

Preparing for the Influenza Pandemic

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- We are currently seeing the birth of a super strain of influenza virus known as the avian or bird flu or H5N1 in South East Asia.
- We are on the verge of a world-wide spread (Pandemic) of this lethal virus.
- In an epidemic and pandemic, the number of cases doubles every few days.
- The flu is transmitted by breathing contaminated air.
- The air is contaminated by an infected person coughing.
- The flu can also be transmitted by direct contact with an infected person.
- The flu can remain infectious outside the body for several days, such as on door knobs and counter tops.
- The 1918 flu spread from the U.S. to Europe and Africa in only 6 weeks.
- Today it will probably take only 2-4 weeks.

Interpandemic Period

- Phase 1 – No influenza virus subtypes detected in humans. Some in animals that have infected humans.
- Phase 2 – No influenza virus subtypes detected in humans. Some subtypes pose a substantial risk to human health.

Pandemic Alert Period

- Phase 3 – Human infection confirmed with new subtype but no or only minimal human to human spread among close contacts only confirmed (March 2007).
- Phase 4 – Small clusters with limited human to human transmission but spread is highly localized, suggesting the virus is not well adapted to humans.
- Phase 5 – Large clusters but human to human spread still localized, suggesting that the virus is becoming increasingly better adapted to humans, but may not yet be fully transmissible (substantial pandemic risk).

Pandemic Period

- Phase 6 – Pandemic: increased and sustained transmission in the general population.
- As of March 2007, we are in Phase 3.
- Source: The World Health Organization

H5N1 Influenza Virus Type A

- It has a stunning killing ability with a fatality rate of 50%.
- The 1918 influenza had a fatality rate of 12.5%.

- Currently in Southeast Asia most human infections were from direct contact with infected birds. It as adapted to pigs and tigers.
- There have been some cases of human-to-human transmission of avian flu in Thailand and Indonesia in 2005.
- The fatality estimate of August 2004 is:
With a U.S. population of 296 million - 207,000 deaths.
With a World population of 6.6 billion - 4,615,541 deaths.

Medical Treatment

- Vaccination is the most effective method of protection. This will not protect from the flu, only minimize its effects.
- It takes 6-8 months (for each viral strain) to produce a batch of vaccine from chicken eggs. Today the world's supply will protect 5% of the population.
- Tamiflu is an antiviral drug that may be effective again avian flu. However, the reports of effectiveness are mixed.
- Avian flu has been found to be resistant to most antiviral drugs.
- Learn first aid and how to treat people for the flu because hospitals will be overwhelmed quickly.

Natural Treatment

- The best defense against any invading microorganism is the body's own defense. Therefore, boosting the bodies own immune system is critical.
- Keeping the body's immune system strong can be accomplished through positive healthcare.
- Factors that lower immune function are:
 - Air pollution
 - Poor diet
 - Drinking alcohol
 - Smoking
 - Emotional stress
 - Intestinal yeast overgrowth
- Correcting factors that lower immune function:
 - Use indoor air filters
 - Learn about proper nutrition and follow a healthy diet
 - Stop drinking alcohol
 - Stop Smoking
 - Looking into stress reduction through yoga, meditation, psychotherapy
 - Take bifidus bacteria supplementation to control Intestinal yeast overgrowth

Natural Supplementation

- Studies have demonstrated the effectiveness of Elderberry extract in fighting influenza.
- Whey protein drinks
- Vitamin C (not more than 5,000 mg per day)
- Zinc Picolinate
- Copper Sebacate
- Beta-Carotene
- EPA / DHA (Omega 3 oils)
- Evening Primrose Oil
- Quercetin
- Trimethylglycine (TMG)

Stress Reduction

- Emotional stress drastically raises hormone levels and decreases immune function.
- Individuals who have the highest stress levels contract diseases and disorders.
- Psychotherapy and EMDR can reveal hidden issues that cause stress.

Home Flu Treatment

- Administering plenty of fluids is the most important aspect of treatment. Dehydration can be fatal. A fever of > 104° F can cause seizures and brain damage.
- For fever, administer 2-4 tablets ibuprofen (400 mg) or 2 tablets acetaminophen 500 mg every 4 times daily.
- There is a small risk that aspirin or ibuprofen can cause Reyes syndrome (increased intracranial pressure) in children and teens.
- Use cool water baths to bring down a fever. Do not use alcohol because it is toxic and can be absorbed through the skin.
- Gargling with hot salt water is good for sore throats.
- Liquid foods such as soups, fruit juice, and whey protein drinks are preferred when there is little appetite. When the patient asks for solid food, it is a sign of improvement.
- Oral Rehydration Formula:
4 cups of clean water
3 tablespoons of sugar
1 level teaspoon of salt
- When patients have fever and/or diarrhea, they lose fluids and electrolytes (minerals).
- Symptoms of dehydration: weakness, headache, high SG, and fainting.
- Measure specific gravity to determine hydration status. Urine dip sticks are available at most pharmacies.
- Urine Specific gravity ranges from 1.000, which is distilled water to 1.035, which is high and indicates dehydration. 1.020 is normal.

Preventing Household Spread

- Wear surgical gloves, masks, and gowns, when possible.
- Be sure to wash and remove gowns after and between each patient.
- Try to separate patients from non-sick people and wash anything they come in contact with.

Essential Public Services

- A major pandemic will likely cause an interruption of essential public services, such as food, water, telephone, and electricity.
- Prepare to have 4 months of supplies on hand. Water being the most important.

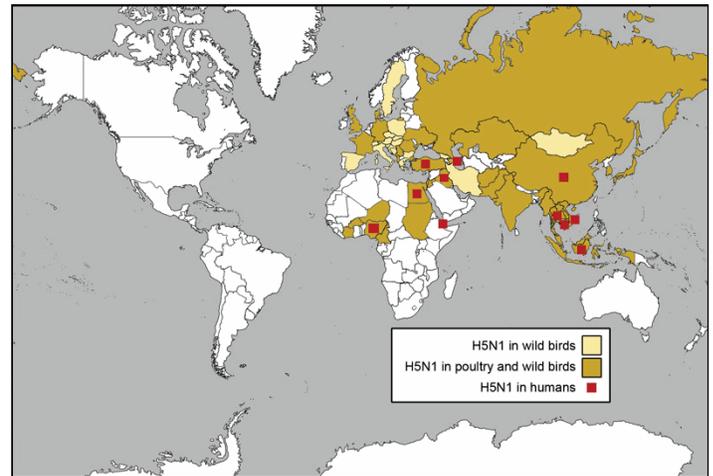
Vital Supplies

- Water is the most important supply. You will need a minimum of 1/2 gallon of water per person per day for drinking (15 gallons per person per month). If the weather is not, you will need more.
- Purchase a swimming pool and fill it with water prior to a pandemic.

- Purify all outside water before drinking by either boiling it for 1 minute or by adding 1/8th teaspoon of household bleach (Clorox) per gallon of water.
- Maintain a 4 month per person supply of critical medications and supplements.
- Maintain a 4 month per person supply of non-perishable food.

Essential Supplies (per person)

- Table salt (iodized sea salt) – 1 pound
- Sugar – 10 pounds
- Baking soda – 6 ounces
- Household bleach – 1 gallon
- Tums – 500 tablets
- Acetaminophen (Tylenol) 500 mg – 100 tablets
- Ibuprofen (Advil) 200 mg – 100 tablets
- Diphenhydramine (Benadryl) 25 mg – 100 tablets
- Coffee and/or Tea
- Can foods
- Pasta
- Whey protein drinks
- Canned and freeze dried soups and foods
- Oral Mercury thermometer
- Bandages
- Crank-up flashlights
- Crank-up radio
- Space blankets
- Candles – Caution: candles can cause fires
- Fire Extinguisher
- First Aid kit
- Surgical gloves, masks, and gowns
- Duct tape
- Batteries – alkaline and rechargeable
- Solar panels to charge the rechargeable batteries
- Notebook and pencil for recording vital signs
- Measuring cup – 500 cc
- Toilet paper
- Tissues
- Goggles / eye protection
- Liquid soap
- Pet food
- Hydrogen peroxide
- Alcohol
- Antiseptic soap & wipes
- Sanitary napkins and/or tampons
- Hot/Cold packs
- CPR face shield
- Anti-diarrhea medication
- Laxatives
- Bucket and sponges
- Clothesline and clothespins
- Fishing gear



YOU NEED TO PREPARE NOW! LATER MAY BE TOO LATE!

Further Information

- World Health Organization (WHO) at: www.who.org
- U.S. Center for Disease Control at: www.cdc.gov