



# Pandemic Action Sheet

## Preventing the Next Pandemic:

**Reject propaganda & facilitate critical thinking-** One of the most significant challenges during any “health crisis” is the use of propaganda.

Propaganda can come from various sources, including the experts and media.

If COVID has taught us anything, it is to question what we are being told, validate information, and look at what is happening in the real world, not just what is happening on the news clips.

### **To reject propaganda:**

- a. **Look for logical fallacies**, more on this [here](#). Make sure information is based on facts, not assumptions, models, or fearmongering.
- b. **Look for congruency**. Not just the use of the same phrases, but that the details of the situation are congruent with each other.
- c. **Validate the information**. This is difficult. Read articles, check in with sources with opposing views, and compare what is being discussed. Use details from both sources to make your best judgments based on congruency, investigation, and supporting details.

### **Tell your neighbors**

This is probably the most important thing that we can do. Spread the word, have conversations, and connect with one another.

- a. Print and deliver our resources to friends, neighbors, and local businesses then ask them to reject pLandemic 2.0.
- b. Share the image found at [h4ml.org/plan2](http://h4ml.org/plan2) on social media and via text message.

### **TAKE ACTION-** Pick 1 or 2 and share the information with us at [h4ml.org/watchdog](http://h4ml.org/watchdog)

- a. Attend Monthly Public Health Board Meetings, Request the info packet, monitor for implementation of programs that violate rights.
- b. Attend Monthly County Council Meetings, request info packet, voice need to secure liberty during "public Health emergencies" and opposition to “Health worst funding”
- c. Voice need to secure liberty during "public Health emergencies" and concerns over “Health worst Funding” during coffee. (Pick 1-2)
  - i. County Council (Decides how to spend the money)
  - ii. County Commission (Accepted the money)
  - iii. State Representative (Created the fund increasing public health funding by 1500%)
  - iv. State Senator (Created the fund increasing public health funding by 1500%)

### **What happens if elected officials ignore you?**

Officials are our employees.

Accountability means nothing if there are no consequences to job failure. If your state/county officials are not heading the constitutional will of the voters, then it is your duty to find an employee who will uphold the values of your country. We owe it to our ancestors and, more importantly, the coming generations are counting on us to ensure their liberty. Please connect with [Hoosier Voices](#) to learn more. <https://www.hoosiervoices.com/>





What to talk about when discussing Avian Flu or the next pandemic:

Stick to the facts. Discuss what is being said about the potential for another pandemic and rather than focusing on the mistakes of COVID **talk about securing LIBERTY to make good choices for one's self.**

We can argue in circles all day about COVID and public health, however our freedom and liberty are not secondary to public health.

**Your main focus should always come back to FREEDOM & LIBERTY.**

Voice your expectations regarding:

- a. No closure of churches. Churches are essential.
  - b. No closures of businesses; the government doesn't get to decide what an "essential business" is.
  - c. No regulatory or funding tied to the closure or restriction of business.
  - d. Schools remain open, if the community voices concerns about safety and give the option of e-learning, but it should not be required.
  - e. Vaccination must not be a requirement to participate in society
  - f. Prevention does not come from a needle. Prevention is a healthy body and mitigating risk factors. Just as much attention should be given to these measures as is given towards vaccination.
    - i. Hand hygiene with soap and water (especially if continued cycles)
    - ii. Whole foods, minimize processed
    - iii. Importance of staying hydrated, kids should have free access to water.
    - iv. Clean air in schools also HUMIDITY in winter months- use UV disinfectants (NO ENDORCIRINE/CANCER/TOXIC fogs that weaken the immune system and can have long-lasting health implications)
    - v. Appropriate Vitamin D levels and supplementation
    - vi. The importance of movement, impact on lymph system a significant part of the immune system
    - vii. Decrease fear/stress, these both inhibit immune responses
2. Health first funding:
- a. Communities should be prepared to reject funding and dismantle programs put into place in the event that pandemic requirements are required via administrative rules. Examples might include tracking and tracing, regulations for masking to receive funding etc.
  - b. County Commission appoints Board of Health, will be held accountable for their appointee's actions. IE mandates, business closures etc
3. If speaking with Republicans, cite the state platform:
- a. **We believe in individual liberty and freedom.** We believe personal liberty and the freedom of each individual is a foundational right in our society, and that we should be free from intrusive government interference and poor, ineffective or unnecessary regulation.
  - b. We believe in personal responsibility. We believe that individuals are responsible for their own actions and should be free to make responsible decisions free from government interference, as well as be free to face the consequences of irresponsible actions.
  - c. Health and Well-being: A Chance for All Hoosiers- pg 10, against unconstitutional mandates.

260-267-0098  
h4ml.org

contact@hoosiersformedicalliberty.com



P.O. Box 9192  
Fort Wayne, Indiana 46899-9192  
501(c)(4) Non-Profit EIN 84-4653835