

Precautions To Take Against The Swine Flu Pandemic

Swine flu is big news. Cases are rising in the U.S. and other countries, there's no vaccine, it's a brand-new virus, and it's teetering on the brink of a pandemic. But remember, there's no "panic" in "pandemic." These precautions will help you

Oct. 20, 2009 - [PRLog](#) -- We have all heard the reports of a possible Swine flu pandemic.

What do you know about flu?

- Flu is caused by a virus and is spread by coughing and sneezing.
- You can pick up the virus from someone nearby who has it:
 - o through the air
 - o by touching doorknobs
 - o hand rails
 - o switches
 - o anything someone with the virus has been in contact with or coughed or sneezed on or near
- It is contagious from a day before symptoms show up and for about 7 days after.

Have you thought about how to avoid contracting flu or other contagious diseases?

There are the obvious ways:

- Wash your hands with plain soap and water and rinse them well for 15 seconds or so, then wipe them on a clean towel.
- Form the habit of keeping your hands away from your face, nose, mouth or eyes.
- When someone in the home is ill, don't share dishes, glasses, toothbrushes, hand towels.
- Disinfect surfaces in the kitchen and bathroom such as doorknobs, water faucets, toilet handles and light switches.
 - o Disinfectant wipes are handy for this. Clean cutting boards and countertops where viruses may land.
 - o Floors where babies may crawl can also be disinfected and allowed to dry thoroughly before babies are put down on them.
 - o Recommended - Disinfectant wipes
 - o Recommended - Disinfectant

How do you recognize the difference between colds and flu?

Usually a cold starts out slowly with a scratchy, sore throat followed by sneezing, a runny nose and possibly a cough several days later.

Flu symptoms are more likely to be sudden onset with a headache, a dry cough and chills and these symptoms quickly become more severe than those of a cold. Muscle aches and fever of up to 104 degrees Fahrenheit are also common.

How do you defend against the flu?

- Your best defense to any disease is to keep your immune system as healthy as possible.
- Colds and flu are generally more prevalent when dry heated air or air conditioning dries the membranes in our noses and throats.
- Dry air and close contact with other people in a closed environment, such as schools, shops, buses and

airplanes make infections easier to spread.

- Spending most of your time indoors leads to a deficiency of vitamin D which is necessary for your immune system to function well. Natural Vitamin D is made by your body when sunlight reaches your skin. You can replenish your Vitamin D by spending about 15 minutes daily outdoors in sunlight without sunscreens. Don't wash off the skin oils where the vitamin is formed right away. Let the body absorb it. Be careful to avoid sunburn. You may also want to supplement Vitamin D in your diet.
- Get extra rest. When you are stressed and haven't had a chance to recover by getting necessary sleep you are more vulnerable to illnesses.
- Don't you just hate being told to stop eating sweets? But sugars have been shown to depress your immune system. Eat a balanced diet to keep your health strong. Balanced means more fruits and vegetables rather than a cookie in each hand.
- Recommended Vitamin D Supplement
- Recommended For a Good Night's Rest

If you think you are coming down with flu should you take antibiotics?

Antibiotics are not effective against colds and flu viruses. If medical tests show you have a bacterial infection they could be helpful for that infection. You should also understand that antibiotics can cause damage to your immune system much of which resides in your intestinal tract. If you do take antibiotics, it is wise take high quality probiotics to restore your digestive system and your immune system after finishing your course of antibiotics.

- Recommended For Healthy Digestive Balance

Are there other products you can use to help build up your immunity?

- There is a patented herbal supplement that has been clinically proven to have a positive effect on the immune system. It provides the body with the raw materials to manufacture natural interferon which is an important part of the immune function of the body. I keep this herbal blend on hand and use it regularly.
- This chewable emergency immune booster that I take at the first tickle in the throat that indicates I might be coming down with something has helped me. I am happy to report no colds or flu in years.
- Supplements of Vitamin C and Zinc are also known as important immune boosters.

If you would like to find some great products that may help you and your family from getting the swine flu (H1N1) then checkout <http://mimc.myshaklee.com/us/en/shop.s.html>

Shaklee Products Are Always safe, Always gentle, Always healthy, & Always Works

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Industry	Environment , Health , Fitness
Tags	Swine Flu , Shaklee , Swine Flu Pandemic , David Miller , Flu
Link	https://prlog.org/10382223



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