

Stay Home – Stay Alive: Your Right to Self-Shield

During a Declared Pandemic Emergency <http://www.healthfreedomusa.org/?p=2752>

You and your family must have the Right to stay home during a Declared Pandemic Emergency to self-shield from possible exposure to any pathogen instead of submitting to a “voluntary” or forced vaccination or accepting incarceration in a FEMA camp, etc.

Currently your only options are either pandemic vaccination or incarceration under state and federal law.

The Red Cross states, “Modern quarantine includes a range of disease control strategies that may be used individually or in combination, including: Short-term, voluntary home curfew...”

http://www.redcross.org/preparedness/cdc_english/quarantine-3.asp Your right to self-shield is not yet assured. YOU must immediately - take this Action Step <http://www.healthfreedomusa.org/?p=2752>- Mobilize others immediately

Essential Preparedness Steps for Self-Shielding: Have a Family Call-out Plan!

1. When the “pandemic emergency” starts, call every family member; get everyone home ASAP.
2. If still on road and/or in public, pull out bio-filter gas mask from kit in auto.
3. Keep radio tuned to local stations you trust for local updates.
4. Upon arriving home, start quarantine by bringing everyone inside, including pets. Provision for pet hygiene is essential.
5. Put a ‘Quarantined – Self-Shielding’ sign on front door.
6. Start bio in-house air filter.
7. Set up prepared decontamination station in garage or other designated area - drapes, shower, gloves, masks, & gowns
8. Set up isolation rooms for possible sick household member.
9. Start immune system boosters. [Note from NSF: see <http://www.Organics4U.org> effective natural solutions to immune system support. We believe the "Pandemic Flu Vaccine" may be very dangerous and urge great caution about receiving it. Many people are preparing in advance by obtaining a supply of Nano Silver products. You can support the Natural Solutions Foundation while doing so:
<http://www.nutronix.com/naturalsolutions>]
10. (a) Check all electrical (solar, 12 volt, and battery) systems in case of loss of power. Provide backup, alternative power sources (e.g., batteries, hand cranked generators and radio, etc.)
(b) Check water supplies, have everyone shower daily until loss of water pressure. Stockpile enough water, food for cooking, drinking, hygiene.
(c) Check on possibility of working from home.
11. Request in advance that school homework assignments be sent over the Internet.
12. Check with contacts you trust for updates on situation.
13. Share information with neighbors, friends, contacts via phone and Internet.
14. Prepare to use alternative heating/cooking/lighting/sanitation measures. Think through amounts and types of soap, vitamins, foods, snacks, etc., and stockpile at least one month’s supply NOW!

Online Resources on Vaccination: <http://www.healthfreedomusa.org/?p=3085>

On the lighter side: Dr. Rima Raps: “No Pig in a Poke” - <http://www.youtube.com/watch?v=xVGrudg6mQ8>

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