

# A REBEL'S GUIDE TO ZOMBIE PREPAREDNESS

UNLV's Office of Emergency Management can help you choose the right defenses to **#BeRebelSAFE**

Unlike natural disasters, the zombie apocalypse is quite unnatural and features one pretty unique component, brain-eating zombies. If you want to keep your head - and everything else - you'll need to prepare. Whether you plan to hunt down the living dead or lay low when it all goes down, now is the time to get informed, make a plan, build a kit, and get involved.

## STEP 1: BE INFORMED



Ensure you are connected to campus and local alerts to be the first to know about an outbreak.

Reputable news outlets begin to report isolated zombie sightings. UNLV Police sends a RebelSAFE Alert warning students that the dead are walking on Pida Plaza. FEMA and the CDC recommend that citizens should consider leaving the metro area.

Download the RebelSAFE App, follow social media feeds, and stay in touch by watching television and listening to radio broadcasts whenever possible. Being connected could be the difference between getting out and getting eaten.

## STEP 2: MAKE A PLAN

Identify your exits and know how to evacuate quickly and safely in a crowd to avoid being turned into a zombie.

What do you see as potential threats? Are you trapped? Or can you run and hide?

Determine the actions you would take in a variety of situations. Prioritize and communicate with your team. Anticipate needed alternative routes and determine a meet up location should you be separated in the swarm.



## STEP 3: BUILD A KIT

The zombie apocalypse has arrived! There is no need to panic. Okay, maybe just a little panic. But first things first, you may need to survive for a long period of time, and the first 72-hours are going to be vital. You'll need supplies - and it's best to have them ready to grab and go!



- Set aside enough water: one gallon per person in your zombie-spotting posse, per day.



- Stock up on non-perishable food items. Fresh fruits and vegetables won't help you here.



- Without medications and first-aid supplies this apocalypse might not last long for you. Include items to treat cuts, but keep in mind if it's a bite mark, the victim should be left behind. No one said these decisions would be easy.



- Pack away a utility knife, some duct tape, a battery-powered radio and other similar tools and supplies that might come in handy.
- Make sure to have clothing and blankets for your crew.
- Have copies of important documents like driver's licenses and birth certificates, for when society begins to rebuild.

## STEP 4: GET INVOLVED

Take charge and get involved before the zombie apocalypse - get the necessary training to survive and help others.

Are you prepared to attack if you can't get away from a group of zombies? Are you trained in basic first-aid and can help bandage a group member, or perform CPR?

Join #RebelCERT and be prepared to support evacuation efforts, be the 1<sup>st</sup> first-responder, and run search and rescue operations if a group member goes missing.

Take a Girls on Guard class and learn how to defend yourself and avoid being bitten.

