

TOP 10 LESSONS FOR SURVIVING A ZOMBIE ATTACK

1. Organize before they rise!
2. They feel no fear, why should you?
3. Use your head: cut off theirs.
4. Blades don't need reloading.
5. Ideal protection = tight clothes, short hair.
6. Get up the staircase, then destroy it.
7. Get out of the car, get onto the bike.
8. Keep moving, keep low, keep quiet, keep alert!
9. No place is safe, only safer.
10. The zombie may be gone, but the threat lives on.

Don't be carefree and foolish with your most precious asset—life. This book is your key to survival against the hordes of undead who may be stalking you right now *without your even knowing it*. *The Zombie Survival Guide* offers complete protection through trusted, proven tips for safeguarding yourself and your loved ones against the living dead. It is a book that can save your life.

MAX BROOKS, the author of this guide as well as *World War Z: An Oral History of the Zombie War*, lives in New York City.

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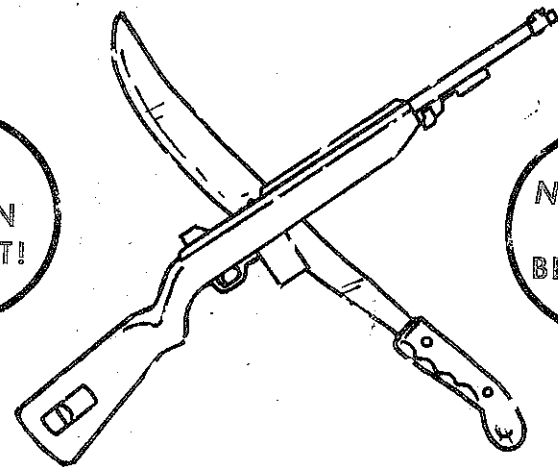
MAX BROOKS
THE
ZOMBIE
SURVIVAL GUIDE

THE ZOMBIE SURVIVAL GUIDE

COMPLETE PROTECTION
FROM THE LIVING DEAD

ONE
MILLION
IN PRINT!

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MAX BROOKS

AUTHOR OF WORLD WAR Z



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THE UNDEAD: MYTHS AND REALITIES

He comes from the grave, his body a home of worms and filth. No life in his eyes, no warmth of his skin, no beating of his breast. His soul, as empty and dark as the night sky. He laughs at the blade, spits at the arrow, for they will not harm his flesh. For eternity, he will walk the earth, smelling the sweet blood of the living, feasting upon the bones of the damned. Beware, for he is the living dead.

—OBSCURE HINDU TEXT, CIRCA 1000 B.C.E.

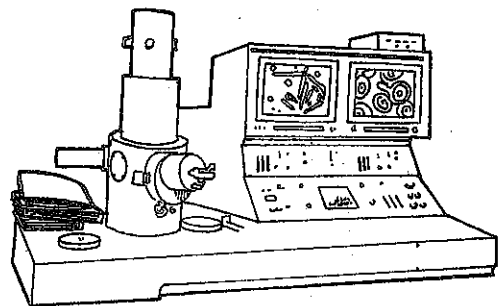
ZOM-BIE: (*Zom'be*) n. also **ZOM-BIES** pl. 1. *An animated corpse that feeds on living human flesh.* 2. *A voodoo spell that raises the dead.* 3. *A Voodoo snake god.* 4. *One who moves or acts in a daze "like a zombie." [a word of West African origin]*



What is a zombie? How are they created? What are their strengths and weaknesses? What are their needs, their desires? Why are they hostile to humanity? Before discussing any survival techniques, you must first learn what you are trying to survive.

We must begin by separating fact from fiction. The walking dead are neither a work of "black magic" nor any other supernatural force.

Their origin stems from a virus known as *Solanum*, a Latin word used by Jan Vanderhaven, who first "discovered" the disease.



SOLANUM: THE VIRUS

Solanum works by traveling through the bloodstream, from the initial point of entry to the brain. Through means not yet fully understood, the virus uses the cells of the frontal lobe for replication, destroying them in the process. During this period, all bodily functions cease. By stopping the heart, the infected subject is rendered "dead." The brain, however, remains alive but dormant, while the virus mutates its cells into a completely new organ. The most critical trait of this new organ is its independence from oxygen. By removing the need for this all-important resource, the undead brain can utilize, but is in no way dependent upon, the complex support mechanism of the human body. Once mutation is complete, this new organ reanimates the body into a form that bears little resemblance (physiologically speaking) to the original corpse. Some bodily functions remain constant, others operate in a modified capacity, and the remainder shut down completely. This new organism is a zombie, a member of the living dead.

1. SOURCE

Unfortunately, extensive research has yet to find an isolated example of Solanum in nature. Water, air, and soil in all ecosystems, from all

parts of the world, have turned up negative, as have their accompanying flora and fauna. At the time of this writing, the search continues.

2. SYMPTOMS

The timetable below outlines the process of an infected human (give or take several hours, depending on the individual).

Hour 1: Pain and discoloration (brown-purple) of the infected area. Immediate clotting of the wound (provided the infection came from a wound).

Hour 5: Fever (99–103 degrees F), chills, slight dementia, vomiting, acute pain in the joints.

Hour 8: Numbing of extremities and infected area, increased fever (103–106 degrees F), increased dementia, loss of muscular coordination.

Hour 11: Paralysis in the lower body, overall numbness, slowed heart rate.

Hour 16: Coma.

Hour 20: Heart stoppage. Zero brain activity.

Hour 23: Reanimation.

3. TRANSFERENCE

Solanum is 100 percent communicable and 100 percent fatal. Fortunately for the human race, the virus is neither waterborne nor airborne. Humans have never been known to contract the virus from elements in nature. Infection can occur only through direct fluidic contact. A zombie bite, although by far the most recognizable means of transference, is by no means the only one. Humans have been infected by brushing their open wounds against those of a zombie or by being splattered by its remains after an explosion. Ingestion of infected flesh (provided the person has no open mouth sores), however,

results in permanent death rather than infection. Infected flesh has proven to be highly toxic.

No information—historical, experimental, or otherwise—has surfaced regarding the results of sexual relations with an undead specimen, but as previously noted, the nature of Solanum suggests a high danger of infection. Warning against such an act would be useless, as the only people deranged enough to try would be unconcerned for their own safety. Many have argued that, given the congealed nature of undead bodily fluids, the chances of infection from a non-bite contact should be low. However, it must be remembered that even one organism is enough to begin the cycle.

4. CROSS-SPECIES INFECTION

Solanum is fatal to all living creatures, regardless of size, species, or ecosystem. Reanimation, however, takes place only in humans. Studies have shown that Solanum infecting a non-human brain will die within hours of the death of its host, making the carcass safe to handle. Infected animals expire before the virus can replicate throughout their bodies. Infection from insect bites such as from mosquitoes can also be discounted. Experiments have proven that all parasitic insects can sense and will reject an infected host 100 percent of the time.



5. TREATMENT

Once a human is infected, little can be done to save him or her. Because Solanum is a virus and not a bacteria, antibiotics have no effect. Immunization, the only way to combat a virus, is equally useless, as even

the most minute dosage will lead to a full-blown infection. Genetic research is under way. Goals range from stronger human antibodies to resistant cell structure to a counter-virus designed to identify and destroy Solanum. This and other, more radical treatments are still in the earliest stages, with no foreseeable success in the near future. Battlefield experiences have led to the immediate severing of the infected limb (provided this is the location of the bite), but such treatments are dubious at best, with less than a 10 percent success rate. Chances are, the infected human was doomed from the moment the virus entered his or her system. Should the infected human choose suicide, he should remember that the brain must be eliminated first. Cases have been recorded in which recently infected subjects, deceased by means other than the virus, will nonetheless reanimate. Such cases usually occur when the subject expires after the fifth hour of infection. Regardless, any person killed after being bitten or otherwise infected by the undead should be immediately disposed of. (See "Disposal," page 19.)

6. REANIMATING THE ALREADY DECEASED

It has been suggested that fresh human corpses could reanimate if Solanum were introduced after their demise. This is a fallacy. Zombies ignore necrotic flesh and therefore could not transfer the virus. Experiments conducted during and after World War II (see "Recorded Attacks," pages 216ff) have proven that injecting Solanum into a cadaver would be futile because a stagnant bloodstream could not transport the virus to the brain. Injection directly into a dead brain would be equally useless, as the expired cells could not respond to the virus. Solanum does *not* create life—it alters it.

ZOMBIE ATTRIBUTES

1. PHYSICAL ABILITIES

Too often, the undead have been said to possess superhuman powers: unusual strength, lightning speed, telepathy, etc. Stories range from