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HOW TO SURVIVE A ZOMBIE ATTACK

Flesh-eating, brain-dead and highly infectious, zombies can ruin your day. They infect through any exchange of fluids, so protection is key.

1 Get some body armour. Chain mail is ideal but hard to find. Look for chainsaw-rated gear at your local DIY store. Underneath, wear an all-in-one protective suit and get a good dust mask and goggles.



2 If you are bitten, immediately tourniquet the limb tightly. Encourage it to bleed by keeping it low and very warm, to discourage clotting. If the flesh looks as though it has been infected, amputate immediately.

3 Use neat bleach to clean up any liquids that come from zombies. At 5 per cent sodium hypochlorite, it is strong enough to kill most viruses and bacteria.





4 Travel at the sunniest, hottest times. Zombies are unlikely to have the same cooling responses as humans, and moving generates heat in their bodies. Even if they can withstand the pain of hyperthermia, there is a maximum load their body can take; they may literally have a meltdown.



5 If a zombie does not display the full spectrum of symptoms, herd immunity may be starting. Isolate them to confirm this is not just delayed-onset zombification. If it is real, take a blood sample and wait for it to clot in a sterile dish. The lighter, runny liquid that separates from the clot may contain valuable antibodies. Find a volunteer for trials.

6 Once the epidemic infects 30 per cent of the population it will be unstoppable, but if it is biological (rather than supernatural) you can wait it out. Basic maths tells us that a sedentary, unfed 80kg (175lb) zombie will waste away to a pile of bones and skin after 150 days. Stockpile enough supplies for five or six months, and stay indoors.

