

How Can I Protect Myself & My Family Against Catching it?

The virus is spread through the air when people cough or sneeze. There are some basic measures that you can take to reduce the risk of infection.

- cover your mouth and nose when coughing or sneezing, using a tissue whenever possible.
- Dispose of dirty tissues promptly and carefully - bag & bin them.
- Avoid non-essential travel and large crowds of people whenever possible.
- Maintain good hygiene - washing hands frequently in soap and water protects against picking the virus up from surfaces and passing it on.
- Clean hard surfaces (e.g. kitchen worktops, door handles) frequently using a normal cleaning product.
- Make sure your children follow this advice.
- Wear a face mask when around others.

**For more information and survival tips visit our website at www.survivetheflu.com
email: survive@telus.net**

Take Action Now to Protect Your Loved Ones

**Sign up to receive our Free *Survive the Flu* Newsletter
In it you'll learn...**

- How to prepare for the loss of your family income
- How to protect your family from panic stricken mobs
- What kind of foods to stockpile and where to find them
- What to do when the electricity goes out
- How to home school your kids
- How to protect yourself from the H5N1 virus
- How to obtain vital services
- How to select the best face masks

And most importantly, we'll keep you informed on the most recent developments so that you and your loved ones will not be caught unawares. You'll receive advance warning so that you will have time to take actions to protect yourself and those close to you.

Sign up now by visiting www.survivetheflu.com

The Avian Flu is coming. Are you Prepared?



Prepare now to protect yourself and your loved ones.

"Up to one billion people could die around the whole world in six months...."

We are half a step away from a worldwide pandemic catastrophe."

**Dmitry K. Lvov,
Director, D.I. Ivanovsky
Institute of Virology,
Russian Academy of Medical Sciences**

Pandemics During the Last Century

Pandemics have been documented since the 16th century as unpredictable events that occur every 10 to 40 years. New subtypes of influenza (antigenic shift) that cause pandemics typically emerge from the large reservoir of influenza A viruses that exists naturally in wild waterfowl. Pandemics occurred three times in the past century alone; the last was in 1968.

"Spanish Flu"

Year: 1918-1919

Estimated Deaths: 20-40 million

"Asian Flu"

Year: 1957-1958

Estimated Deaths: 1 million

"Hong Kong Flu"

Year: 1968-1969

Estimated Deaths: 1 - 4 million

www.survivetheflu.com

What is Pandemic Flu?

Pandemic Flu is a type of influenza that occurs every few decades and which spreads rapidly to affect most countries and regions around the world. It shares the same symptoms of 'ordinary' flu but they are usually more severe.

Pandemics occur when a virus develops that is so different from previously circulating strains that few, if any, people have any immunity to it. This allows it to spread widely and rapidly, affecting wide segments of the population.

A new pandemic virus may emerge through the mixing of a human flu virus with an animal flu virus - usually from a bird.

How Will a Flu Pandemic Differ from an Outbreak of 'Ordinary' Flu?

Pandemics usually occur in two waves several months apart, with each wave lasting about two to three months.

It is likely that pandemic flu will affect far more people than 'ordinary' flu since there is no vaccination for it. Around a quarter of the population may be affected by the end of the pandemic.

www.survivetheflu.com

How Likely Am I to Catch Pandemic Flu?

You are more likely to catch it than 'ordinary' flu because it will spread rapidly and very few people will have any immunity to it.

Everyone will be at risk. Some groups of people may be more at risk than others, but every pandemic is different. Until the virus starts spreading it is very difficult to predict who these groups might be.

The *Spanish Flu*, for example, affected mostly healthy young adults, while the *Asian Flu* affected the very young and the very old.

Won't There Be a Vaccine to Prevent Pandemic Flu?

Vaccines have to be made specifically for the particular flu virus causing an epidemic or pandemic. The vaccines take several months to produce. It's unlikely that there will be one available for the first wave of illness.

It's possible that scientists may be able to develop a vaccine in time for the second wave of the pandemic.

www.survivetheflu.com