

Title:

10 Life Saving Tips for Surviving an Impending Bird Flu Pandemic

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1252

Summary:

"An influenza pandemic of even moderate impact will result in the biggest single human disaster

Keywords:

avian flu, bird flu, flu pandemic, influenza

Article Body:

A new killer flu virus is on its way. Ducks and geese carrying this virus are now winging their way

So far it has only killed a few dozen humans. It is, after all, a virus that's passed from bird to bird

This time it will be much worse. After all, we now have 4 times the number of people living on this planet

And consider this back in 1918 it was a much bigger world. It took weeks to get from one side of the world to the other

I don't even want to consider the implications if this idea ever occurs to muslim terrorists who are now

So what can we do?

Fortunately it's not all doom and gloom. There are some very specific steps you can take to minimize the damage

1. Draw up a Plan. Outline the steps you and your family need to take, both pre-pandemic and during a pandemic

2. Keep Informed. If and when the virus mutates so that it is being spread from human to human, you need to know

3. Prepare Your Child for Home Schooling. Most flu outbreaks get their start at schools. You can't send your child to school

4. Minimize Contact with Others. The H5N1 avian flu virus can be transmitted for two days before symptoms appear

5. Wash Your Hands Often. Sneezing particles can travel across a room at 600 miles per hour. If you sneeze, you're spreading the virus

6. Stock up on Food & Water. Supermarkets only have enough food for about a week or less. It's important to have a supply

7. Buy Enough Anti-Viral Medication for Every Member of your Family. Currently there are two drugs that can help reduce the severity

8. Stock up on Face Masks. You will need to wear these when you absolutely have to come into contact with others

There is one mask -- the NanoMask® -- which not only blocks the H5N1 virus, but kills it as well

9. Exercise. According to the American Council on Exercise, research has shown that moderate exercise can help reduce the severity

10. Spread the Word. Regardless of how much coverage the avian threat is receiving in the media, you need to talk to your neighbors

Desperate, panic stricken people are arguably even more dangerous than the virus. The more people you talk to, the better

"Up to one billion people could die around the whole world in six months.... We are half a step away from a global pandemic

Whether or not it will happen this year, and whether or not it will be as catastrophic as many people believe, we need to be prepared

We can either bury our heads in the sand and hope it won't happen, or we can begin taking immediate action

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