“Protecting Yourself Against Swine Flu and Other Infectious Disease”

A Special Report Courtesy of Naturecastproducts.com
Introduction

The recent Swine Flu scare is indicative of a serious threat facing all of us.

While currently, this recent outbreak appears to be somewhat under control at the time of this writing, there is a real possibility that it will reappear in an even more virulent form in the near future.

In addition, we face threats from many other infectious diseases. This report will first of all tell you everything you need to know about Swine Flu and how to protect yourself.

In addition and possibly more importantly, it will provide you with some vital information on how to develop a strong and powerful immune system which is your best protection of all.

Swine Flu and You

The Swine Flu virus has been causing illness in infected men, women and children in the United States and other parts of the world, most notably in Mexico. These illnesses are expected to continue for a while.

What Is Swine Flu?

Swine flu is a disease of pigs. It is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. Other countries, including Mexico and Canada, have reported people sick with this new virus. Although swine flu tends to just infect pigs, they can, and sometimes do jump the species barrier and infect humans. There are now outbreaks of this highly contagious virus in humans which is occurring through human-human transmission.
When infected people cough or sneeze, infected droplets get on their hands, drop onto surfaces or are dispersed into the air. Another person can breathe in the contaminated air, or touch infected hands or surfaces and be exposed. Symptoms of infections are similar to that of the regular seasonal human flu that occurs every year. This can range from mild or no symptoms at all, to severe and possibly fatal pneumonia. Specifically, they could include, fever, cough, sour throat, runny or stuffy nose, body/joint aches, headache, chills, fatigue and sometimes vomiting and diarrhea.

Since March of 2009, human cases of swine flu have been reported in California and Texas. Since then, other states have also reported cases of human swine flu infection. The spread of this virus has now spread to international level with significant outbreak in Mexico – starting in the capital, Mexico City, but now throughout various parts of the country. Additional cases have been reported in Canada, various parts of Europe and New Zealand – mainly from people who have just returned from Mexico.

**Swine Flu Symptoms**

The big difference between swine flu and the regular flu is that the current swine flu has components of pig and bird influenza in it, so that humans do not have any immunity to it.
The symptoms of swine flu can include:

- **Body aches**
  Body ache is not caused by the virus itself, but by the body’s response.
- **Chills**
  Feelings of coldness accompanied by shivering.
- **Fever (which is usually high)**
  Fever refers to an elevation in body temperature. Technically, any body temperature above 98.6 F (37C) is considered to be elevated.
- **Cough**
  Chronic cough is cough that does not go away. Chronic cough is not a disease in itself but a symptom of other disorders within the body system.
- **Diarrhea (less common)**
  Diarrhea is the frequency of bowel movements or a decrease in the form of stool (greater looseness of stool)
- **Headache**
  Headache is defined as pain in the head or upper neck. It is one of the most common locations of pain in the body.
- **Sore throat**
  A sore throat can have many causes, including many viruses, like the flu virus, which can cause a sore throat. This can cause blisters in the mouth and throat.
- **Runny/Stuffy nose**
- **Vomiting (sometimes)**
  Vomiting is a violent act in which the stomach has to overcome the pressures that are normally in place to keep food and secretions within the stomach. The stomach almost turns itself inside out.
- **Tiredness (fatigue) – which can be extreme**
  Fatigue is a condition characterized by a lessened capacity for work and reduced efficiency to complete tasks usually accompanied by a feeling of weariness and tiredness. Fatigue can be acute and come on suddenly or chronic and persist.

Serious swine flu symptoms include pneumonia and respiratory failure.

**Pneumonia**

Pneumonia is a lung infection that can make you very sick. You may cough, run a fever, and have a hard time breathing. For most people, pneumonia can be treated at home. It often clears up in 2 to 3 weeks. But
older adults, babies, and people with other diseases can become very ill. They may need to go to the hospital.

Humans can get pneumonia in their daily life, such as at school or work. This is called community-based pneumonia. Humans can also get it when they are in a hospital or nursing home. This is called hospital-based pneumonia. It may be more severe because they are already ill.

**Respiratory Failure**

Respiratory failure is the inability of the lungs to perform their basic task of gas exchange, the transfer of oxygen from inhaled air into the blood and the transfer of carbon dioxide from the blood into exhaled air. The basis of respiratory failure may be failure of the exchange of oxygen and carbon dioxide within the tiny air sacs (alveoli) in the lungs; failure of the muscles required to expand the lungs; or failure of the brain centers controlling respiration.

**Serious Swine Flu Symptoms**

The following serious symptoms would indicate that an individual with swine flu needs urgent medical attention.

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not able to drink enough fluids
- Severe or persistent vomiting
- Not able to wake up
- Not able to interact
- Highly irritable
- Flu-like symptoms improve but then return, with high fever and worse cough

The swine flu is a respiratory disease that is highly contagious. It is also a weakening disease that can affect a human being’s ability to function by weakening their body system in several ways.

Swine flu symptoms are very similar to other illnesses. If someone is experiencing any of the above symptoms listed above, they may possibly be infected with another illness. Sometimes, people with swine flu do not exhibit any symptoms at all.
How To Avoid Swine Flu

Swine flu, which was initially only transmitted from pigs to humans, is now traveling through human to human contact, and is one of the most deadly of the flu viruses.

The Swine Flu is a combination of at least two known strains, Avian flu and Human Influenza. This new strain of influenza, Swine Flu is not only extremely contagious but also deadly. However, there are anti-flu preparation measures we can take to ensure we do not get infected by the swine flu.

Proper Hand Hygiene

Wash our hands frequently. There is a right way and an incorrect way to wash away bacterial organisms from our hands. The ultimate goal is to break down the protective membranes of germs and dislodge them from our hands and wash them down the hand sink drain.

- Lather well with a bar of soap or squint a coin size soap in the palm of our hands
- Vigorously rub the hands together, soap up between our fingers, and our wrists, front and back for at least 15 seconds.
- Rinse under warm running water. Make sure the force of the water is strong. Keep in mind that the object is to dislodge germs from our hands.
- Thoroughly dry our hands with a disposable towel or dry them under the hot air of a hand blower, while rubbing our hands together
- Discard the towel into a garbage bin

If we are using alcohol based gels as hand cleansers:

- Put a dime-sized amount in one hand
- Vigorously rub our hands together and in between our fingers until the gel is dry in about 30 seconds
- Once our hands are clean, do not touch our face, nose, eyes or lips
Rubbing our eyes and nose creates a breeding ground for viruses once they arrive.

**How to wash our hands properly**

Washing our hands properly takes about as long as singing "Happy Birthday" twice, using the images below.

Source: World Health Organization
Cover Our Cough

If we must cough or sneeze, we should cover our mouths with a tissue, our sleeve or our hand. Throw the tissue away in a waste basket. Do not leave discarded tissues on our desk or other surfaces.

Then, wash our hands thoroughly.

The throw-it-away part is essential.

Micro-organisms live a life span from a few seconds to days on inanimate surfaces such as desks, table tops, faucets...tissues. If our tissues are scattered on our coffee tables, they then are in contact with community surfaces. Both the tissues and the surface it sits on can spread germs to the person who touches the coffee table.

If we begin to feel ill: feverish, achy, have a dry, painful cough, sore throat, we should go home from school or work and call our health care provider for further instructions.

If we feel sick with flu-like symptoms and care for the very young, the very old or the chronically ill we should let our health care provider know.

Other Preventive Precautions

- If we are ill, stay home. Control our sneezes and coughs. If we cough into our hand, remember the virus could be live on our hands at least for a few minutes, so wash our hands before touching anyone else. If we get symptoms suggesting the flu, call your doctor, who can call in a prescription for medication to treat the flu. Resist going to the doctor's office or a hospital ER for influenza symptoms unless you are seriously ill. You do not want to spread the disease to others.

Be prepared in case we get sick and need to stay home for a week or so: a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might could be useful and help avoid the need to make trips out in public places while you are sick and contagious.
• If we are sick, limit our contact with other people as much as possible. If we are sick, stay home for 7 days after your symptoms begin or until we have been symptom-free for 24 hours, whichever is longer. Cover our mouths and noses with a tissue when coughing or sneezing. Put our used tissue in the waste basket. Then, clean our hands, and do so every time we cough or sneeze.

Cover Our Cough

Cough or sneeze into the crook (inside elbow) of our arms. This way we do not transfer the germs to our hands and then to every object we touch. Swine flu is very contagious, and can spread easily by touching an infected object and then touching your face. A flu mask will help us avoid infection in closed spaces.

Hand Sanitizer

Carry hand sanitizer with us. If we have things others have touched, use our hand sanitizer to avoid swine flu infection. In addition, avoid shaking hands or other hand-to-hand contact whenever possible. Also avoid kissing on the cheek or other face-to-face contact as a greeting method.

Antibacterial Soap

Use antibacterial soap to wash our hands for extra protection.

Disinfectants

Use Lysol and similar disinfectants wipes to disinfect telephones, door handles and other common objects in high traffic areas.

Public Transportation

Be extra vigilant when taking public transportation. Avoid whenever possible.

Hospital Call

Do not visit a hospital if your flu symptoms are normal or not severe as this may help spread the Swine Flu epidemic.

Public Facilities
Touch public handles and pens as little as possible. These are loaded with germs that may carry the swine flu virus.

Air Travel

When we fly, be most diligent about following these guidelines. Transferring any flu, including swine flu, is most likely in enclosed spaces like an airplane.

Clean Our Produce

The life span of a virus is different for each and can vary from as much as 48 hours to 100 years depending on the hardiness of the virus. Although there have been no known cases of swine flu transmission through fruit and vegetable consumption, there does seem to be some concern about the possibility. The best bet is to buy locally grown fruits and vegetables if possible. Make sure we wash our fruits and vegetables with water, and soak for greater effectiveness. Washes and using chlorinated rinses have not been proven to work. So far there have been no cases of swine flu transmission through fruits and vegetable sources.

Avoid Crowds

Stay out of crowds as much as possible. Close proximity to other people will heighten our chances of getting swine flu. Wear a surgical mask in areas of high traffic concentration. Try to stay at least 3-6 feet away from people.

Eating and Drinking

Do not eat or drink after others without complete sanitization of containers or utensils. Swine flu can be transmitted by contact with infected eating utensils.

Vaccinations

Vaccinations are not effective against the swine flu virus. If we contract the virus, get to the doctor within 36 hours and ask for Tamiflu or Relenza. These antiviral medicines will halt the progression of the Swine Flu virus.

Visit Our Doctor
Get to a doctor immediately if there are symptoms of swine flu including high fever and body aches. Swine flu can be deadly, and it is imperative to get to a physician immediately if you there are swine flu symptoms and think you might have contracted the swine flu virus. Both Tamiflu and Relenza are antiviral medicines that are currently effective against some strains of Swine Flu. These medicines should be taken within 36 hours of flu infection for maximum effectiveness.

Stay Calm

Above all, do not panic. Treat the Swine flu like the flu unless you develop more severe symptoms, at which point we should contact a health care provider.

Frequently Asked Questions (FAQs)

What is the risk of Swine Flu for human health?

Outbreaks of human infection from a virus which came from pigs (swine influenza) do happen and are sometimes reported. Symptoms will generally be similar to seasonal human influenzas - this can range from mild or no symptoms at all, to severe and possibly fatal pneumonia.

As swine flu symptoms are similar to typical human seasonal flu symptoms, and other upper respiratory tract infections, detection of swine flu in humans often does not happen, and when it does it is usually purely by chance through seasonal influenza surveillance. If symptoms are mild it is extremely unlikely that any connection to swine influenza is found - even if it is there. In other words, unless the doctors and experts are specifically looking for swine flu, it is rarely detected. Because of this, we really do not know what the true human rate infection is.

How does a human get infected with the Swine Flu virus?

- From contact with infected pigs (most common way)
- From contact with infected humans (much less common way)

In cases when humans have infected other humans close contact was necessary with the infected person, and they nearly always occurred in enclosed spaces where a group of people are gathered.

Is there a specific Swine Flu vaccine?
No – not for humans.

**Will current human flu vaccines help protect people against the Swine Flu virus?**

We really don't know. Influenza viruses are adapting and changing all the time. If a vaccine was made, it would have to be specifically for a current strain that is circulating for it to be effective. The World Health Organization says it needs access to as many viruses as possible so that it can isolate the most appropriate candidate vaccine.

**Can I eat pork meat and pork products?**

If the pork meat and pork food products have been handled properly transmission of swine influenza to humans is not possible. Cooking pork meats to a temperature of 70°C (160°F) kills the virus. So the answer is YES, pork meat and pork food products are safe to eat.

**What medications are there for the Swine Flu virus?**

There are some drugs around that can effectively treat swine flu infection in humans - and many types of flu infections in humans. There are two main types:

- adamantanes (amantadine and remantadine)
- inhibitors of influenza neuraminidase (oseltamivir and zanamivir)

Most previous swine influenza human cases recovered completely without the need for medical attention.

**What can we do to protect ourselves?**

- Wash our hands regularly with soap
- Try to stay healthy
- Get plenty of sleep
- Do plenty of exercise
- Try to manage your stress
- Drink plenty of liquids
- Eat a well balanced diet
- Refrain from touching surfaces which may have the virus
- Do not get close to people who are sick
- Stay away from crowded areas if there is a swine flu outbreak in your area
If someone is infected, how do they prevent their infecting other people?

- Limit contact with other people
- Do not go to work or school
- When they cough or sneeze cover their mouth with a tissue. If they do not have a tissue, cover their mouth and nose with their arm
- Put used tissues in a waste basket
- Wash hands and face regularly
- Keep all surfaces they have touched clean
- Follow doctor’s instructions

Are swine flu symptoms different from regular human flu?

They are similar. Swine flu is more likely to include diarrhea and vomiting, as well as the respiratory symptoms that come with typical seasonal human flu. Symptoms include:

- Chills
- Cough
- Fatigue
- Fever (greater than 100°F or 37.8°C)
- Headache and body aches
- Sore throat
- Stuffy nose

How would someone know they have swine flu?

They wouldn’t, neither would their doctor. A respiratory specimen would have to be taken within the first four to five days. The specimen would be sent to a lab, which in the USA would be a Center for Disease Control (CDC) lab.

Authorities and experts still do not know why symptoms have been worse in Mexico than in the USA, Canada and other countries.

The important point is to call our doctor if we think we have the flu. Prescription anti-viral drugs such as Tamiflu or Relenza can be called in by our doctor. Unless we are:

- Exceptionally ill with flu-like symptoms
- chronically ill
- immune-suppressed
- quite elderly
- have a very young child, under age 2 years old

It is best not to report to a hospital, as we could risk spreading the disease. Call our doctor and do what he tells us to do.

**How long are infected people contagious?**

An adult is usually contagious as long as they have symptoms - usually up to seven days following the beginning of the illness. The "shedding stage" of the virus is during the first 4-5 days of illness. Children can be considered contagious longer, up to 10 days. The initial incubation period is 24-48 hours.

**What medications are available?**

There is Tamiflu or Relenza - both have shown to be effective against these recently reported strains of swine flu. There are four anti-viral drugs altogether that are commonly used to treat various strains of flu.

**Do these medicines prevent us from catching swine flu?**

That is not currently advised. Preventative medication might be advisable for very special circumstances where a person had to expose themselves to potentially ill people during an epidemic (which we do not yet have here). Such people might include ER workers. An outbreak in a nursing home, for instance, might lead to protecting all the other residents with a drug like TamiFlu.

As the coverage time is limited, the preventative use of anti-viral medications is not advised for the general public.

Do not confuse OTC (over-the-counter) cold and flu preparations for anti-flu medications that you can only get with a prescription.

**Do children and adults have the same symptoms?**

Symptoms are similar. However, the signs of potentially life-threatening complications are not. The CDC advises those with these symptoms to seek emergency care immediately:

- Being extremely irritable
- Bluish skin color
• Rapid breathing or trouble breathing
• Fever with a skin rash
• Not drinking enough liquids
• Not waking up or interacting

Emergency warning signs in adults are:

• Confusion
• Difficulty breathing or shortness of breath
• Pain or pressure in the chest or abdomen
• Severe or persistent vomiting
• Sudden dizziness

Can humans catch swine flu from pigs?

No, we can only catch this strain from other humans. It is a mutated pig virus.

How does swine flu cross from a pig to a human?

The swine virus mutates so that it can infect humans and be spread by humans.

Can swine flu kill a human?

Several deaths have been reported from the Mexico City outbreak. So far there have been 2 deaths reported in the United States. We do not know all the factors geographically and demographically that may contribute to the mildness or severity of this flu. But, like seasonal flu, there is the potential for serious outcomes.

If on a plane, should we wear a mask?

Not necessary. The air on a plane is filtered. Transmission might occur if someone sitting close to us coughs or sneezes on us. The newer designs of aircraft airflow keep the air in a top-down flow, not forced air from front to back. However, if someone does have a respiratory illness, it might be best not to travel.

How long does the germ live on surfaces, like on our desks when someone sneezes in our offices?
Influenza virus survives only minutes on inanimate objects or hands, so these are very inefficient ways to spread the illness. Influenza is most easily spread by droplets that come into contact with our mucus membranes such as when someone coughs or sneezes in our faces. If we shake hands with an infected person who has just wiped their nose and then we rather quickly rub our nose or eyes with our own hand, then we could get the flu. So, good hand washing does play a role in diminishing the spread of the disease.

Other than hand washing and covering our mouths if I sneeze or cough, what can we do to take care of ourselves and others?

If we are ill, stay home. Control our sneezes and coughs. If we cough into our hands, remember the virus could be live on our hands for at least for a few minutes, so we should wash our hands before touching anyone else. If we get symptoms suggesting the flu, call our doctor, who can call in a prescription for medication to treat the flu. Resist going to the doctor's office or a hospital ER for influenza symptoms unless we are seriously ill. We do not want to spread the disease to others.

What else can we do?

Most important, be alert, not panicked.

Swine Flu: One Reason to Build Our Immune System

On a daily basis, our body is exposed to viruses and bacteria that cause diseases, and even death. We live in an environment where we travel, or our neighbors travel all over the world. Even when there is not a major scare like the present Swine Flu that can be spread from people carrying a virus back with them, our lives are fast paced which can lead to stress that weakens our immune system. Most people have a hard time eating a healthy diet due to lack of time or the appeal of the drive through convenience stores.

Like nature, our body has the natural ability to protect and heal itself; it happens through our immune system. Research shows that a healthy immune system helps prevent most common illnesses. However, stress, poor diet, lack of sleep and even some medications can reduce our immune system’s ability to work at its best.

In addition, the immune system’s effectiveness increases from birth until the teenage years, but then undergoes a subtle decline throughout the
This decline leads to impairment in the ability of our bodies to cope with infectious agents and other threats that can cause disease and illness.

The reports of a possible swine flu pandemic has created mass concern about being exposed to and sickened by the Swine Influenza virus. As with most viruses and diseases, it is important to have a strong immune system. There are many natural ways to increase immunity and lessen the chances of being infected by any type of virus.

Our immune system is our own personal army. These troops guard against attacks from invaders such as bacteria and viruses. If we ignore, abandon or mistreat this system, it weakens.

However, when we take care of our personal army, when we keep the troops happy, energized, and performing at their peak, we can boost our immune system and our chances of staying healthy increases dramatically.

**How to Boost Our Immune System**

We already know most of the common sense techniques for avoiding the flu, be it the swine flu, a standard flu, or even a common cold. The following are dietary supplements that help build our defenses by enhancing our immune system. Combine these dietary techniques with common sense and we will be prepared for any flu that may come our way.

**Exercise - Exercise**

The first step to boosting our immune system is to start exercising a little bit more each day. Adding a multi-vitamin everyday will start to balance out our nutrient consumption.

**Get Enough Sleep**

The body rejuvenates and strengthens itself when it is at rest. For the most part, we require approximately 8 to 10 hours per night. Sleep has been linked to balanced hormone levels (including human growth hormone and the stress hormone, cortisol). The right amount of sleep can help to keep our weight down, result in clear thinking and reasoning, improved mood and smooth healthy skin.
Drink A Lot of Water

Staying hydrated can alleviate headaches, alleviate depression, hydrate skin - keep us youthful and happy! and water flushes toxins out of our body systems! We should be drinking at least 8 glasses of water daily.

Eliminate Refined White Sugar

If we really want to boost our immune system, experts suggest that we eliminate sugar. Our energy levels will improve, our weight distribution will change, we will think more clearly, have less cravings, and our immune system will strengthen dramatically.

Vitamin C

Increase our intake of vitamin C. Vitamin C not only boosts our immune system, but in higher dosages has been shown to be an antiviral as well. The recommendation is to dramatically increase our intake at the first sign we may have been exposed to the flu. Search for "the Vitamin C Foundation" to find the effective dosage for you.

Vitamin E

Ensure we are getting enough vitamin E in our diet. There has been at least one clinical study completed that links adequate vitamin E intake with reduced viral activity. Studies have also shown there may be a link between vitamin E and a reduced duration and severity in flu infection.

Eat Lots of Fruits and Vegetables

The nutritional value that we receive from raw fruits and vegetables is unparalleled. Their vitamins (with an emphasis on Vitamins A and C), phytochemicals that give fruits and veggies their color and antioxidants protect cells against environmental toxins and give our immune purpose a big boost.

Spice your foods with turmeric

Curcumin, the active ingredient in turmeric, has both antiviral and antioxidant properties to help our body ward off any viral infections. In addition, this compound modulates the inflammation response and decreases the likelihood that our immune system will over react with
inflammatory defenses. If we do not like the taste of this spice, curcumin is also sold in extract form, with the bitter taste removed.

**Green Tea**

Add green tea or green tea extract to our diet. Several clinical studies have shown that the polyphenols within green tea have strong antiviral and therefore anti-flu properties. There have been many other health benefits linked to green tea, so this supplement is a must.

**Eat Friendly Bacteria**

Foods that contain probiotics, a bacteria that stimulates immunity cells in the gastrointestinal tract, can be found in yogurt or kefir drink. One drink per day could well keep infections away! We should look for yogurts that contain “live active cultures.”

**Stress Less**

Our bodies respond to our emotions, to stress and upset, to feeling anxious or harassed and can manifest a cold, sore throat or more. It is vital that we create space within our respective physical environments, where we can relax, meditate, calm down and simply let things go.

**Regular Check-ups**

Visit your doctor and have regular check ups to keep up to date on your health status.

**Conclusion:**

While the threat of Swine flu is serious, with the proper precautions you can greatly diminish your odds of contracting this illness. And, if you seek swift medical treatment and follow your doctor’s orders, your chances of a full and total recovery are excellent.

In today’s world, developing a strong and powerful immune system is critical. Here at Naturecastproducts.com we will be bringing you up to the date special alerts to help keep you on the cutting edge of the latest in natural immune defense fortification.