

# 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 a 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.

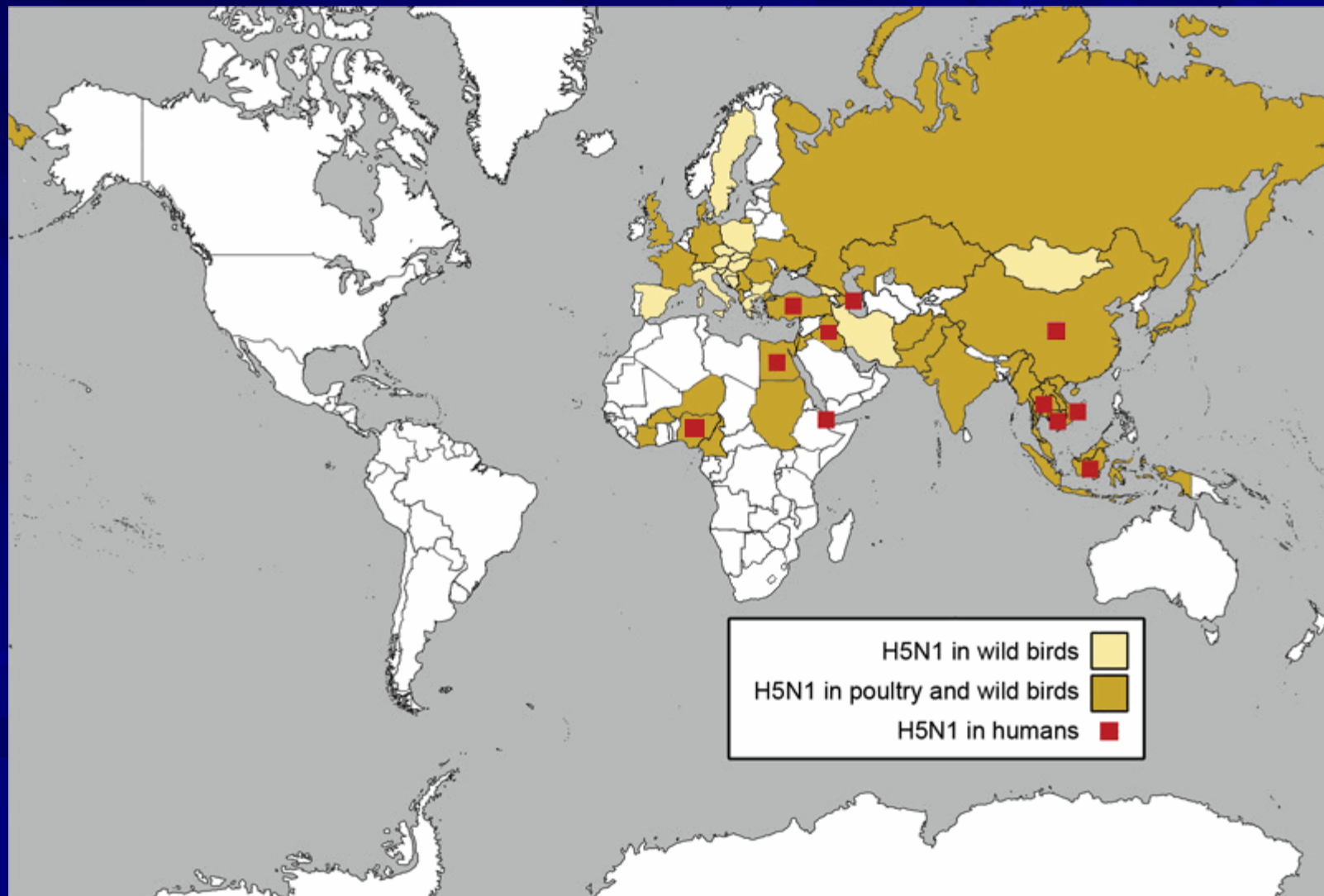
- Phase 5 – Large clusters but human to human spread still localized, suggesting that the virus is becoming increasingly better adapted to humans, but may not yet be fully transmissible (substantial pandemic risk).

# 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.



# World Map (CDC) – February 2007



# 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 against 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  $> 104^{\circ}$  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 hot, 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 1/8<sup>th</sup> 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 supply per person of non-perishable food.

# Essential Supplies (per person)

- Table salt – 1 pound
- Sugar – 10 pounds
- Baking soda – 6 ounces
- Household bleach – 1 gallon
- Tums – 500 tablets
- Acetaminophen 500 mg (Tylenol) – 100 tablets
- Ibuprofen 200 mg – 100 tablets
- Diphenhydramine 25 mg (Benadryl) - 100

- Coffee and/or Tea
- Can foods
- Pasta
- Whey protein drinks
- Canned and freeze dried soups and foods
- Oral Thermometer
- Bandages
- Crank-up flashlights
- Crank-up radio
- Space blankets

- Candles and Fire Extinguisher – Caution: candles can cause fires
- First Aid kit
- Surgical gloves
- Surgical masks
- Duct tape
- Batteries
- Solar panels to charge the rechargeable batteries
- Notebook 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
- Laxative
- 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](http://www.who.org)
- U.S. Center for Disease Control at:  
[www.cdc.gov](http://www.cdc.gov)