

# Survive the Avian Flu Pandemic

## Tips on what You can do to Protect Yourself and Your Loved Ones from an Impending Avian Flu Pandemic

Today there is a new, extremely virulent strain of Avian Flu virus emerging in Southeast Asia which is already responsible for killing dozens of people. So far those infected have contracted the killer influenza directly from birds but health officials are concerned that if and when the virus mutates so that it can be passed from human to human it will lead to a worldwide avian flu pandemic far more severe than that of 1918.

***"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.

Whether or not it will happen this year, and whether or not it will be as catastrophic as many virologists are predicting, one thing is clear: There WILL be a pandemic of unimaginable proportions some time soon.

We can either bury our heads in the sand and hope it won't happen, or we can begin taking immediate steps to ensure that in a worst case scenario, we've given ourselves and our loved ones the best possible chance for survival.

### What You Can Do to Prepare Now

Fortunately there are a number of steps that every one of us can take to minimize the risks of an influenza pandemic to ourselves and our families.

- **Draw up a Plan.** Outline the steps you and your family need to take, both pre-pandemic and during. Identify responsibilities for each family member. Make lists of supplies required. Find appropriate sources. Develop a realistic timeline. By establishing a plan now, you will avoid becoming a victim of the panic that will grip the general population, resulting in civil chaos and pandemonium.
- **Keep Informed.** If and when the virus mutates so that it is being spread from human to human, it is likely to start in Southeast Asia. Pay attention to the news. When you hear that this has taken place, it's time to act. We might have two or three months before the pandemic reaches North America, but with international travel so fast and easy it could be much sooner.
- **Do not travel to areas where you know the flu virus is found.** The Center for Disease Control has a website that will give you this information. It's at <http://www.cdc.gov/flu/weekly/fluactivity.htm>
- **Prepare your Children for Homeschooling.** Most flu outbreaks get their start at schools. You can be certain that the schools will be closed. And even if they're not, you should give very serious thought to keeping your children at home.
- **Minimize Contact with Others.** The H5N1 avian flu virus can be transmitted for two days before a person is showing any symptoms and for a week after symptoms have disappeared. You never know who isn't and who might be infected.
- **Wash Your Hands.** Did you know that sneeze particles can travel across a room at 600 miles per hour? If the person sneezing has the flu, everything in that room is covered with flu virus. And when you touch anything, the virus is transmitted to your hand. Eventually it will be transmitted to your mouth. Your only protection is to wash your hands, well and often. Each washing should involve vigorous scrubbing with soap for at least 20 seconds.
- KLEENEX® Anti-Viral Tissue has a moisture-activated middle layer that is scientifically proven to kill cold and flu viruses. When moisture from a runny nose, cough or sneeze comes in contact with KLEENEX® Anti-Viral Tissue's special middle layer, cold and flu viruses are trapped and killed. Carry them with you and use them to open and close public doors, handle money, etc. Be sure to discard them in a trash container after use. Avoid using public washrooms and pay phones whenever possible.

- **Stock up on Food and Water.** Most supermarkets only have enough food for about a week. It's critical that you stock up on enough food to last you for the duration which could be 3-4 months.
- **Update your Will.** Hopefully this won't be necessary but not all of us are going to survive.
- **Get a Flu Vaccination.** There is no vaccination yet for this particular strain of avian flu but a regular seasonal vaccination will give you protection from contracting any other flu which could weaken your system, making you more prone to fall victim to the deadlier H5N1 strain.
- **Buy Enough Anti-Viral Medication for Every Member of your Family.** Currently the only drug that can help mitigate the effects of the avian flu virus is oseltamivir, otherwise known as Tamiflu. The world supply is very low, and not nearly adequate to provide sufficient protection for everyone, so you should stock up on this drug immediately.
- **Life Insurance.** Make sure your life insurance is adequate, and check the fine print. Some policies have clauses that don't cover you in the event of a pandemic.
- **Stock up on face masks.** You will need to wear these when you absolutely have to come into close contact with others. It's likely that any public businesses or government offices that remain open will make it mandatory that you wear a mask before entering.
- **Prepare a quarantine room.** If anyone in your family becomes stricken, he/she should be immediately moved to a location that is isolated from the rest of the house. This room should be as far away as possible and should be stocked with food and water, medical supplies, sanitation facilities, communication, cleaning tools, entertainment (books, radio, TV, etc.)
- **Communication.** There's a good chance that TV and radio stations will no longer be able to broadcast if there is a power failure in your area. A good quality battery operated radio, capable of receiving short wave stations will enable you to stay informed of developments in the outside world.
- **Power.** There could be an extended interruption to your electric power. You should consider alternative lighting and heating methods. Battery, propane, kerosene, and gasoline generators are possible options.

**Find a Place in the Country.** If you live in the city, you will be surrounded by anarchy. Catastrophes such as this always lead to civil disorder. If you can escape the city you will be much safer. If you don't have one, consider purchasing a trailer. If you can't afford it, consider a tent.

**Spread the Word.** Regardless of how much coverage the avian threat is receiving in the media, most people are reluctant to act. Perhaps if they don't acknowledge the danger they think it will somehow go away. Or maybe they think the government will look after the situation. Desperate, panic stricken people are arguably even dangerous than the virus. The more people surrounding you who are prepared for the pandemic, the safer you will be. You'll be secure in the knowledge that your neighbors won't be eyeing your resources. So please spread the word. And don't give up, even though you may feel like the voice in the wilderness. Eventually, if they hear it often enough, some people will take notice. And then they will also spread the word. And in this way we'll all be a little safer.

**Visit <http://www.survivetheflu.com> for more information**