

## Influenza and Swine Flu Information

Please note that the Swine flu is an influenza virus and is thus recognized and treated in a similar fashion to the seasonal flu.

### SYMPTOMS:

	<b>COLD</b>	<b>FLU</b>	<b>SWINE FLU (H1N1)</b>
Fever	Rare	Common, sudden, 3-4 days	Can be high
Headache	Rare	Usual, can be severe	Possible
Sore throat	Common	Possible	Possible
Cough	Mild	Usual, can be severe	Possible
Body aches	Mild	Usual, can be severe	Possible
Chills	Rare	Usual	Possible
Fatigue / weakness	Mild	Common	Possible
Lack of appetite	Possible	Possible	Possible
Eye pain	Rare	Rare	Possible
Nausea, vomiting	Rare	Possible	Possible
Diarrhea	Rare	Possible	Possible
Shortness of breath	Rare	Possible as complication	Possible as complication
Pneumonia	Unlikely	Possible as complication	Possible as complication
Spread by		Coughing, sneezing	Breathing, coughing, sneezing
Contagious for:	Varies	1 day before symptoms to 5 days after	1 day before symptoms to 7 days after
Statistics:		400-800 British Columbians die annually from influenza or pneumonia complications	In total, BC Centre for Disease Control (BCCDC) has confirmed 52 severe H1N1 cases in BC since April '09, including 6 deaths (reference date Sept '09)

### PREVENTION:

- Proper hygiene is important and simple:
  - Wash your hands frequently with soap and warm water for at least 20 seconds
  - Wash your hands before or after you eat or after using the washroom
  - Wash your hands before touching your mouth, eyes, or face
  - Wash your hands after you blow your nose, sneeze or cough
- Cough or sneeze into your sleeve at your elbow
- Throw used tissues away immediately
- Avoid close contact with people that are sick
- Get plenty of sleep
- Exercise regularly
- Manage stress levels. Stress negatively impacts the immune system.
- Eat nutritious, whole foods, especially colourful vegetables
- Drink enough water (1/2 your weight in pounds is the number of ounces you should drink per day)
- Participate in the Arbour Wellness Centre's Natural Flu Prevention Program: oral preparation that occurs in our office + take home homeopathic kit consisting of a flu specific homeopathic and a general immune booster
- Biomed Premium Vitamin D in Food Nutrient form to maximize absorption

## TREATMENT OPTIONS (depending on need):

- Arbour Wellness Natural Flu Prevention Program
- Biomed Premium Vitamin D in Food Nutrient form to maximize absorption
- Mediherb Echinacea Premium tablets – providing specific immune support
- Immucore or Mycoimmune – containing the anti-viral beta-glucans
- Flu-STOP – anti-viral throat spray
- Lysine amino acid
- Grippe and Engystol ampoules
- Custom herbals

- each of these items has scientific evidence to support viral, influenza, and immune system treatment

## IF YOU GET SICK OR START TO SHOW SYMPTOMS:

- Stay home, until you are feeling better.
- Get plenty of rest. Drink lots of fluids, especially if suffering from vomiting or diarrhea.
- **Phone and email consults are available** with Dr. Fraser and Dr. Mitchell at Arbour Wellness Centre for existing patients (regular fees apply). We will carefully prescribe research-proven interventions including herbal, homeopathic and hydrotherapy remedies.
- Please consider going to a walk-in clinic or emergency if fever persists or dehydration is a concern.

## LINKS:

[http://www.cand.ca/fileadmin/cand/positionpapers\\_public/SIV\\_Patient\\_Handout\\_APR09.pdf](http://www.cand.ca/fileadmin/cand/positionpapers_public/SIV_Patient_Handout_APR09.pdf)

<http://www.bcna.ca/files/documents/YHSummer2009.pdf>

<http://biomedicine.com/itemDetail.cfml?id=77>

<http://biomedicine.com/itemDetail.cfml?id=23>

<http://www.gov.bc.ca/h1n1/>

<http://www.vancouver.sun.com/health/deaths+from+H1N1+virus/2005459/story.html>

<http://www.promedics.ca/products.php?category=Herbal+Supplements&productID=79>