

# COVID & PANDEMIC THREATS ACTION GUIDE

**Vision:** Our vision is to provide a weekly, step-by-step guide to help people prepare before a given threat becomes a reality. We encourage you to print and keep a collection of these weekly guides and website information. We also suggest you keep your collection in a notebook in case there is a loss of the internet and power at the very time you need these guides.

We believe as you consider these guidelines and prepare, you will gain the knowledge and skills to adapt to the anticipated threats. These guides may not address every contingency but, being prepared for threats and disasters in general helps individuals gain the peace of mind that they have done what they can do to enhance their chances for safety, survival, and the well-being of their communities. This resource and comprehensive approach fosters resilience and prosperity in challenging times when many others may be caught off guard.

## **EXPERT: DERIC A. GILLIARD**

Deric is an activist, historian and writer who worked for the last five Presidential administrations from President Clinton to Biden in the US Department of Health and Human Services. His career started as Dr. Martin Luther King's Southern Christian Communications Director. He became sensitized to the issues faced by HHS demographic because of a family member's struggle with seizures and the challenges in getting appropriate care. Mr. Gilliard was invited by a caucasian female nurse to join the HHC in 1998 to reflect equity and serve the eight SE State Region. Deric compares and assesses the Trump Administration through the lens of race politics and justice. His memoir "The Longest Four Years of My Life" can be found on Amazon.com (<https://www.amazon.com/Longest-Four-Years-LifeAdministration/dp/BODJ7YPP9Y>)



# GOVERNMENT PERSPECTIVE

## Topic One

From a government perspective, COVID-19 and any other pandemic threat can be understood through three key lenses:

**1. Public Health Response** - Governments prioritize the health and safety of their citizens. This involves implementing measures such as lockdowns, social distancing, mask mandates, and vaccination campaigns. The challenge lies in balancing public health with economic stability and individual freedoms.

**2. Economic Impact** - A pandemic can lead to significant economic disruptions, including job losses, business closures, and reduced consumer spending. Governments must devise stimulus packages, financial aid, and support for affected industries to mitigate economic fallout.

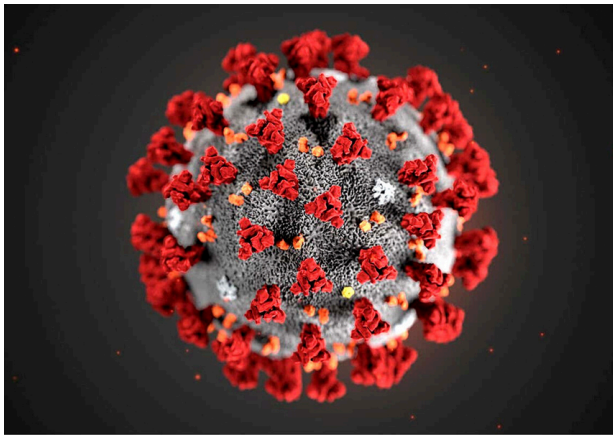
**3. Healthcare System Preparedness** - A pandemic will expose vulnerabilities in healthcare systems. Governments must assess their capacity to handle surges in cases, ensure adequate supplies of medical equipment, and enhance healthcare infrastructure to manage current and future health crises.

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# INFORMATION AND COMMUNICATION

## Topic Two

Effective communication is critical during a pandemic. Governments need to provide clear, accurate information to the public about any current health threat, preventive measures, and vaccination efforts to build trust and ensure compliance.

**Global Cooperation** - COVID-19 was a global challenge that required international collaboration. Likewise, any future health threat will require governments to engage with other nations and organizations, share information, resources, and vaccines to combat the pandemic effectively.

**Policy Development** - Pandemics necessitate rapid policy adjustments, including emergency laws and regulations. Governments must remain agile in their decision-making to respond to the evolving nature of the pandemic.

**Long-term Planning** - Beyond immediate responses, governments need to consider long-term strategies for pandemic preparedness, including research and development for vaccines, surveillance systems for early detection of outbreaks, and public health education.

Managing the COVID-19 pandemic involved a multifaceted approach that prioritized public health, economic stability, effective communication, and international collaboration while preparing for future health threats.





# A GOVERNMENTAL COMPREHENSIVE GUIDE

## Topic Three

A Governmental Comprehensive Guide is necessary to protect against and deal with any pandemic. Three primary precautions are:

- 1. Get Vaccinated** - Vaccination is one of the most effective ways to protect yourself and others from COVID-19 and related viruses. Stay up to date with booster shots as recommended by health authorities.
- 2. Wash Hands Frequently** - Use soap and water for at least 20 seconds, especially after being in a public place. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- 3. Avoid Touching Face** - Minimize touching your eyes, nose, and mouth to reduce the risk of virus transmission.

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# SUGGESTED PRACTICES

## Topic Four

The same governmental guide also suggests some disputed practices, dependent upon the research source and many other factors. Nevertheless, the government would encourage citizens to be conscientious of vulnerable populations and voluntarily observe suggested practices such as:

- 1. Wearing Masks** - In crowded or indoor settings, wear a mask that covers your nose and mouth. Follow local guidelines regarding mask mandates.
- 2. Social Distancing** - Maintain Distance - Keep at least 6 feet (about 2 meters) away from others, especially in crowded or enclosed spaces.
- 3. Improve Air Flow** - Ensure good ventilation in indoor spaces by opening windows and using air filtration systems. This helps reduce the concentration of viral particles in the air.
- 4. Limit Gatherings** - Avoid large gatherings and crowded places, especially if COVID-19 transmission rates are high in your area.

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# MONITOR HEALTH

## Topic Five

**Monitor Health** - These five guidelines were issued during the Covid-19 health crisis. Individuals can better protect themselves and their communities from COVID-19 or other health threats by adhering to these guidelines consequently contributing to the collective effort to combat a current pandemic.

**1. Stay Alert for Symptoms** - Be aware of COVID-19 symptoms such as fever, cough, shortness of breath, fatigue, and loss of taste or smell. Seek medical advice if symptoms develop.

**2. Get Tested** - If you have symptoms or have been exposed to someone with COVID-19, get tested. Follow local guidelines regarding isolation and quarantine if you test positive.

**3. Support Mental Well-Being** - A pandemic can cause stress and anxiety. Engage in activities that promote mental health, such as exercise, meditation, and maintaining social connections through virtual means.

**4. Watch for Follow Official Guidelines** - Keep up to date with information from reputable sources such as the World Health Organization (WHO) and your local health department regarding COVID-19 and preventive measures.

**5. Help Others** - Support your community by sharing information, helping those in need, and encouraging vaccination and health measures.







# THE CDC PERSPECTIVE - POLICY

## Topic Six

The Centers for Disease Control and Prevention's (CDC) perspective on COVID-19 or any other health threat is centered on science-based guidance, public health preparedness, and a commitment to health equity, with an emphasis on vaccination, community engagement, and ongoing research to combat the pandemic effectively. Here are key points reflecting the CDC's perspective on COVID-19:

- 1. Monitoring Cases** - The CDC emphasizes the importance of continuous surveillance to track COVID-19 cases, hospitalizations, and deaths. This data is critical for understanding the spread of the virus and informing public health responses.
- 2. Variants Tracking** - The CDC monitors variants of the virus to assess changes in transmissibility, severity, and vaccine effectiveness.
- 3. Public Health Guidelines** - The CDC provides clear and science-based guidelines for individuals, businesses, schools, and healthcare providers on preventing COVID-19 transmission. This includes recommendations on mask-wearing, social distancing, and vaccination.
- 4. Travel Advisories** - The CDC issues travel health notices and guidelines to inform the public about the risks associated with travel during the pandemic.



# THE CDC PERSPECTIVE - POLICY

## Topic Six

**6. Vaccine Safety Monitoring** - The CDC monitors vaccine safety through the Vaccine Adverse Event Reporting System (VAERS) and conducts studies to assess the effectiveness of vaccines.

**7. Addressing Disparities** - The CDC focuses on health equity by addressing disparities in COVID-19 impact among different populations, including racial and ethnic minorities, and ensuring that vaccines and healthcare resources are accessible to all communities.

**8. Community Engagement** - The CDC emphasizes the importance of public education to combat misinformation about COVID-19. They provide resources, fact sheets, and toolkits to help communities understand the virus and preventive measures.

**9. Emergency Preparedness** - The CDC prepares for future pandemics by enhancing public health infrastructure, improving laboratory capabilities, and conducting research to inform emergency response strategies.

**10. Collaboration** - The CDC collaborates with local, state, and international health agencies to coordinate responses and share information regarding COVID-19.

**11. Ongoing Research** - The CDC supports research on various aspects of COVID-19, including transmission dynamics, long-term effects, and the effectiveness of interventions, to guide public health policies.





# PEACE & SPIRITUAL LIVING

## Topic Seven

Peace could be very elusive during a worldwide threat because of the stress any individual threat would create in one's life. Let alone if these threats appear in clusters or simultaneously, as often is the case. Dealing with stress is very important during times of personal relationship problems, financial, health, and survival issues. Successful stress management and remaining clear headed could make the difference in your survival.

More than stress management, maintaining your peace during a disaster could prove to be more valuable than the gold you stored to barter with. Having peace can help your family, friends, and all of those around you that are in a critical situation to survive in an abundant way.

Peace is directly associated with spirituality. If you have not considered spirituality, now would be the time to develop it while we are in a relatively peaceful time. Seeking a Higher Power for peace makes sense since when so many things will be out of your control during a worldwide threat.

Believing Jews look to the God of Abraham, Isaac, and Jacob to bring them peace. Prophecies of the Messiah help the Jews focus on God as their victor and keeper. For Jews, their bible predicts the coming of the Messiah who will protect them and establish his forever kingdom.



# PEACE & SPIRITUAL LIVING

## Topic Seven

Those who know the Jesus of the Christian Bible will deal with stress completely differently than those who do not. There are several reasons for that. First, the bible is full of prophecies foretelling the birth and mission of Jesus to make peace between God and mankind in addition to his return to set up a kingdom of His peace. Jesus came and fulfilled the prophecies of his birth, death, and resurrection. Christians have a great deal of evidence that he will keep his promise to return and ultimately establish worldwide peace. The well-known Christmas prophecy hundreds of years before his birth in Isaiah 9:6 identified Jesus as the Prince of Peace. He offers that peace to you today if you but ask (John 14:27).

Prophecies are comforting and stress reducing because they come from a loving Higher Power that is communicating with his people what to expect.

Prophecies for the Christian tell the nature of the times in which Jesus was, is and will be.

If you are encouraged by the WorldwideThreat.com please consider visiting [www.LiveInThePresence.com](http://www.LiveInThePresence.com). We produced a video series called ***Living in the Presence***. These shows were produced in different places in the world and primarily show how people in difficult and life-threatening situations live a life of peace and prosperity in many ways.



# PEACE & SPIRITUAL LIVING

## Topic Seven

To be part of the Worldwide Threat Family is to understand how to be prepared for the threats. Part of that preparation is to do your part to support the local storehouse that helps people in need, otherwise known as the local church. Both Jews and Christians know the importance of this principal from the example of Joseph in the Old Testament storing up goods in the storehouse. If you do your part to support your local church, God promises to protect the remainder of your supplies in Malachi 3:10-18. That should give you some peace as well.

If you are not walking in peace, we can help you by introducing you to Jesus and giving you free information that will help. We welcome you to contact us by phone **888-391-0354**, email at [info@theworldwidethreat.com](mailto:info@theworldwidethreat.com) or text at **828-330-4883** and we will be glad to discuss all of this.

We hope to see you next Thursday for latest instalment of the Worldwide Threat. Until then, we will leave you with one last thought.

Jesus says in John 14:1-3, 27-28;

### **Jesus is the way to the Father**

**14 Jesus said to his disciples, ‘Do not be sad or afraid. Believe in God, and also believe in me. 2 There are many rooms in my Father's house. I will go now so that I can prepare a place for you there. If it was not true, I would not have told you this. 3 After I have prepared a place for you, I will return. Then I will take you so that you will be with me. You will be where I am...27 I will go away but I will give you a gift of peace. It is mine to give and yours to keep. It is not like a gift that this world gives. Do not let yourselves be sad. Do not be afraid. 28 You heard me say to you, “I will go away, but I will return to you.” (EEV)**

**Disclaimer:** The ideas and suggestions in these guides are not meant to provide professional advice. We suggest you communicate with professionals in all areas to design and prepare for any threats you or your family may face. These guides and information is provided free for you to share with friends and family but may not be copied or used for commercial or business use without our written permission.

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