



\*thick jam

Reanimation | Robert John Miller

MEMO FROM THE MEDICAL DIRECTOR

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DATE: 12/23/2033

TO: ALL STAFF

CC: FILE

FROM: CAPT. JAMES PENNYHOFFER, MD, MPH

RE: ON THE PATHOGENESIS AND PROGNOSIS OF "ZOMBIE SYNDROME," AKA ZS, AKA HUMAN TRAUMA-INDUCED CALM-DEFICIENCY DISORDER, AKA HTCD

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1. To date in 2033, we have found more than 50 new cases of HTCD per day across all branches. Infection is often triggered by mental or physical trauma.
  2. If left untreated, prognosis includes violent eruption often at site of initial infection point (i.e., the head and neck region), even after long periods of dormancy, creating a public health hazard.
  3. Primary symptoms include malaise with hypersensitivity to environment, often resulting in general anxiety or panic; reduced cognitive abilities; deteriorating physical appearance; actions that suggest a desire to infect others.
  4. The following transcript should apply immediately in all suspected ZS cases:
    - a. The first step to reclaiming your humanity is to breathe. Take a breath right now. Fill your lungs. If you can breathe, you are alive. It has to start here. In. Out. There are no tricks, no secrets. Breathe deep, suck the life in. This is an important task. This is the most important task. The lungs connect you to your nerves. The lungs are your only connection. So the first step is always to breathe.
    - b. Now you are breathing, the next step is to sleep. Sleep is breathing for the mind. Each new day dawns from sleep. When you stop sleeping, you stop time, though the months continue. Sometimes, years. You will be stuck without a beginning or end. If you are not careful, you could slip away forever. These are your only responsibilities. To sleep, to wake, to breathe. Of course you must also eat. Of course you must also move, as you are able. This is a full life.
    - c. You can stay where you are. There is no hurry. When you are ready, you must feel. To be human, you must feel. Remember the earlier lessons. Breathe in. Feel. Say, "I am feeling this particular feeling." Breathe out. Feel. Say, "I am feeling this particular feeling." And again. And again. Feeling nothing is a place to start. Feeling nothing is a feeling. Feeling nothing is better than not feeling. You must not rush.
    - d. The final cure is to re-stick yourself in time. You must think, "This is now." You must think, "That was then." You must continue. You must reflect. You may revert as needed.
    - e. Repeat until symptoms subside.
  5. This doctor died after long-term failure of 4(a). Suggest future cures be administered under highest supervision. Self-medication not recommended.