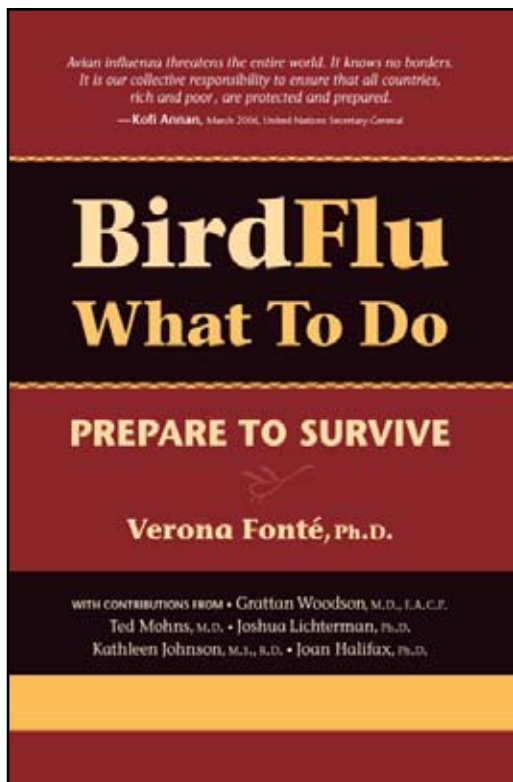


# WHAT WOULD YOU DO?



Verona Fonté's critical book *Bird Flu What to Do: Prepare to Survive* advocates a non-fear based approach to disaster preparation – with a particular focus on a potential bird flu pandemic. It presents disaster preparation as the most pragmatic, socially responsible thing we can do, *now*, before a crisis occurs. The book offers a blueprint for families such as stockpiling foods, storing water; details planning in case there is a breakdown in local infrastructure and social systems become frayed. It then moves on to neighborhood organization, caring for dependents, home health care if the medical system is overwhelmed, and recommends communities prepare across socio-economic groups.

*Bird Flu What To Do: Prepare To Survive* fills the gap between public health efforts and what we ordinary citizens need to do to prepare to survive. Communities, neighborhoods, and families that have made the effort to prepare for natural disasters will be more resilient if and when a natural disaster occurs. “The hope,” Dr. Fonté explains, “is that millions of Americans will empower themselves and address this potential crisis in a way that can create more safety and security for all Americans. The more of us that are safe, the safer we all are.” After experiencing the devastation of Hurricane Katrina in 2005 the American public eagerly await the tools and assurance that this well-written, accessible, comprehensive book provides.

## WHAT PEOPLE ARE SAYING

*Dr. Fonté's sensible, easy-to-understand guidelines for disaster preparation will go far toward helping mitigate the impact of an impending epidemic in our country. I urge widespread distribution of this excellent publication and broad compliance with its recommendations. In the absence of effective vaccines or medicines, preparation and precaution are our only weapons.*

— E. Ratcliffe Anderson, Jr., M.D, Professor of Medicine, Loyola University School of Medicine; Former Air Force Surgeon General; Former CEO, American Medical Association

*Experience has demonstrated the community is the central factor when dealing with any natural disaster. How the community is organized, how people relate, what institutions are involved, and how they collaborate is of utmost importance. Bird Flu What To Do has something to teach us about the broader issue of disaster preparation.*

Leonard Duhi, M.D., F.A.C.P, Professor Emeritus, University of California, Berkeley School of Public Health

*Readers who follow through on her suggestions should have the ability to protect themselves, their family, their businesses, and their neighborhood from the hazards associated with an outbreak of a pandemic disease.*

Joshua Lichterman, Ph.D., President of the Emergency Management Group, Inc.; Corporate consultant in emergency preparations

*Verona Fonte, Ph.D. saw a crucial unmet public health need and has moved to fill it. She makes an important contribution to people everywhere with this down-to-earth, detailed, and practical guide to dealing with an avian influenza or other viral pandemic, which will one day come.*

Ted Mohns, M.D., Associate Clinical Professor, UCSD School of Medicine

*This critical book, “Bird Flu What To Do,” speaks to the immediacy of both individual and community preparation to alleviate the suffering created by natural disasters. Having dedicated my life endeavoring to avert man-made disasters, I understand, admire, and identify with the underlying purpose of this valuable book.*

Daniel Ellsberg, Ph.D., Activist and author of *Secrets: A Memoir of Vietnam, the Pentagon Papers, and Risk, Ambiguity and Decision*

For more information visit: <[www.birdfluwhattodo.com](http://www.birdfluwhattodo.com)> or email: [whattodo.prepare@mac.com](mailto:whattodo.prepare@mac.com)