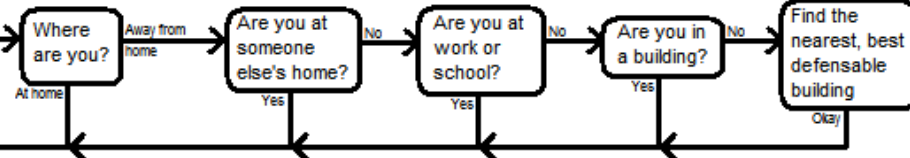


Section One: Find Shelter

You won't be able to survive long on the run. It is vital to find a safe place to hold out against the undead horde.



Is this place defensible?
A defensible location should have these attributes:
-Sturdy construction
-Few (if any) windows
-Tools and weapons
-Food and water

Good Shelters

- Older houses in good repair
- Houses with few close-by neighbors
- Anywhere with a sturdy fence
- Two story houses
- Stores with few or barred windows
- Warehouses
- Army bases (best choice, but they may not let you in)

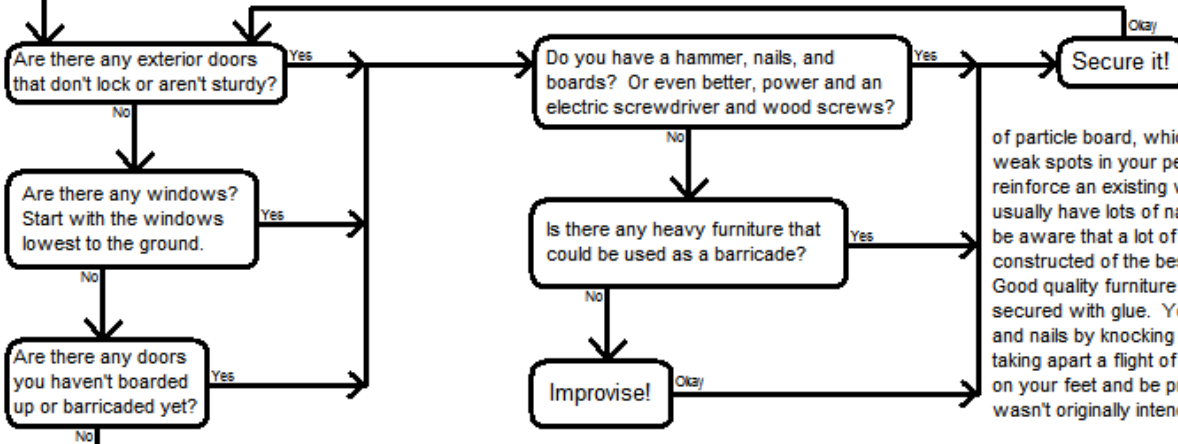
Bad Shelters

- Supermarkets
- Most school buildings
- Mobile homes
- Modern tract housing
- Apartment buildings
- Police stations
- Hospitals (this is the absolute worst place to go!)

Find the best location you can, even if it's not ideal, or travel as stealthily as possible until you find somewhere you can hole up.

Section Two: Fortify

While no Zombie is smart enough to use a doorknob, they will pound on a door until it breaks down, or smash through a low window.

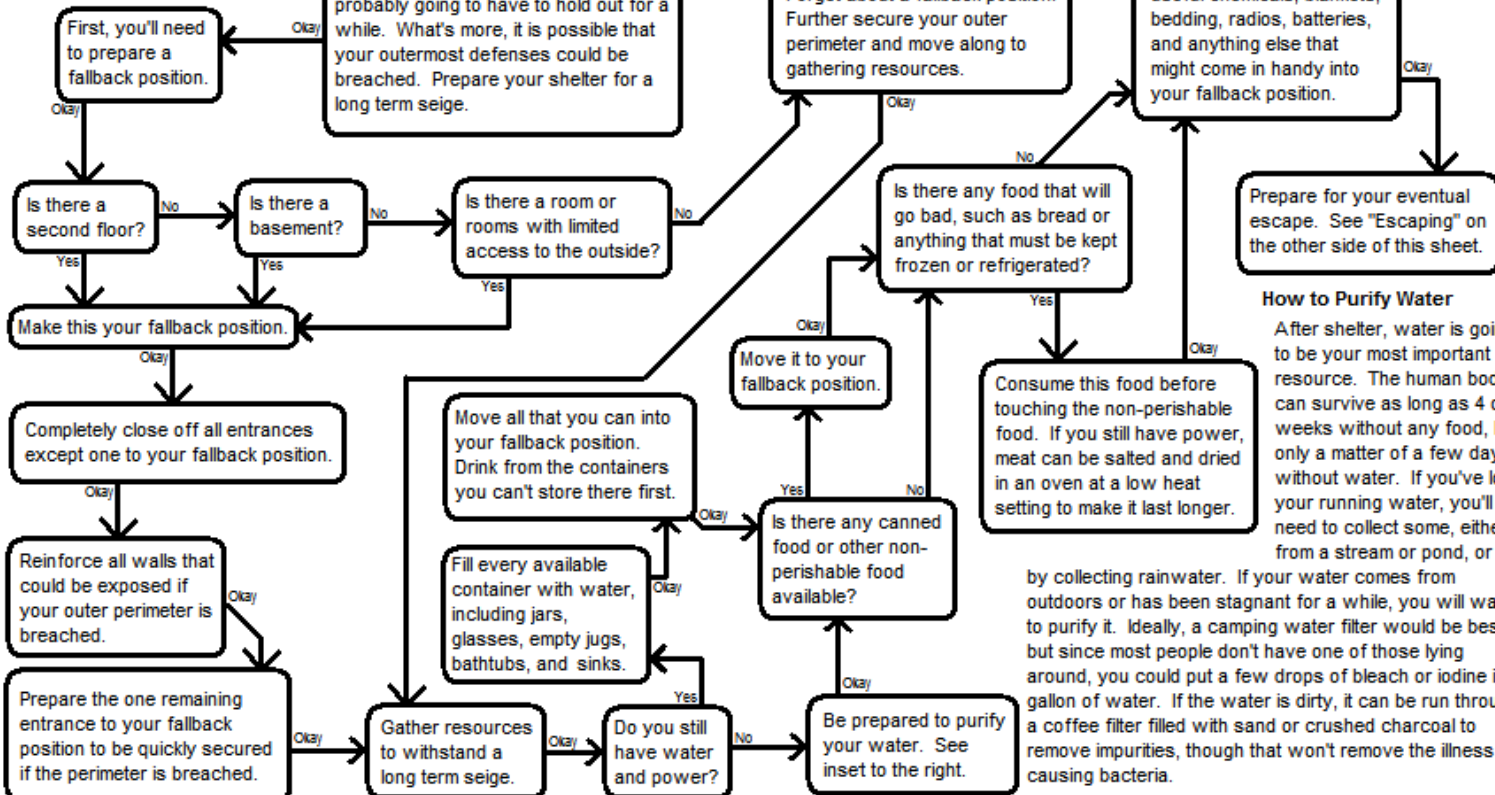


How to get boards and nails/screws

Even if your shelter doesn't have lots of loose wood and nails lying around, that doesn't mean you're out of luck. Dressers and bookshelves can be disassembled for the boards and nails or screws they contain. Keep in mind however that much of the newer, mass produced furniture is made largely of particle board, which will not be very good for securing weak spots in your perimeter, though it could be used to reinforce an existing wall. Still, this type of furniture will usually have lots of nails and screws holding it together. Also be aware that a lot of high-end furniture, while it may be constructed of the best wood, may not have any fasteners. Good quality furniture is frequently dovetailed together and secured with glue. You can also get lots of good two by fours and nails by knocking down a non-load bearing internal wall, or taking apart a flight of stairs. It is most important to keep thinking on your feet and be prepared to try using something in a way it wasn't originally intended.

Section Three: Secure

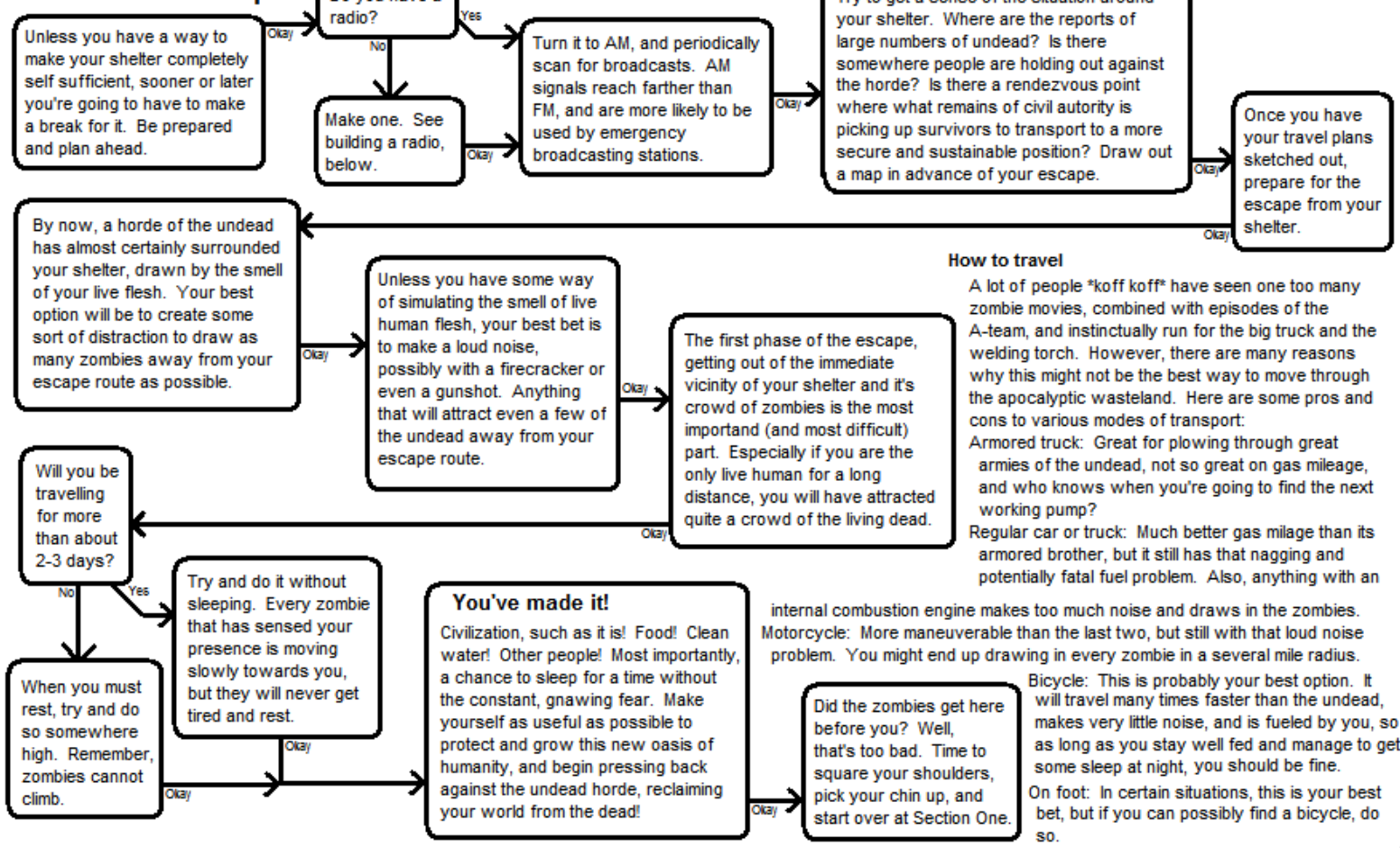
Whether you like it or not, you're probably going to have to hold out for a while. What's more, it is possible that your outermost defenses could be breached. Prepare your shelter for a long term siege.



How to Purify Water

After shelter, water is going to be your most important resource. The human body can survive as long as 4 or 5 weeks without any food, but only a matter of a few days without water. If you've lost your running water, you'll need to collect some, either from a stream or pond, or by collecting rainwater. If your water comes from outdoors or has been stagnant for a while, you will want to purify it. Ideally, a camping water filter would be best, but since most people don't have one of those lying around, you could put a few drops of bleach or iodine in a gallon of water. If the water is dirty, it can be run through a coffee filter filled with sand or crushed charcoal to remove impurities, though that won't remove the illness causing bacteria.

Section Four: Escape



Appendices

Appendix A: Know your enemy

Zombies are a very dangerous foe, but they do have one weakness: they are creatures of pure instinct, and their only goal in unlife is to consume live flesh. Because of this simple fact, they are very predictable. The only real advantages the undead have are a total lack of fatigue, superior numbers, and the sheer terror of their horrible appearance. With the right tools, knowledge, and frame of mind, you can overcome all of these. Here are several important points about the undead to aid you in the fight against them.

- Zombies Movement:** Zombies generally move in a slow shamble, but when they sense life close by they will make a brief rush towards their prey, arms outstretched and moaning. Always remember that even if you outrun a zombie, it will continue shambling slowly in your direction unless distracted by another target.
- Zombies Attacks:** Zombies always move in a direct line towards the nearest living person. Their arms will be outstretched to grab and pull you towards their mouths. Always keep in mind that their ONE GOAL is to sink their teeth into your flesh. Don't expect them to react to a counterattack from you.
- Attacking Zombies:** A solid blow to the head that damages the brain is the ONLY WAY to stop a zombie. Do not bother aiming for any other part of the body. Be aware that even if only the head survives, it will still try and bite you if get too near. You must destroy the brain to stop a zombie.
- Good Zombie Weapons:** Guns are great, as long as you don't plan on being sneaky. The sound of gunfire is sure to draw zombies from all around. For distance weapons, a slingshot or sling is best, but do require practice. For hand to hand combat, you'll want a long weapon with a weighted end. A good, solid club or axe is a good choice here. Swords are good for penetrating the skull, but can become stuck. Non incendiary explosives are useful for temporarily clearing a path, but aren't likely to permanently finish off a zombie. NEVER, EVER USE FIRE, especially near your shelter! While a normal zombie is dangerous, a burning zombie will keep moving, keep trying to bite you, and will tend to set anything around it on fire. It can take up to several hours for a zombie to burn enough to actually stop moving.
- Zombies Cannot Climb:** They can drag themselves up something of about shoulder height, but they don't know how to actually pull themselves up anything much higher than that.
- Zombies Never Stop:** They will continue to track you across any distance. They will continue pulling and pushing against any barricade. They will never grow bored milling about outside of your shelter. You must be constantly vigilant, checking and rechecking every weak point of your shelter.
- Zombie Wounds:** Any wound inflicted by a rotting corpse will very likely become infected with normal bacteria. Clean any wound thoroughly and use disinfectant if possible. ALL ZOMBIE BITES WILL RESULT IN INFECTION BY THE ZOMBIE PLAGUE! THERE IS NO CURE! It is vaguely possible that if you are bitten in an extremity, say in the hand, if you immediately (within a few seconds) cut off the entire arm, you may avoid undeath. Don't count on it, though, and plan on restraining anyone who may have been bitten for at least 36 hours.

Appendix B: How to Build a Radio

With a few items from around the house, you can build a simple AM Radio. This will help you stay up to date on the situation as it unfolds. Remember, knowledge is power, and the ability to reason is your most powerful weapon against the undead. (Special thanks to www.sci-toys.com for this idea)

- You will need:
- A round plastic bottle, such as a shampoo bottle
 - Enamel coated magnet wire - this can be found inside a microwave or in the transformers of many other electronics.
 - A diode - this can also be found in many household electronics. Look on a circuit board for a small component, a tube about 3/16" long and 1/16 to 1/8" in diameter. It should look like it's made of orange glass, with a wire coming out of each end. One end will be painted black.
 - A telephone handset or pair of headphones. If you use a telephone, don't use a cordless phone.
 - Insulated wire (50 feet or more) or a tv antenna.

- Poke 2 holes half an inch apart at each end of the bottle. Tie off the enameled magnet wire in the two holes at one end of the bottle, leaving several inches loose on one side.
- Start winding the wire around the bottle. After 5 loops, leave a small loop (wrapped around a pen or stick) standing out from the bottle. Wrap 5 more times, leave another loop, and repeat until the entire bottle has been wrapped.
- When you get to the two holes at the other end of the bottle, tie off the wire through these, leaving about 8 inches of wire loose.
- Using sandpaper or a knife, scratch the coating off the ends of the wires, and the small loops you made that stand off the bottle. Leave the coating intact everywhere else!
- Attach the diode to the loose wire at the bottom of the bottle. Solder if you can, but twisting the wires together and taping them up will do the job.
- Cut off the end of the telephone cord or the jack off the headphones. In a phone cord, use the black and yellow wires. In headphones, you will most likely see either blue, red and black, or blue, red and uncoated. Wrap the blue and red together, and the black or uncoated will be the other wire.
- Attach one wire to the free end of the diode, and the other to the loose wire at the top of the bottle. Solder if possible, or use tape or an alligator clip if you have to.
- Put your antenna (insulated wire or tv antenna) as high up as possible. If you have one, attach an alligator clip to one end. This end will be clipped or held to the various small loops you made that stand off the bottle.
- If you've done everything right, you should be able to hear AM radio stations through the headphones or handset. Move the antenna wire to different loops to change the station. A longer antenna will produce louder sound, and higher up it will be clearer.