

# Sudden Disease Outbreaks

## Part 1: *Expanded Tips for Preparation and Strengthening*

We are providing these expanded tips so you know how to start addressing your concerns about the current outbreak.

Don't faint at first glance! You do not have to do everything listed. Just focus on what you already use from Perelandra, and your own comfort level.

First, don't dismiss the strain of this kind of worry on your health.



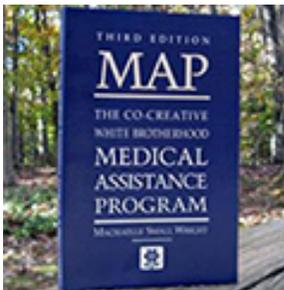
*We strongly recommend, to get through this time, that you take one dose (12 drops) of [ETS for Humans](#) two times a day, every day, even if you think all is well.*

*If something strikes you personally, take one dose 3-5 times a day.*



If you just want to stick with taking Solutions, we still recommend shoring up with Virus, Bacteria, Immune, Lymphatic and Respiratory.

Along with those [Most Important Daily Solutions](#) and ETS for Humans, here's how to work with your other Perelandra health tools:



### *MAP: Medical Assistance Program*

If you work with [MAP](#), now is the time to address the outbreak with your team. Open a session as usual and tell your team you would like to prepare for exposure to \_\_\_\_\_ [the current outbreak]."

This is your focus for the entire 40-minute session. Do not add in other issues. At the end of the session, ask your team how often you need to have MAP sessions for this. Those sessions will also need to be focused solely on this outbreak, and not on anything else. (You can continue separate MAP sessions for other issues or concerns.)



### *Perelandra Essences*

If you work with the [Perelandra Essences](#), do a Basic Telegraph Test with the focus: "To prepare for exposure to \_\_\_\_\_ [the current outbreak]." Test for dosage, and continue follow-up testing.



## *Perelandra Microbial Balancing Program*

If you work with the [Microbial Balancing Program](#), do a Regular MBP Chart with the focus: “*To prepare for exposure to \_\_\_\_\_ [the current outbreak].*” Test for a recheck date, and continue follow-up testing.



## *PIC List Testing*

For [PIC List Testing](#), use this as your testing focus: “*There's an outbreak of \_\_\_\_\_ [insert the name of the pathogen or disease galloping your way] and I would like to strengthen and prepare for possible exposure.*”

Complete instructions: [All-Purpose PIC Guidelines for Sudden Disease Outbreaks](#)



NOTE: We recommend those of you with ongoing PIC Lists for your daily general balance or for any other specific focus, also take these [Most Important Daily Solutions](#), even if any of those Solutions are included in your PIC Unit. Learn more about PIC Units and daily Solutions [here](#).



## *Wash Your Hands*

It's simple. It's obvious.

It's something folks tend to forget that can actually go a long way toward minimizing your exposure:

[Wash your hands.](#)

Also, cough or sneeze into your elbow, avoid handshakes for now, and use hand-sanitizer as needed between soap and water washes. Here are more [Practical Tips for Staying Health and Gearing Up](#).

[Outbreaks Part 2: Exposure, Illness and Recovery](#)

[Outbreaks Part 3: Caring for Others](#)

[The Five Most Important Daily Perelandra Solutions](#)