approval), and how much it costs us (the taxpayer) in IT Services and support on expensive, secured government equipment to maintain such pages on a annual basis?

It's not that I don't think that you did a great jobs, and I thank you for the laughs. I just want to know how much these moments cost us.

**KJ** says:  
May 18, 2011 at 7:50 pm  
And to address the issue of fighting off the living dead: The Zombie Combat Club

**Tneve Elbirroh** says:  
May 18, 2011 at 9:12 pm  
I have bad news, it is too late. Unfortunately all one has to do is look at Congress and the RNC and see that the Zombie apocalypse has already started. The CDC should have acted sooner to prevent this travesty of nature, my only recourse is a small hut in the valley in the Himalayan range where I can wait this out then work to repopulate the earth.

**Chris Ayers** says:  
May 18, 2011 at 10:10 pm  
The Zombie Preparedness book is already out! :  
http://www.randomhouse.com/crown/zombiesurvivalguide/index2.html  
The Zombie Survival Guide – Max Brooks – about as in depth as you can get

**BecomingCrunchy** says:  
May 18, 2011 at 11:24 pm  
Oh CDC, I am impressed.  
Pure. Genius. 😊

**Zombie Training** says:  
May 18, 2011 at 11:56 pm  
We at Zombie Training have been training for years. I give the CDC a B+ for effort however.  
But for the real deal check us out, we will educate your brain, not eat it.  
http://www.zombietraining.com

**CW** says:  
May 19, 2011 at 12:52 am  
You forgot to mention the necessary Kevlar body suit.

**Jashawa** says:  
May 19, 2011 at 3:04 am  
This is a great step towards defeating zombies as a potential threat. If every household would have these supplies, they could hold out longer. There is a lot of good resources on the internet too about protection from zombies. I don't think any of them carry the same weight as the CDC though. Zombie Blog Keep up the good work CDC, you are awesome!

**Fred** says:  
May 19, 2011 at 3:07 am  
Does this mean that the Fema camps that are being prepared for us will be safe from the Zombies? So all of my supplies that I have been storing for years are worthless....maybe I will just buy an AK47 and rig it with a powersaw just in case. Or hell maybe if I take all the vaccines that merck is trying to inforce and become a zombie...you know what they say if you can't beatem join em. Oh, and Don't look behind you right now...  

**Fred** says:  
May 19, 2011 at 3:11 am  
Does this mean that the Fema camps that are being prepared for us will be safe from the Zombies? So does this mean all of my supplies that I have been storing for years are worthless....maybe I will just buy an AK47 and rig it with a powersaw just in case. Or hell maybe if I take all the vaccines that merck is trying to inforce I will become a zombie... you know what they say if you can't beatem join em Oh and
Don't look behind you right now...

Pingback: CDC - Preparedness 101 - Zombie Apocalypse?
Zombie says:
May 19, 2011 at 3:16 am
If you want to learn to survive the undead horde enroll in ZombieSchool.org's online courses.

Pingback: CDC has a plan for zombie apocalypse
Mary Hienzsch says:
May 19, 2011 at 3:31 am
Is it true the CDC will shoot people per protocol who are deemed "infected" if they don't follow directions and get in line?

Fishticon84 says:
May 19, 2011 at 3:33 am
Bats are good because they don't run out of ammunition but machetes are much cheaper and can remove heads.

Annazoe says:
May 19, 2011 at 3:37 am
Kudos CDC, way to make us pay attention. I'm also gonna have to second Beatbox

AdvocatusDiaboli says:
May 19, 2011 at 3:47 am
What about weapons? Shouldn't I get a chain saw or something?

zeptimius says:
May 19, 2011 at 3:57 am
@Bo "Your tax dollars" paid for what might have been the most successful campaign for emergency preparedness awareness in US history, bringing down the CDC server. Money well spent I'd say. Also, I'd like to see if you still scoff when the zombie hordes are closing in on you.

SteveFromIndy says:
May 19, 2011 at 4:17 am
The stuffy, over serious, CDC; has a sense of humor?

Given the choice, I would have believed in a "Zombie Apocalypse" first! 😊

Chad says:
May 19, 2011 at 4:27 am
The corpus of work on Zombie Apocali is abundantly clear: effective preparation requires extensive weaponry and large structures that lend themselves to rapid fortification (such as a mall or other large building). Perhaps USAMRIID can offer a companion publication to this guide? (given, of course, their access to tanks)

Pingback: CDC warns Americans to prepare for zombie apocalypse (really) | Wichita Observer
Kris Kringle says:
May 19, 2011 at 4:49 am
Seriously though, thanks CDC for having a sense of humor on an otherwise important subject. It's good to know bureaucrats in DC aren't all walking around like a bunch of...well...zombies.

Pingback: WTF Of The Day | Black & Right
Enelya says:
May 19, 2011 at 5:53 am
Such great advice. I also think the baseball bat is a necessary addition to this kit. I do wonder if the person who wrote this is in need of an assistant? I would enjoy working for such a forward thinking and unique individual.

Lori Lamb says:
May 19, 2011 at 6:00 am
It's nice to see you are finally telling people the truth about your fictional organization. You lie to the public about the dangers of vaccines, about how safe fluoride is in our water, you use us a human guinea pigs in your experiments and all the while push BIG PHARMA. I've always thought you were a joke, now I know it! If there are zombies it is because you created them.
Svlad Cjelli says:
May 19, 2011 at 6:04 am

@Bo #16: Yes, we all know that writing a blog post about emergency kits takes at least 100 man hours and over 9000 tax dollars and has nothing to do with public health matters.

ResidentEvil(Fin) says:
May 19, 2011 at 6:16 am
Are you serious? 😄

Zombie Pro says:
May 19, 2011 at 6:24 am
I just bought juggernog, hope it helps. Would add it to the kit.

arlaw says:
May 19, 2011 at 6:38 am
The only thing more disturbing than the CDC posting this nonsense is the number of people who seem glad that they did. Now I know how Bush was elected to two terms.

Over the River says:
May 19, 2011 at 6:42 am
Now this is Government transparency we can believe in. While the CDC could safely lock themselves in the basement of the CDC, they choose rather to education the American people to prepare themselves for the Zombie Apocalypse. It is forward thinking people like the CDC (and of course Louisville Slugger) who will ensure the continuation of the human race.

My hat is off to you CDC. Job well done!

DeathSled says:
May 19, 2011 at 7:02 am
Check out zombiehunters.com home of Zombie Squad the worlds premier non-stationary cadaver suppression task force. Our overall goal has been to raise awareness of not only zombie related threats but also emergency preparedness. We urge every one to be prepared for any emergency and to always have a plan. I personally have a room stocked and ready for the zombie apocalypse. I keep everything from water and non-perishable foods (mre’s really aren’t bad if you get used to them) to various melee and ranged projectile weapons. Whether or not you believe in zombies and the threat they pose this article stresses the importance or emergency preparedness which everyone should take very seriously.

BagPipes says:
May 19, 2011 at 7:10 am
CDC – You just made government cool again. Applause for having the courage to actually do something creative to draw interest to an important subject, disaster preparedness. Well Done! My favorite Zombie survival tip from Max Brooks – First ascend the staircase, then destroy it.

TZH says:
May 19, 2011 at 7:44 am
I would like to thank the CDC, especially Rear Admiral Khan for this message.

Preparedness is a serious matter, and so are zombies.

What matters is that more people will be thinking about protecting their families in a pro-active manner.

stay vigilant!

pollytickle1 says:
May 19, 2011 at 7:55 am
Everytime you read the phrase ‘Zombie Apocalypse’ you should insert the words the CDC refuses to say: Radiation Apocalypse.

JokesOnYou says:
May 19, 2011 at 8:07 am
Add the CDC to the list of ridiculous government/control organizations that must be
Brandon Adams says:  
May 19, 2011 at 8:08 am
As a 17 year old boy, this article really appeals to me. Not only were ya able to get your message out for GENERAL preparedness, you were able to appeal to a generation about zombie preparedness. You guys did a great job. Keep up the good work.
Btw, we all know what "isolation and quarantine" mean. Everyone in major cities, evacuate immediately! haha

SolarPowered says:  
May 19, 2011 at 8:38 am
This. Is. EPIC! WIN!!!

Mike says:  
May 19, 2011 at 8:40 am
I never understand why in all of these disaster preps no one in the government ever recommends including a basic firearm. Katrina witht he loot gangs and rogue police officers is a prime example.

Sheepdog Justice says:  
May 19, 2011 at 8:45 am
In all seriousness, if people have the means to prepare for an uncertain future, and they dont do it, then they are going to be kicking themselves. It is a psychological term called “Normalcy Bias” that these people suffer from. Faced with all the evidence, people would rather keep watching American Idol and Entertainment Tonight, then face the fact that natural disasters can and do happen. I dont worry about things, because I prepare.

discretevisitor says:  
May 19, 2011 at 9:09 am
I cant believe it. They failed to mention firearms and ammunition. Thats the basics when you leave any location for new surroundings.

Illume Eltanin (Pam Wagner) says:  
May 19, 2011 at 10:31 am
While this is all good basic information, the University of Florida officially posted their preparedness exercise a couple of years ago. It has since been removed from the official site, but it is still available in pdf form from one of their departments:
ZOMBIE ATTACK: Disaster Preparedness Simulation Exercise #5 (DR5)

Joe in Kalispell, MT says:  
May 19, 2011 at 10:35 am
What a great way to reach more people about emergency preparedness!

Seriously, you do need some sort of survival knife/saw/hatchet. A utility knife is just too weak. Our 72 hour kits includes a small hatchet, saw and a knife.

Blog Administrator says:  
May 19, 2011 at 11:15 am
James, thanks for reading! We have definitely been battling with server issues, but we do want to point out that the blogs are on a different server than our main CDC pages so in the event of a real emergency we wouldn't be dealing with a system overload.

While we sort out current issues we've loaded the blog onto a temporary page, pass this URL along: http://emergency.cdc.gov/socialmedia/zombies_blog.asp

Thanks for the comment.

Frag316 says:  
May 19, 2011 at 11:44 am
Sorry, that kit is an epic fail. There's nothing in it to deal with zombies who attack you. Nor is there anything in it to seal the house.

They've also encouraged people to gather outside of their home in the event of a zombie apocalypse. This is a Bad Idea ™. If there are zombies in your house, there are zombies outside. You have fewer options for a good zombie defense outside of
They also don't identify good spots to use as rally points or evacuation centers. Or even good spots to hole up for a few days to get your stuff together.

You're also going to want a get out of dodge (GOOD) bag, as well as a GOOD plan (identify a rally point for those who are part of your zombie survival group) and supplies to keep your vehicle running so you can get out of dodge.

The Zombie Survival Guide isn't bad, but there's some bad strategy in it, and it does nothing to address the breakdown of societal order during the zombie apocalypse.

Dantelle Val says:
May 19, 2011 at 11:57 am
My husband always told me I wasn't ready for a zombie apocalypse. Now I will be able to get ready. lol. Thanks. Way to make emergency preparedness an interesting topic.

Shelabella says:
May 19, 2011 at 12:17 pm
I think this is an excellent campaign for the CDC to breathe life back into disaster preparedness. I love the zombie theme & think it's timely, unique, and has plenty of shock factor to make it memorable and highly effective.

The levity behind this is something that will interest my teenage boys...something that is so hard to do in this day and age(unless you a pixel, perhaps). Anyway, I really like this campaign, because it presents a disaster in a manner that I can actually entice my family into discussion; and it will provide some assistance for any potential disaster as well. Awesome job!

Shelabella says:
May 19, 2011 at 12:18 pm
I think this is an excellent campaign for the CDC to breathe life back into disaster preparedness. I love the zombie theme & think it's timely, unique, and has plenty of shock factor to make it memorable and highly effective.

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Burpy Turtle says:
May 19, 2011 at 12:43 pm
Worthless without a recommendation for a means of self defense. Does the CDC think that those mindless zombies with a taste for living brains are going to leave everybody alone just because they are carrying a bag with a gallon of water and a couple of sandwiches in it? Are zombies going to meekly scratch at the door and wait for somebody to come out to check the mailbox? And are the cops really going to respond within a reasonable amount of time when the zombies are chewing on your children?

Brian says:
May 19, 2011 at 1:15 pm
What a waste of our tax dollars. It's a shame that the childishness of the Obama administration has even infiltrated the CDC.

Solego says:
May 19, 2011 at 3:06 pm
I notice quite a few people posting about the usefulness of a baseball bat in the event of a zombie apocalypse. If you read the Zombie Survival Guide, it explains with gruesome detail exactly what happens to the guy with the baseball bat. It wasn't pretty and now there's a zombie with a baseball bat. In all seriousness, though, I think the biggest reason that weapons weren't addressed in this particular post was largely because it's designed to be an all encompassing emergency plan, not JUST for zombies. You're not going to need a shotgun in a hurricane. You specifically. Yea, you, I see you reading this post. You definitely don't need a shotgun. Ever.

But yea, general purpose emergency plan. And it's a joke. Just go with it. 😁

—Solego, Zombie Outbreak Response Team (ZORT) Member #42. Helena, MT.
alex says:
May 20, 2011 at 11:49 am
so this is saying that there could possibly be a zombie apocalypse

Ryan Tarpley says:
May 20, 2011 at 6:06 pm
To those posting that "this is a waste of tax dollars" I can only say that you yourself are a waste of tax dollars with your incredible idiocy. Articles like this draw attention from a generation that would normally not consider emergency preparedness. While I personally am a member of such a generation, the state I live in (Florida) makes it abundantly clear that emergency preparedness is not something that should be taken lightly. While this article is somewhat light-hearted, it draws proper attention by a demographic that would not normally think of such preparedness techniques. I certainly hope those making statements like this are purely trolls sent over by Fox News as otherwise, you are imbeciles. An article on preparedness without the word zombie would not attract the public eye as much as one that would. I, for one, have never even been to the CDC website before today and this exact article lead me here, further proving my point and allowing me to respond to your unwanted criticisms.

And to those saying weapons over essentials, it does not matter if you have a gun to fire or bat to swing if you don't have the strength to lift them due to muscle fatigue from dehydration or starvation. In a zombie-like scenario, bunkering is the best strategy for the common person to survive given an adequate stash of supplies. Obviously, the standard, non-couponing household will have a limited supply of up to a month (not considering fresh water) but a much longer supply is needed to allow for basic zombie degradation (depending on region and population density). Weapons are more likely needed against pillaging neighbors than from unwanted advances by the undead. Normally a strong offense is the best defense but in a case of being extremely outnumbered, this is definitely not the best motto.

Felicia Salais says:
May 23, 2011 at 8:04 pm
I thought this to be a culturally relevant and FUN way to express the importance of emergency preparedness. Obviously, zombies are not real (yet) but the effect of disaster on infrastructure is very real. A good way to get an idea of how life might be in the event of a widespread disaster is to look at how survivors in zombie horror movies... well... survive. Their first concern is often a safe haven... shelter. Then going up Maslow's Hierarchy, they would likely seek food and water, health, and eventually reconnection with civilization. This is not much different if at all than those displaced by natural disaster or affected by widespread disease. For those of you worried about government spending, this blog was going to be written regardless of whether or not Dr. Khan chose to use zombie apocalypse as an analogy for natural disaster/pandemic. The fact that you think this blog costs extra demonstrates that you have probably not been to the blog before, which has been in existence for quite some time now. CDC asked Dr. Khan to make the topic of this blog about emergency preparedness and he did just that. Fortunately for YOU, he decided to make it FUN and not boring. A blog that normally gets 3,000 hits over a period of weeks as received 50,000 hits in a matter of days. Let's quit making this a matter of politics and make it a matter of public health awareness and emergency preparedness, which is exactly what it is.

woofus says:
May 25, 2011 at 11:48 pm
Does the CDC normally work alongside religious professionals such as priests, ministers, and rabbis? It might be useful, in case of a zombie apocalypse, to determine whether some form of holy water or exorcism might have any effect, or whether that's just vampires.

David E says:
May 26, 2011 at 12:26 am
All, the real question is how does a resiliency framework hold up in the zombie attack? In this post self-sufficiency remains an important component of the resilience framework, but how does the rest of the resilience framework hold up in a zombie apocalypse.

sickly fellow says:
May 26, 2011 at 1:11 am
everyone should get the zombie survival guild. 2 key things, 1. if you run up stairs destroy the stairs and 2. swords don't jam or run out of bullets.
Jeff olskey says:
May 26, 2011 at 2:09 am

FIRST, THIS IS A WASTE OF MONEY, IT CANT BE JUSTIFIED!!!!!!!
SECOND, IM AN RN AND HAVE USED THE CDC'S SITE NUMEROUS TIMES HOW CAN
MY PTS WITH AN ALTERED MENTAL STATUS OR LOW IQ USE YOR SITE FOR BASIC
INFO..
THIRD, I SERIOUSLY QUESTION SOMEONES INTEGRITY AT THE CDC *********you are
not a govt agency FOR COMIC RELIEF*******
FINALLY, I GAVE MY EMAIL SOMEONE PLEASE ATTEMPT TO JUSTIFY THIS WASTE OF
MONEY,GOVERNMENT RESOURCES, AND MY
TIME!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Bob says:
May 26, 2011 at 8:27 am
Hahahahahahahahahahahahaha

RoboCoppage says:
May 26, 2011 at 9:40 am
I agree with the CDC that being prepared for an emergancy is top priorty, but what i
dont think anyone relizes is how real this could be. so many zombie movies and
books, its only a matter of time till somebody creates such a virus that will make the
zombie apocolypse more than just a hollywood blockbuster idea. We all must be
prepared for natural disaters but i believe the undead walking the earth will be a
glorious day for us zombie hunters.

Jeff says:
May 26, 2011 at 11:45 am
How do I find out about my Local Zombie Responce team? If I dont have one how
do I start one?

Gnarlyfoot says:
May 26, 2011 at 2:35 pm
Well done CDC. Don't worry about the critics complaining about tax money and
such... They're already zombies. If I may suggest:
1. Don't go out at night.
2. Try to avoid crowded areas.
3. Try not to draw attention.
Hooray for the MIW (men in white)!
Thanks again CDC.

Pingback: CDC's Zombie Attack Plan « The Daily Repost
Pingback: HealthExecNews.com » Blog Archive » CDC releases guide to prepare for
the zombie apocolypse

Adam Jones says:
May 26, 2011 at 3:35 pm
Well friends I am sad to say that there is noone to talk about with this subject... It's
depressing when the ones closest to you say that you look like a fool for something
such as this to happen... Well all I can say is that I will be ready if and when this does
happen...

cheapskate with my taxes says:
May 26, 2011 at 4:03 pm
Kudos CDC!
A large part of your function is advertising and education to increase the public
awareness. This particular advertising scheme was pure genius.
You can't buy the kind of buzz generated across the Net and media by this
innovative approach. THANK YOU for leveraging my tax dollars. (Also for helping
me plan to survive the zombies)

Miguel says:
May 26, 2011 at 4:05 pm
Hahahahahaha this is real? Omg! 😅 Yay! xD

maya mcfunnypants says:
May 26, 2011 at 7:11 pm
Don't forget to add salt to your emergency zombie kit. Helps fend off the zombies,
and makes your food tasty!
mlyshael says:
May 26, 2011 at 7:27 pm
this is not cool stop being stupid and get prepared of this and also buy a bat just in case.

Juan Torres Gomez says:
May 26, 2011 at 7:27 pm
none

Zombie Slayer says:
May 26, 2011 at 8:53 pm
I have a “ditch” bag, with the fix all for just about every possible scenario I could think of. I have divvied it between my primary bag, and a secondary “scout” bag, which is light weight. I have means of protection for my companions and I, too. I would hate to see it happen, but I would survive; guaranteed.

Marissa says:
May 26, 2011 at 10:53 pm
What a great idea! Would have never looked up an article about emergency preparation had it not been approached this way. Love it and glad to know how to get prepared! Thank you!

Sweet Lou says:
May 26, 2011 at 11:12 pm
lol. So many kids today really get hyped up for teh zombie appocalypse... Yeah i'll admit that running around killing zombies without having to worry about going to prison sounds alright to me to at first anyway. But what happens when you run out of, say, toilet paper or tooth paste and there's no one to make more. Think of all the little things, you enjoy and take for granted. Now would you really enjoy it when you've gotten sick of the reality of zombies... The world would literally stink like rotting flesh. Another thing is that zombies wouldn't be the only thing you have to look out for. There would be roving bands of living thinking humans whom, without the threat of law, would be more than happy to rape and kill you just to take what you have, and to enjoy whatever sick twisted fantasy they cook up on the spot. Suddenly A Zombie Appocalypse doesn't sound so Awsome.

lovingit says:
May 27, 2011 at 12:22 am
kudo's to the cdc!! I think it was a WONDERFUL idea by you doing this! It's just like everything else out there, you have to be unique and CREATIVE to get your POINT accross!! AND YOU WANT IT TO GET ACCROSS TO ALL AGE GROUPS!! And apparently ya'll did!! 😊 MAJOR kudo's!!!!!!!

Charlie Boucher says:
May 27, 2011 at 5:57 am
What is this? have you lost your mind? zombies? this on a cdc site. your fucking crazy.

Jason says:
May 27, 2011 at 6:23 am
LMFAO

Concerned says:
May 27, 2011 at 7:59 am
I love the idea of linking preparedness with current pop culture and getting the message out through social media. I think that most folks will take the humor in it to prepare their own family plan. However, I am really disturbed by the photo used on the opening tag - to me, the photo depicts an ultra paranoid person who some may construe as "over-thinking" and having delusional thoughts about preparedness. This photo may also lead viewers to leap to the conclusion that folks with phobias and delusions are the ones who may take preparedness seriously. I was also disturbed by the photo showing the dirty fingernails, which again led me to think that the person in the image wasn't grounded in reality, or taking care of themselves. I don't believe this is the type of image CDC should be promoting when we promote healthy people through preparedness and prevention. I am also
we promote healthy people through preparedness and prevention. I am also concerned that there may be some negative feedback from the religious community who may give the Agency negative feedback by the linking of Zombies to preparedness. Many religions associate Zombies to Satanic worship, and this linkage may reflect somewhat badly on the Agency. I hope it doesn't in the long run, because I can see the fun in it for the younger generation who loves this type of pop culture association. Please consider changing the main photo on the tag to something that folks wouldn't associate with paranoid or delusional thoughts or self-neglect. Thanks.

Matt says:

May 27, 2011 at 9:59 am
The first thing you need is a suit of armor so if you had to you could fist fight your way out

Christine says:

May 27, 2011 at 10:20 am
But you forgot to mention for preparation for a real zombie apocalypse, we have to be armed to the teeth! But it's probably not very responsible of the CDC to encourage weaponizing the United States citizens...

Frank Rabey says:

May 27, 2011 at 10:47 am
One essential omission from the CDC's writeup: There are few better protections in the event of a zed infestation than an original Real Deal Brazil recycled-tarp, the same incomparable headwear seen atop zombie-killer-king Woody Harrelson's own noggin throughout the 2009 hit film "Zombieland." The hats' heavy tarp is tough to bite through, especially for lumbering members of the mindless, brains-crazed undead. So make sure your own emergency kit isn't sorely lacking in this most-fundamental of protections — because once the zombies rise up from their newly gaping graves, online mail-order may be a bit limited. Act now, while you're still alive enough to manage it ...

purplejim8 says:

May 27, 2011 at 10:54 am
ok, a few things i wanna clarify:

1. Sanitation and Hygiene – Why bother? You'll be running all over the place trying to escape, why care about how clean your teeth or hair is? (sure the towels will come in handy if you get zombie brains splattered all over you after bashing them with a baseball bat)

2. Clothing and Bedding – Why would you need clothing? just wear the stuff on your back, if you need clothing, just break into an abandoned clothing store and grab some more duds.

3. Important Documents – Don't bother with all this stuff, its a zombie apocalypse, the first thing you'll be thinking is getting out of there alive, just take whatever you got in your wallet and book it. (Driver's license, ID Badge, credit card, etc.)

also, you left out one thing:

well, there you go, a "correct" list of what to take with you and how to defend yourself in a Zombie apocalypse. Hope this helps you all.

zach says:

May 27, 2011 at 11:09 am
Now i think that the CDC has gone crazy. If someone is dead that means their body organs stop functioning and the brain controls everything you do and the heart provides the blood for the brain to function correctly and if the heart stops then the brain stops and can not be made functional again because no blood means that your body cant do anything. Zombies are pure fiction, the dead cant rise and chase us because the bodies have probably decayed and when you die you Die and nothing can bring you back. Now that is fact and zombies are fiction.Its common sense.

raboof says:

May 27, 2011 at 12:22 pm
This campaign wasn't just an amusing way to advertise disaster preparedness. It was a test of the CDC servers, which could well have failed if this had been a real emergency. I would hope that CDC has learned something from this and taken steps to support sudden and massive traffic spikes.
Thanks for reading our blog and posting a comment. We did learn a lot about our blog servers during this campaign, however we would like to note that:

Blogs.cdc.gov, which is CDC's blog server, is located on a server outside of our primary Website. CDC's primary Web servers that house CDC's health information, outbreak information and emergency information are protected by a caching service that allows our servers to handle dramatic increases in traffic. CDC is prepared to handle large volumes of Web traffic that may result in public health emergency.

Rest assured that during a real emergency CDC.gov would be ready.

Thanks again!

Great Information! The CDC is on the right track with this campaign... It brought a lot of awareness to an important subject... Whoever thought it up should get a raise!!!

The existence of the tact taken in writing this blog proves one thing: The zombie apocolypse is already here, and the brain-dead have already been re-animated at the CDC.

Just have to say, the basic preparation that the CDC is giving us, is more than adequate in any fall down of the earth. You need your basic materials just to survive and if say a tsunami hit us, we would be prepared with the necessary supplies to survive. The CDC is only telling us what we should already know and have set up for when the world is taken over by zombies or by each other.

wait is this real or a joke

Wow I know this will be so exiting so I cant wait this to happen.

I have been prepared for a zombie outbreak ever since I first watched Shawn of the Dead. I can't tell you all of the details (confidentiality stuff) but I could share a few tips that could potentially save your life.

Tip 1: As we have learned from zombies in movies, games, and books. Zombies are attracted towards sound (gunshots, explosions, car alarms, etc...). so my first tip is: STAY QUIET.

Tip 2: Large groups will slow you down and will raise the chances that the disease will infiltrate your group and within days the whole gang will be undead. On the other hand wandering around by yourself in post apocalyptia will leave you vulnerable and lonely, which can be death sentences around the living dead. So tip #2? STAY IN A SMALL TO MEDIUM SIZED GROUP. 4-8 people is the ideal number for survival in a Zombie scenario. But your group can't just be the first 8 people that you see, make your group before the outbreak strikes. Make sure that each individual has something to bring to the table, whether it's electronic know how, or is a dead aim. And most importantly, make sure that you get along well with each person in the group so that there is no fighting within the group. Teamwork is ESSENTIAL in a zombie outbreak.

Tip 3: This is a tip that is often overlooked in zombie games/movies. HYGIENE. Keeping yourself clean will help fight off things like flu, the common cold, pink eye, pretty much anything that you could sick from before the zombieapocolypse you can get sick from after the zombieapocolypse. So make sure to brush your teeth, clean your clothes, and wash behind your ears!
Tip 4: You never know how long it will be during the zombie outbreak before you can restock supplies such as water, food, ammo, or medicine. So Tip 4 is STOCK UP SUPPLIES. You may need to stock up supplies for as long as 1-6 months. Running out of food, medicine, ammo, etc... will cripple any chances you have at long term survival in a zombie apocalypse.

Tip 5: What's the worst thing that can happen to you during a zombie outbreak? Well other than the obvious (infection) the answer is: depression. Depression will lower your immune system, cause stress, and cause you to be tired constantly. So Tip 5 is KEEP UP YOUR SPIRITS. I know that it would be hard to not be depressed when your friends and family have been turned into flesh eating zombies, but you need to try your hardest to keep up a light attitude.

Those are my tips. I have more but I'm starting to get tired of typing. So I hope this helps for when the Zombpocolypse hits.

big daddy beaviss says:
May 28, 2011 at 3:48 am
I have been preparing for this day for a long time im glad others are taking it seriously lest our entire civilization be wiped out when they rise. My biggest concern is fresh water, where to find it how to keep it drinkable and how long will the water supply be down if we DO avoid armageddon at the hands of the zombie hordes.

IE Ries says:
May 28, 2011 at 8:01 am
I heard about this article via an NPR "All Things Considered" piece and just *had* to come and look.

What a creatively comical way to address a number of issues – bravol A little levity does go a long way, and using popular culture to facilitate thinking about preparedness was innovative.

Thanks for the article – as a Florida resident, I'll be sure to pack an extra bottle of water in case "waves of zombies" follow hurricanes and flooding!

P.S. To those complaining "is this for real" and "wasting tax dollars," PLEASE do us ALL a favour next time and read the article BEFORE you post your comment. It's very evident from your uninformed post that you did NOT even read CDC's article, which is REALLY about disaster preparedness, PERIOD. Spoil sports!

Allison says:
May 28, 2011 at 9:50 am
I have had a zombie invasion readiness kit in my vehicle for awhile now. I'm glad this article was posted as maybe more people will keep emergency supplies at hand...if not for a zombie apocalypse, then for more frequently occurring everyday disasters. Being stranded without supplies sucks, zombies or not!!

Lenricco says:
May 28, 2011 at 11:10 am
Can I have the the movie rights please.

cconcerned citizen1911 says:
May 28, 2011 at 12:40 pm
glad the government is finally admitting that they created zombies and are using them for secret drug testing, although it alarms me that they released this information as it means that zombie have escaped the secret island on which they were held.

Pingback: PHOTOS: Light Rail Provides Gateway To SeaTac For Zombie Uprising: SeaTac Blog

Alex says:
May 28, 2011 at 5:22 pm
Yup, too bad this is impossible, and it would end too quickly for anyone to even care, considering how there's nothing to control a dead body, maybe a type of rabies that makes people go insane? But not zombies, here's my explanation.

Lisa Santoro says:
May 28, 2011 at 6:45 pm
I think it's ridiculous that you've posted this! You have made your agency a joke.
How could anyone take this seriously? I think I'm more than prepared after watching countless zombie movies. Maybe you should keep your focus on real life disasters and refrain from commenting on science fiction!

crazymommy2471 says:
May 28, 2011 at 6:58 pm
U HAVE TO BE FREAKING KIDDING ME!!!!!! WHAT IS THIS CRAP?! THE CDC DIDN'T HAVE ANYTHING MORE IMPORTANT TO TALK ABOUT. I DON'T BELIEVE IT AND I NEVER WILL!

Jason says:
May 29, 2011 at 2:31 pm
The best zombie apocalypse survival guide show is the Walking Dead, and in the seasons last episode, we saw how valiantly the CDC kept up the efforts. Good job, guys.

Pingback: CDC Preparedness Alert: Survive the Apocalypse

Herman Garcia says:
May 29, 2011 at 9:18 pm
Thank you CDC, the person in charge of this add was thinking outside the box. It seem as if most government agencies try to avoid this type of thinking. I know your sight must have had a lot of hits, and more people are now thinking of being prepared for some type of disaster. Even if it is not a Zombie attack they might be more prepared for an earthquake or any other type of disaster. Thanks again, Herman Garcia, Captain, U.S. Forest Service

Cristina says:
May 29, 2011 at 9:50 pm
Wow! Its true we should be ready for any natural disasters...But the "Scary" part is the zombie's...Can it really happen? I think it wouldn't happen if well humans took care of Earth more often and there was less polution and nuclear weapons out there...Less of the things that shouldn't be here like cars and stuff that aren't healthy for the planet we practically poison our own planet every year...People Recycle and start living a Healthy Life Style...Before its too late...I dont want to be Zombie food...

batmen says:
May 30, 2011 at 1:30 am
in addition to zombie preparedness, we must also prepare for suburban ninja armies and the batmen...oh for goodness sake, why did there have to be batman platoons?

Lung Cancer Symptoms says:
May 30, 2011 at 6:55 am
I am surely not too accustomed to this subject matter but I do prefer to check out blogs for layout tips and intriguing topics. You honestly described a matter that I in most cases really do not care a great deal about and manufactured it highly fascinating. This is a nice blog that I'll be aware of. I currently bookmarked it for future reference.

Alison says:
May 30, 2011 at 7:24 am
It really angers me to see people complaining about there money being a waste as it goes to places such as the CDC. Can you not read between the lines?! This article isn't solely for the preparedness of zombies, but this can help us in any emergency. DUH. Most people aren't prepared when a hurricane, tornado, earthquake, or even power outage hits. This list aids in the survival of any of those things, does it not? It's basically a friendly reminder of the ways you can prepare yourself for ANYTHING. Stop being whiney. And by the way, it's up to you to procure a firearm in case of a zombie apacolypse... but keep it out of your children's hands...

b says:
May 30, 2011 at 2:02 pm
wooden bats r better less ware down over a period of time aluminum will dent and ware down...

cyberjeep says:
May 30, 2011 at 3:15 pm
Let me be the first to say: Bravo! I totally agree; until I saw the word Zombie, I was not interested in how to prepare for an emergency. Although we do have plans in
place (I say this loosely) we would have to scramble around looking for all of our stuff! So once again, I will thank you for having me look at this in a totally different way! And be better prepared...

Unknown says:
May 30, 2011 at 6:48 pm
Obviously you guys are missing the point. It's not about a zombie attack. I mean in my opinion that would be pretty fun, but its about preparing for natural disasters as they mention like every other sentence.

So as someone said before its a way to attract peoples attention and awareness of what to do if a natural disaster happens. The most common ones that CDC mentioned were hurricanes and tornadoes.

And about wasting money I dont really know what your talking about any person with any common sense could write this, all it takes is a little of time. so dont worry your tax dollars are safe.

But if some disease ever came to infect people on earth creating any sort of zombie like apocalypse, I would recommend reading "The Zombie Survival Guide" by Max Brooks. It provides some really helpful information which can also be used for natural disasters. One thing that they forgot to mention was a portable generator or portable propane gas oven, this is very helpful for cooking canned food or disinfecting water when your on the move.

One more thing STAY AWAY FROM PITTSBURGH! for some reason people would all come to pittsburgh just because george romero lives there...

Pingback: Zombie Apocalypse addressed by CDC
Ted says:
May 31, 2011 at 7:03 am
The Zombies have asked that we all refrain from using the Z word. It has very negative connotations and feel it hurts there cause.

Pingback: Beware the Dead - 2SecondsFaster.com
Andrew S says:
May 31, 2011 at 1:18 pm
I think this is awesome, using humor to actually teach something. If it can work in the class room why cant it work for a government agency.

to all you critics “limber up” and grow a sence of humor
Thanks CDC

Keime says:
May 31, 2011 at 2:44 pm
Is there any scientific or factual evidence that could possibly explain how a zombie apocalypse or why a zombie apocalypse might occur. This whole article will just send people panicking over something they shouldn't be worrying about, but rather worry about something much more real and possible such as a tornado, earthquake, or any other kind of probable natural disaster. I don't believe in the typical Hollywood zombie, and until given factual and solid scientific evidence explaining how and why this would occur, I refuse to acknowledge this as a valid warning, but rather a frivolous blog post that will only stoke the fire of zombie fanatics and believers. While I respect their opinions, as they are entitled believe whatever they may want to, scientifically based or not, it is a bit annoying when the CDC posts something that lacks proper support on a logical and scientific field.

Jason says:
May 31, 2011 at 3:43 pm
Most zombies dont eat brains they eat the living flesh not brains

Christina S says:
May 31, 2011 at 3:48 pm
I say...useful information 😊 thanks CDC!

CHAVA-ZOMBIE-KILLA says:
May 31, 2011 at 4:01 pm
Zombies dont just eat brains a true master of zombie know it all would know that. I cant believe there are still folks out there that believe that just because they are zombies they automatically just go for the brain, because really they go for whatever they can sink their teeth into. Whats next your also going to say that they...
also go around screaming BRAINS, BRAINS! Why dont you go and get up to date on your zombie info because god knows you really need it.

**Army Doc** says:

May 31, 2011 at 4:50 pm

I think we should refrain from bashing the folks who ask things like “Is this for real?” or “How many of MY tax dollars were wasted?” Clearly these unfortunate individuals are lacking a functioning sense of humor (whether they were born that way, or whether the deficiency was acquired through some tragic accident). Can you imagine going through life without the ability to discern and enjoy all things funny? What small, sad lives they must lead! I feel sorry for them. They deserve our pity.

**Deborah Scott** says:

May 31, 2011 at 5:27 pm

I loudly applaud your approach! I have been screaming/teaching “out of the box” thinking to improve the culture with infection prevention to give the information that is needed to those who normally avoid the subject and the people who are associated with it. It works! My hat off to you!

**CANNON** says:

May 31, 2011 at 7:34 pm

Is the CDC stupid!? Telling people to worry about having their papers ready to present to the government, but leaving the most important thing out of post-disaster survival? Which would be having a means to defend yourself from looters, government soldiers (post martial law, as in hurricane katrina) trying to force you to concentrated locations to be under their control, and of course zombies. If there is any such disaster similar to the one described above, my first thing in the list of my survival kit is my AK. The survival kit above looks like something some girl-scout or gay feminist would have, not a true survivalist. Guns are good in all disasters not only for defense from looters and other enemies, but good for hunting and putting food on the table.

I think the reason they left out guns, is because it is typical of the U.S. government to be anti-American and against our rights, they don't like the idea of us being armed.

**Nathan** says:

May 31, 2011 at 9:19 pm

hey, is this serious??

I'm not north america... I'm in Brazil, and CDC warning for a “zombie” attack seems too metaphorical for me... not to say a real JOKE, or even TOTAL FAKE...

Is zombies just a fiction or american centres of technology have developed chemicals for turning humans into monsters?

**AlisonRose** says:

May 31, 2011 at 9:45 pm

Great piece. My only suggestion is that in the history section, you should give a shout-out not only to “The Walking Dead” (as a previous commenter did) but to The Strain Trilogy by Guillermo “Pan's Labyrinth” del Toro and Chuck “The Town” Hogan.

First two of the books (“The Strain” and “The Fall”) are already out-third one arrives this October. The heroes are epidemiologists from the CDC—woot! Give yourselves a hand!

Oh, and reminding us about general emergency preparedness? That's cool, too.

**Survivor** says:

May 31, 2011 at 10:15 pm

lol and all my friends were like"there's no zombies! the got. would know!" well now they do, dont look so crazy now do i?

*most people worry if they left the stove on, i worry about the zombie apocalypse (>_<)

**Sissy** says:

May 31, 2011 at 11:12 pm

What about animals I have five horses and five dogs to think about and I aint never leaving them even if I had to die in the process!

Pingback: Traveling Incognito | Zombie Survival Crew