



# The Ebola Survival Handbook: An MD Tells You What You Need to Know Now to Stay Safe

*Joseph Alton*

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As the Ebola epidemic becomes more frightening—and hits closer to home—people are looking for answers. How does it spread? Are we at risk? How do we protect ourselves and our families from this deadly disease? In this necessary new book, Dr. Joseph Alton, an MD who is at the forefront of crisis medicine, explains the virus, how it spreads, how to prevent infection, and what the right treatment protocol is if the virus is contracted. He explains in easy-to-understand language the latest research on how Ebola is transmitted and treated, including late-breaking research from the University of Minnesota that shows it may be transmissible by air.

As the Ebola crisis unfolds with increasing severity and an exponential mortality rate, it is becoming more obvious that our government does not have the skills and resources to protect us in the event of a fast-moving pandemic. This book should be required reading for anyone who wants to ensure the health and safety of themselves and their loved ones.

Some of the topics this handbook covers are:

How to determine if your hospital is able to treat Ebola patients successfully

How to travel safely

How to care for an infected patient

Arm yourself and your family with life-saving knowledge against the deadliest outbreak of this virus to date.



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