Family Flu Plan

How to Survive a Deadly Flu Pandemic

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>
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> John Christianson

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>
> BARBARA KELLY
> NEW MEXICO

The New Bird Flu

Recent news coverage of the avian influenza virus strain H5N1, also called bird flu, has made us aware of the deadly threat it poses to human life. When most of us think about the flu, we think of a fever, a cough, and a few days in bed. This new virus is a whole other ballgame. None of our bodies have ever come in contact with any similar virus. We have no natural immunity to this new strain. In its current form it has a mortality rate of 50 percent. This makes it one of the most deadly influenza viruses ever to afflict human kind. The last great killer flu in 1918 (Spanish Flu) had a mortality rate of about 2.5 percent. It killed an estimated 20 to 40 million people (Billings). This new virus is poised to be exponentially worse.

The H5N1 virus originally developed in South Africa and Asia. Wild birds often carry avian flu viruses without illness. However, these viruses cause illness and death in domesticated birds such as chickens, ducks, turkeys, and others. Normally avian influenza viruses do not infect humans; H5N1 is a recent exception. Human infections have been reported since 1997 ("Key Facts" CDC).

In its current form, H5N1 cannot easily transmit from human to human. Almost all current cases of the bird flu have come from people handling or eating infected poultry. The virus must evolve before it becomes an easily transmittable human disease that starts the next pandemic. The evolution cycles of viruses can be extremely rapid. There are signs that this evolution is beginning with H5N1. There have already been a few cases that have been caused by human-to-human transmission ("Avian Influenza FAQ" WHO). Experts agree that the question is not if, but rather when will this virus spread throughout the world population.

The biggest fear about H5N1 is its particularly high human mortality rate. So far, over 100 people have become infected. Of those, over 50% have died ("Cumulative Cases" WHO). This virus is exceptionally deadly to humans. Scientists know the evolution of the virus is virtually inevitable. Their biggest fear is that this virus will maintain is traits of high lethality when it evolves to easily pass from human to human. That would prime this virus to cause one of the worst pandemics in human history.

The Obstacles

While our world health care systems prepare to fight this disease to curtail a pandemic, they have some serious obstacles to overcome. These include migrating birds, asymptomatic transmission, a world-traveling population, and lack of appropriate funding and policy changes.

One major problem with this virus is that it infects birds. Many species of migratory birds live in the regions of the world where H5N1 is endemic. They play a

major role in the spread of the virus ("Avian Influenza FAQ" WHO). They become infected and provide a host for this virus to continue to evolve while it is constantly spreading naturally to new places throughout the world. The more it spreads, the more of an opportunity it has to evolve new characteristics.

Another problem is asymptomatic transmission – that is the spread of the disease by people who have no symptoms. People infected with a flu virus may be contagious for one to five days before they begin to feel symptoms and for up to seven days after symptoms subside ("Guidelines for Infection Control" CDC 323). Combine that with this age of quick and convenient world travel and we have a recipe for disaster. The disease can easily spread faster than governments can setup quarantines.

As of yet the United States government, as well as most of the world governments, has failed to provide the serious funding and policy changes necessary to protect our nation and the citizens of the world. A successful vaccine has not been created ("Avian Influenza Vaccines" CDC). Even after a vaccine is developed, it will be many months or years before it can be produced in enough quantities to protect the general population. This is mainly due to a lack of industrial capacity that is directly related to the low profitability of vaccinations. Pharmaceutical companies receive very little profit from normal production of vaccinations. Because of this, they maintain a very limited production capability. When a potential pandemic threat like H5N1 appears, even running a full capacity they could not produce enough vaccine to protect each person for many years. Current production capacity could only cover about 2% of the world population in a given year ("Good News" Heiberg). This is much too slow to protect us from an efficient killer virus.

There are currently only 4 FDA approved anti-viral drugs used to treat influenza patients: amantadine, rimantadine, zanamavir and oseltamivir. The H5N1 virus has shown to be resistant to amantadine and rimantadine. ("Update on Influenza" CDC). The current lack of adequate vaccine production still being years away leaves two viable drugs called oseltamivir (Tamiflu) and zanamavir (Relenza). Many governments have begun stockpiling Tamiflu for response to an epidemic. It is unknown whether Tamiflu is even effective against this virus. There is no evidence that Tamiflu reduces the mortality rate of H5N1. In fact, recent reports confirm that H5N1 is even becoming resistant to Tamiflu ("Oseltamivir-resistant H5N1" Heiberg). At the current time, Relenza promises to be most effective. However, it is likely that once repeatedly exposed to zanamavir it would also begin developing resistance to it as well. The only real solution is to push for vaccine production.

People at Highest Risk

Certain groups of people at typically at higher risk for **normal** influenza viruses. The CDC defines these people as the following ("Key Facts of Influenza"):

- People 65 years and older;

- People who live in nursing homes and other long-term care facilities that house those with long-term illnesses;
- Adults and children 6 months and older with chronic heart or lung conditions, including asthma;
- Adults and children 6 months and older who needed regular medical care or were in a hospital during the previous year because of a metabolic disease (like diabetes), chronic kidney disease, or weakened immune system (including immune system problems caused by medicines or by infection with human immunodeficiency virus [HIV/AIDS]);
- Children 6 months to 18 years of age who are on long-term aspirin therapy. (Children given aspirin while they have influenza are at risk of Reye syndrome.);
- Women who will be pregnant during the influenza season;
- All children 6 to 23 months of age;
- People with any condition that can compromise respiratory function or the handling of respiratory secretions (that is, a condition that makes it hard to breathe or swallow, such as brain injury or disease, spinal cord injuries, seizure disorders, or other nerve or muscle disorders.)

The high-risk groups for the H5N1 virus are much different than the normal types of influenza viruses. While every age group is at high-risk, studies of the confirmed cases of H5N1 infection have shown it to be most lethal to people less than 40 years old. The WHO recently published the following H5N1 victim demographics.

H5N1 Case Demographics

Age (Years)	% of Cases	Mortality Rate
<5	10.4%	43%
5-9	15.8%	41%
10-19	24.3%	73%
20-29	22.3%	62%
30-39	16.3%	61%
40-49	5.4%	45%
50+	5.4%	18%

If you or a member or your household fits into one of these groups, you should be extra vigilant during flu season to prevent infection.

Stockpiling Drugs

Even though there could be a serious shortage of drugs during a pandemic influenza outbreak, it is not suggested that you stockpile prescription drugs in advance. Here are several reasons why you may not want to.

The risk of an influenza outbreak in the 2005 season is very low. Stockpiling the drugs will create further strain on supplies needed to fight victims of normal influenza this season ("Disease Experts" CIDRAP).

Viruses can evolve and adapt very quickly. Over time, they can develop resistance to medication. It is possible that the drug you stockpile, may not work well against the strain that may become prevalent. Resulting in a waste of money and medication. Influenza viruses affect people differently. If there is a shortage of anti-viral medication, doctors may need all available medication to administer to those in the highest risk of death before administering to those who are most likely to recover easily.

People who have medication on hand may use it mistakenly on the wrong illness. Other illnesses have symptoms very similar to the influenza virus. In a panic, a person may take the medication when no influenza is present.

There might be legitimate reasons to have some anti-viral drugs on hand in advance. If your doctor feels that you are at serious risk of influenza mortality, then this may be an option. Consult your doctor if you or a family member is in a high-risk category.

To many people, the risk to themselves and family members is just too high. You may decide to purchase medicine in advance. With the confirmed emergence of Tamiflu resistant H5N1, Relenza may be the best choice for advanced protection. Consult your doctor to develop a medication strategy for your family.

RELENZA

What We Can Do

Contrary to popular media reports, there are many things we can do to prepare for the coming influenza epidemic. We are not powerless. Our options include prompting immediate government action, household preparation, creating personal flu kits, proper public hygiene habits, and using natural defenses.

Government Action

Although in very recent days the United States government has begun to take some action, you must contact your government representatives and urge them to stay focused on the avian influenza threat. This threat has been known for nearly a decade before any serious attempts at taking action occurred. The recent action is a positive step forward. Hopefully it is not too little too late. They must find ways to increase industrial vaccine production capacity and stockpile H5N1 vaccines in advance.

Household Preparation

In the event that H5N1 becomes a pandemic, our governments will have to take serious actions. American President George W. Bush has recently issued an executive order allowing apprehension, detention, or conditional release of individuals infected by influenza viruses in order to end a flu outbreak (Bush). Banning public gatherings and closing businesses are real actions they may be forced to take. It is not possible to know in advance how long it would take for the virus to run its course through a community. Four to six weeks would not be unrealistic in the worst of situations.

Your family should begin by having enough food and supplies on hand to last for several weeks or longer if possible. Foods like non-perishable canned goods or MRE's (meals-ready-to-eat) are ideal. These can be stored in preparation throughout the flu season. MRE's can be stored for up to 5 years. Bottled water is also very critical to have on hand. Make a list of all non-food items your family uses on a daily basis. Include things like toilet tissue, laundry detergent, baby diapers, and over the counter medications like Tylenol, aspirin, and Pepto-Bismol, and basic first-aid supplies (accidents can happen anytime.)

If you take regular prescription drugs you should see if you get an extra months supply in advance. If your health plan has a mail order prescription option, you should consider joining it. Many mail order prescription plans will send several months supplies at a time. You don't want to run out of medication while you are sick or if your community is under quarantine.

The peak flu season in the U.S. is December through March. This is also when winter weather is most active. It could be possible that the flu could hit your community during or after a major winter event. Be prepared to be without normal services (water, electricity, gas) for a period of time. Your normal winter preparations will be even more important during a flu epidemic. Keep batteries and a radio on hand to receive public health updates in the event of a power outage. Follow the government winter safety guidelines found at http://www.fema.gov/areyouready/winter.shtm.

MRE's
FIRST AID KIT
EMERGENCY RADIO

Create a Family Flu Kit

A community flu epidemic could easily overload the public health system. Hospitals may turn away all but the most ill patients. You should be prepared to take care of a sick family member in your home should one become ill. You should have certain supplies on hand. A supply of disposable surgical masks, latex gloves, hand cleaners, and

surface disinfectants will be necessary to help prevent the spread of the virus to others in the house while caring for the sick family member.

Your kit should contain at least the following items:

Disposable ear-loop surgical masks
N95 rated surgical masks
Disposable Latex or Vinyl gloves
Disposable Isolation Gowns
Disinfecting hand soap
Alcohol-based hand sanitizers
Surface disinfectants

A Note About Protective Masks

There is a lot of promotion of a new type of respirator mask called the Nanomask. It claims to kill microbes during filtration. There are no independent tests to confirm this claim. According to CDC guidelines, a Nanomask is not necessary. Their policies state that sick patients should wear a standard disposable surgical mask designed to contain infected large particles ("Respiratory Hygiene" CDC). Small-particle aerosols, tiny airborne particles, can also transmit infections ("Guidelines for Infection Control" CDC 323), therefore the CDC recommends that caregivers protect themselves by wearing a standard N95 rated respirator mask while attending to the patient ("Airborne Precautions" CDC).

SURGICAL MASKS
N95 RESPIRATOR
DISPOSABLE GLOVES
DISPOSABLE ISOLATION GOWNS

Caring for a Sick Family Member

Hospitals will quickly become overwhelmed during a flu outbreak. Should a family member become ill with the flu, you should be prepared to care for patients in your home. Proper care should be taken to provide care and prevent the spread of illness to others. Follow these guidelines:

- First and most importantly contact your doctor. Follow all of his or her treatment recommendations. Keep your doctor updated on the progress of the patient, especially report degradations in the family member's condition.

- Isolate the family member from the rest of the family. It is important for all other members to maintain some distance from the infected patient.

- The sick member should always cover their mouth and nose with a tissue when coughing or sneezing to prevent spreading the virus to surrounding surfaces. It is best to have the member wear a disposable ear loop surgical mask over his or her nose and mouth while ill. This will contain the virus even better during sneezing and coughing. Replace and dispose of their surgical mask periodically.

- Any person who comes into close contact with him or her should wear an N95 rated surgical mask while attending to the patient. It is also recommended that the caregiver follows the CDC personal protective equipment guidelines and wear an isolation gown and disposable gloves while attending to the patient.

- People attending to the sick family member should always wash their hands immediately before and after attending to the patient. Even if wearing latex gloves. It is important to wash hands for at least 20 seconds to thoroughly destroy the virus.

- Periodically disinfect all areas around the sick person as well as any surfaces that person may touch.

Additional Resources:

Preparing for the Coming Influenza Pandemic
by Dr. Grattan Woodson, MD, Decatur GA, edited by David Jodrey, PhD.
http://www.fluwikie.com/uploads/Consequences/NewGuideOct7b.pdf

Home Care for Pandemic Flu
Red Cross Home Treatment Flyer 2 pages - May 2006
http://www.bostonredcross.org/pandemic/Pandemichomecare.pdf

Read the CDC guidelines for personal protective equipment use at
http://www.cdc.gov/ncidod/hip/ppe/ppeposter1322.pdf

More information on patient care is available at
http://www.cdc.gov/ncidod/hip/isolat/std_prec_excerpt.htm.

Further information is infection control information is available at
http://www.cdc.gov/flu/professionals/infectioncontrol.

Public Hygiene Habits

There are some simple and basic habits that you can maintain that will significantly reduce your chances of catching a flu virus. Flu viruses usually spread by the coughing and sneezing of a sick person. A typical flu virus can survive on surfaces for up to 8

hours. Touching these infected surfaces after a sick person can infect you. Follow these hygiene guidelines in public places:

- People can be contagious up to several days before they show symptoms. Maintain distance from all people, especially those who are coughing or sneezing.
- Always cover your nose and mouth with a tissue when coughing or sneezing. Wash your hands immediately afterwards.
- Wash your hands often, especially before touching your eyes, nose, mouth or ears.
- Wash your hands for more than 20 seconds. Less than that may not completely remove the virus.
- Keeps alcohol-based hand sanitizers on hand in your purse, car, or backpack and use them when soap and water is unavailable.
- Avoid touching common surfaces (door knobs, telephones, faucets, etc) if possible.
- Avoid unnecessary public places during a community flu epidemic.

More flu prevention information is available at
http://www.cdc.gov/flu/protect/stopgerms.htm.

Government and Other Resources

World Health Organization

Avenue Appia 20
1211 Geneva 27
Switzerland

Phone: (+ 41 22) 791 21 11
Fax: (+ 41 22) 791 3111
Telex: 415 416
Telegraph: UNISANTE GENEVA
http://www.who.int/topics/avian_influenza/en/

Centers for Disease Control and Prevention

Public Inquiries/MASO
Mailstop F07
1600 Clifton Road

Atlanta, GA 30333
U.S.A.

Phone: 800-CDC-INFO (800-232-4636)
888-232-6348 (TTY)
http://www.cdc.gov/flu/avian

U.S. Department of Health and Human Services

200 Independence Avenue, S.W.
Washington, D.C. 20201

Phone: 877-696-6775
202-619-0257

http://www.hhs.gov/pandemicflu/plan/
http://www.pandemicflu.gov/

Center for Infectious Disease Research & Policy

University of Minnesota
Academic Health Center
420 Delaware St SE
MMC 263
Minneapolis, MN 55455

Phone: 612-626-6770
Fax: 612-626-6783
http://www.cidrap.umn.edu/cidrap/content/influenza/avianflu/

Dangerous Immune System

Normally, your immune system is your best defense against viruses and bacteria caused illness. People with strong immune systems can fight off infections and have a high survival rate. The young and healthy people rarely ever die from normal the normal flu.

Most of the time, the functions of the immune system work for the benefit of the body. In very rare cases the immune system response to infection can be so violent that it actually causes harm – even fatality. This over-reaction of the immune system causes organ damage and failure. Scientists call this event a cytokine storm.

A cytokine storm occurs so rarely that there have been very opportunities to study it. Influenza is believed to be one of the few conditions able to cause such a reaction.

Evidence that H5N1 causes a cytokine storm in patients has yet to be confirmed. However, some have proposed it as a possible explanation for the high mortality rate of the 1918 Spanish Flu. At that time modern medical science was in its infancy and the concept of a cytokine storm did not exist.

One recent study has linked cytokine storms to H5N1 infection ("Proinflammatory Cytokine Response" Chan). The study determined that the virus is a potent inducer of proinflammatory cytokines and chemokines – key factors in cytokine storms.

Cytokine storms could be a likely reason that the age groups believed to have the strongest immune systems experience a higher mortality rate from the bird flu virus. The age groups at highest risk for a normal flu, those younger than 5 and older than 65, are at the lowest risk of dying from bird flu.

Natural Defense

Because of the risk of causing a cytokine storm, you should be careful of taking supplements that increase immune system responses. This is especially dangerous if you become exposed to the bird flu virus. Until a bird flu vaccine is available, taking anti-inflammatory and anti-viral supplements will be your best natural defense.

7 Perimeter Immunity Defense System

There is a new seven-step bird flu defense system that uses all natural, proven supplements in a timed sequence to create a virtual defense system inside your body. The basis of the system is to keep your immune system strong to prevent illnesses when there is no risk of bird flu, but change to anti-viral and anti-inflammatory supplements when there is risk of bird flu exposure. When used properly, this system could make your immune system virtually impenetrable to illness.

7 Perimeter Immunity Defense System

Natural Defense Supplements

Olive Leaf Extract

Although it is one of the oldest medicinal herbs, its recent popularity has been undoubtedly fueled by an ever-increasing number of clinical studies and personal testimonials. It is said to be very effective against viral and bacterial infections – everything from HIV, herpes, and yeast infections to the flu. This is one of the most promising and powerful herbs available today.

OLIVE LEAF EXTRACT

Elderberry

Elderberry is a small North American tree. Another type of elderberry tree is found in Europe, Asia, and North Africa. The berries from this tree contain a very high amount of vitamin C. It has long been used to treat infections, inflammations, swelling, sore throats, cold and flu viruses, and relieve respiratory distress.

ELDERBERRY

Pau d'Arco

Pau d'Arco is the inner-bark of a tree native to Brazil. Traditionally it has been used to treat pain, arthritis, inflammation of the prostate gland, fever, dysentery, boils and ulcers, and various cancers. Modern research supports the idea that this herb may be successful at treating inflammation, viral infectious, psoriasis, and cancer.

PAU d'ARCO

Products and Sources

You can purchase products mentioned from the sources below:

MRE's
FIRST AID KIT
EMERGENCY RADIO

Nitro-Pak Preparedness Center, Inc.
151 North Main Street
Heber City, UT 84032
Phone: (800) 866-4876

SURGICAL MASKS
N95 RESPIRATOR
DISPOSABLE GLOVES
DISPOSABLE ISOLATION GOWNS

Allegro Medical
1733 E. McKellips Rd Suite 110

Tempe, AZ 85281
Phone: Sales (800) 861-3211

OLIVE LEAF EXTRACT
ELDERBERRY
PAU d'ARCO

Universal Herbs Inc.
33449 Western Ave.
Union City, CA-94587
Phone: (510) 324-2900 and (510) 324-2902

Share This Report

The Avian Flu threat is real and inevitable. It will come. If we work together, push for government action, and make family preparations, we have the opportunity to save the lives of millions of people – maybe family members and even ourselves. **Please share this report freely with your family, friends and associates!**

Support

If you experience any problems viewing or printing this report, or if you find that any of the links are not working, please contact request support at http://orderinformed.com/desk for assistance.

Bonus Materials

We have put together a package of bonus materials to help your family get prepared. Please visit http://www.FluPlan.com/bonus to get your free bonus package. The contents include:

- Flu Plan Preparation Workbook
- Flu Kit Checklist
- Safety Instructions
- Instructional Posters
- And more

It's available for free and will help your family take action and make preparations.

BONUS MATERIALS

Rebranding

If you own a business, web site, or newsletter and you would like to create a customized copy of this document for your customers, please visit: http://www.FluPlan.com/rebrand for more information.

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