Mechanics
How do outbreaks happen?

- mutations / cellular changes
- epidemics & pandemics
- vaccines
- antibiotics
- resistance
- traditional vs. alternative medicine

Basic Needs
What are the basic needs for survival?
- under duress
- historic case study
- sustenance - water source & purification / food source & preservation

Adaptation
How do we adapt to change?
- physical & emotional
- immune system
- reproduction
- prevention and preparedness

Civilization
How do we react in a crisis?
- individual vs. group
- moral standards
- conflict

Survival
"You can survive"

3 minutes without air
3 hours without shelter
3 days without water
30 days without food