

# Swine Flu: The TRUTH, The FACTS and What You Can Do To Limit Your Risk

*Definition according to Wikipedia: Swine influenza (also called swine flu, hog flu, and pig flu) refers to influenza caused by those strains of influenza virus, called swine influenza virus (SIV), that usually infect pigs.*

*\*\* Some of the contents of this report have statistical information taken from the Center for Disease Control (CDC) as they provide the most up to date information concerning this topic.*

Greetings,

The world has been shaken by the recent evidence of the Swine Flu. Cases are now reported in almost every state in the US and even 1 death. You can't go one single day without turning on the local or national news and hearing something about it. If you want to stay informed with the most updated information go to <http://www.cdc.gov/h1n1flu/>.

The bottom line is this...

People are worried.

People are scared.

Everyone is asking this question..."What can be done?" The purpose of this important health report is to show you exactly what you can do right now to limit your risk of getting this virus.

The first step is to get educated about how to protect you and your family from infection. Simple measures will go a long way as long as you take precautions every day. The second step is putting these actions into place immediately at your home, work, school, etc.

So now take a deep breath because the light at the end of the tunnel will be getting very bright as you read this, because as bad as it may seem, you can take control of your life and limit your risk dramatically.

## Definitions

Pandemic - occurring over a wide geographic area and affecting an exceptionally high proportion of the population

Zoonosis - a disease communicable from animals to humans under natural conditions

Outbreak - a sudden rise in the incidence of a disease

H1N1 - Marker for swine strain of flu

# Swine Flu Time Line

**1918 Pandemic**

**1976 Outbreak**

**1988 Zoonosis**

**1998 US Outbreak in Swine**

**2007 Philippine Outbreak in Swine**

**2009 Human Outbreak**

Swine flu has been around for a long time. You can find evidence of it with some very simple research on the Internet, and through major health websites such as the CDC and the World Health Organization (WHO). The results of past outbreaks did result in some deaths, nationwide vaccination programs and thousands infected.

## Signs, Symptoms & Severity

How do you know you have Swine flu? The symptoms are very similar to the regular flu including:

1. Soreness / achiness
2. Cough
3. Fever
4. Sore throat
5. Chills
6. Fatigue
7. Diarrhea\*
8. Vomiting

\*More common with Swine Flu and not normal flu

As each outbreak has different results, the outcome of this 2009 event cannot be known quite yet. Current reports state cases with varying severity, but the good news is that some people infected, without having complicating health factors, inside the US are recovering without visiting their doctor just as they would under normal flu circumstances. This news should not lessen your guard though, and you should still take caution if you feel you are getting sick and get checked by your family doctor to be sure.

Complicating factors such as: 65 and older in age, young children, pregnant women and chronic health conditions can increase the recovery time and treatment measures.

# How Is Swine Flu Spread?

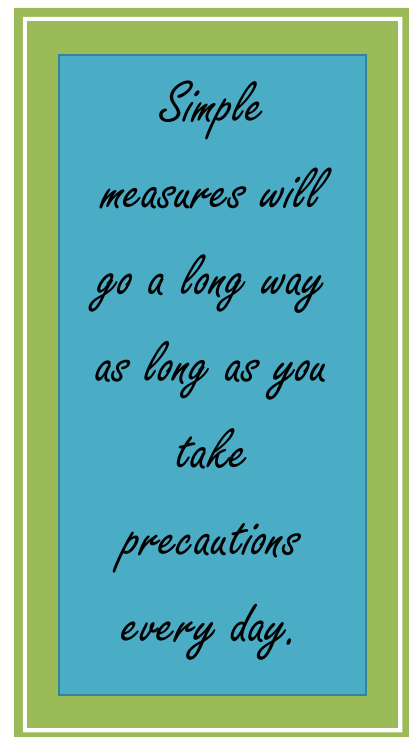
The Swine flu is spread in much the same way that normal flu and colds are spread; through direct human contact. The most common is by sneezing and coughing. The infected mucous of one person can easily carry the virus to many different people. In fact people can get sick by touching an infected surface for up to 8 hours after the first deposit was made. This is why the most common ways of spreading the virus is by touching contaminated surfaces and then touching your eyes, nose and mouth.

The Swine flu is not spread by eating or preparing pork food products or by drinking tap water.

# How To Safeguard Against Getting Swine Flu

The best way to NOT get the H1N1 virus is to use common sense. If it seems like it is right, then it usually is. Here is a list of the best practices to start in your home, office or school immediately:

1. Cover your nose when sneezing and mouth when coughing with tissue
2. Throw any used tissues away in the trash
3. Wash your hands often with warm water and soap for at least 20 seconds
4. Use alcohol based antibacterial sanitizing gel if washing hands isn't available
5. Avoid touching your eyes, nose or mouth
6. Do not share clothing with others without washing thoroughly
7. Wash clothes more often
8. Take baths or showers more often
9. Disinfect toys, counter surfaces and commonly touched areas with flu grade disinfectant sprays or wipes



# What To Do If You Get Sick

If you happen to get sick the best thing to do is not panic. Treat the illness like any other cold or flu. Be sure to get plenty of rest and drink lots of fluids. Keep track of all tissues used and be sure they get disposed of in the trash. The CDC recommends that you stay at home for 7 days or until you are symptom free for 24 hours, limit yourself to the public and to stay comfortable.

If your symptoms get worse or you become worried about the severity of your illness please consult your doctor.

As in any emergency, if any of these signs are present see a doctor immediately:

## Adults

- ❖ Shortness of breath
- ❖ Difficulty breathing
- ❖ Chest pain or pressure
- ❖ Severe persistent vomiting
- ❖ Confusion
- ❖ Sudden onset of Dizziness

## Children

- ❖ Bluish or gray skin color
- ❖ Fast or troubled breathing
- ❖ Not drinking enough liquids
- ❖ Not waking or interacting
- ❖ Fever with rash
- ❖ Flu symptoms lessen but return with worse cough and fever
- ❖ Holding or consoling doesn't help irritability or crying

# Additional Effective Preventative Measures

In addition to the above precautions there are some extra steps that you can take to make sure you stay healthy. These steps will boost your immune system so if you are not sick the chances of getting sick are less, and if you are sick, your body will be better able to fight the illness.

It is absolutely essential that you give your body the right vitamins and minerals it needs to function at its fullest capacity. In the particular case of Swine flu, extra nutrients are even more important.

The best nutrients that you can get are organic whole food supplements. They are pure and will be much more effective in the body. These supplements are so special in fact that they can only be offered through health care professionals.

It is estimated in this time of need that over 1 million people will be searching for nutrients to help keep them safe from this flu virus from May 2009 until February 2010. That means shortages will be huge leaving people the inability to get what they need.

The teams of Chiropractic Doctors at [officialhealthinfo.com](http://www.officialhealthinfo.com) are making their best efforts to provide the public with access to these vital organic supplements.

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They have developed a cocktail of the exact vitamins and minerals needed to properly combat flu to make sure you have the ammunition needed to stay healthy. It has been tried by people worldwide for over 75 years and proven to be effective.

If this is something you are concerned about, and want to really be in control of your own health, and your family's health, go to

[http://www.officialhealthinfo.com/Health\\_Products.html](http://www.officialhealthinfo.com/Health_Products.html)

Hope this helps & here's to health,

Dr. Chad Glines

*Chiropractor & Founder*