

# Influenza E Book

Influenza is a viral infection that causes the sudden onset of aches, fever, chills and the sensation that "your hair hurts". It occurs during the months of November to March, and each year a vaccine is created to help prevent your coming down with the disease. There are mixed reports on the effectiveness of the vaccine, and even some reports that it has a negative effect on immune function, your own ability to fight off disease naturally.

## EXPOSURE:

Influenza is carried in droplet form and can be caught by contact with another person who is infected. It spreads by droplets released by coughing and sneezing (cover your mouth and nose in the crease of your elbow) and direct contact (please, stay home when you're sick). Most people are most contagious the three days before they come down with the symptoms of influenza, thus it spreads rapidly without warning.

## THE SCIENCE OF INFLUENZA:

There are four types of influenza viruses: A, B, C and D. Human influenza A and B viruses cause seasonal epidemics of disease almost every winter in the United States. Influenza A viruses are divided into subtypes based on two proteins on the surface of the virus: the hemagglutinin (H) and the neuraminidase (N). There are 18 different hemagglutinin subtypes and 11 different neuraminidase subtypes. The big ones that have affected humans are H1N1, H2N2 and H3N2. It is really not known which type is circulating until after influenza season when scientists estimate typing for the next vaccine combination.

A pandemic occurs when any infection such as Influenza, spreads across large areas of the human population and even into other continents. An example of a pandemic is the 1918 influenza infection with Influenza H1N1 that infected 500 million people worldwide and is credited with ending World War 1. The most recent influenza pandemic is the Swine Flu from 2009 which infected 200 million people worldwide and killed about 150,000. The Swine Flu like 1918 was an H1N1 strain that was believed to have come from an antigenic change of a pig influenza virus (pig flu changed to become human flu). Other Influenza pandemics from our last century include H2N2 and H3N2. It appears that it is the antigenic change that leads to loss of human herd immunity contributes to increased danger during breakouts (we haven't had the chance to develop immunity to these yet, so none of us can fight it yet). There is knowledge that

during the 1918 pandemic of H1N1 Elderberry was very effective and I have found this to be true in my practice during flu season.

Influenza B rarely affects humans but is represented in our vaccine. Influenza type C infections generally cause a mild respiratory illness and are not thought to cause epidemics. Influenza D viruses primarily affect cattle and are not known to infect or cause illness in people.

#### PREVENTION:

Influenza A (H1N1), A (H3N2), and one or two influenza B viruses (depending on the vaccine) are included in each year's influenza vaccine. Getting a flu vaccine can protect against flu viruses that are the same or related to the viruses in the vaccine. Information about this season's vaccine can be found at [Preventing Seasonal Flu with Vaccination](#). The seasonal flu vaccine does not protect against influenza C viruses. Additionally, flu vaccines will NOT protect against infection and illness caused by other viruses that also can cause influenza-like symptoms. There are many other non-flu viruses that can result in influenza-like illness (ILI) that spread during flu season.<sup>1</sup>

#### WHAT TO DO DURING AND AROUND INFLUENZA SEASON

##### EXPOSURE BUT NO SYMPTOMS:

You were near someone in the past 1-3 days that has been diagnosed with influenza and you have no symptoms. Do these support measures for 5 days to lessen your likelihood of coming down with the flu!

Rest More. It seems so obvious but sleeping one extra hour before midnight is worth 2 extra hours of sleep.

Immune Mod A - 2 per day after 5 days continue this once a day

Vitamin C - 5000 mg/day (use 1000 mg 5 times per day).

Inflavonoid Intensive Care - two in the morning until 5 days passes without illness.

IgG - 1 tablespoon/day - this is immune stimulating and helps prevent you from getting the next cold or cough. IgG is helpful during the entire season. You can use just 1 tsp per day and can sprinkle it on food to make it easy to get in each day.

## OH NO! I HAVE THE FLU!

### Day 1-2

Keep the prevention items from above on board. One change is three days of Vitamin C then three days without it. This shifts your pH and decreases the virus replication process.

Stay home from work, school, church and other outside activities.

Acetaminophen 1000 mg 4 times a day

Fluids anything you like and as much as you can. Try to urinate every 1-2 hours - if you are not, you are dehydrated so you need to drink more fluids. The flu has a fever that causes you to lose fluids and become dehydrated.

Food...don't worry if you are not hungry just rest....fluids are more important.

Rest....stay home and quarantine yourself from work and other people.

Immune System stimulation....watch funny movies...not the best time to watch Saving Private Ryan...

Go to the doctor ... if you start to vomit, cannot get your temperature to stay under 101 degrees Fahrenheit, or you are too uncomfortable with your recovery.

### Day 3-5

Stay home from work until your fever is below 100.6 for a full 24 hours. When you return to work wipe down your work station with Chlorox wipes.

Acetaminophen 1000 mg 3 times a day.

Fluids....all you like and watch that you urinate every 3 hours.

Food... you will start to get an appetite back when the fever clears. Don't be surprised if your not hungry until day 4-5. Keep drinking water and other fluids.

Rest.... Try walking around and jump up and down 10 times in place to stimulate your immune system. You are still contagious until your fever is below 100.6 degrees for 24 hours.

Immune System Stimulation...Watch a funny movie...easy on the Hallmark Channel...maybe Dumb and Dumber or Ace Ventura....The Sound of Music is always a favorite.

Move around outside in fresh air.

Write a gratitude list of 10 things you are grateful for in your life...no bargaining with God, just the list!

## Day 6-10

Get your strength back. You will be returning to work and may feel overwhelmed. Try to rest more and not put in 10-hour days if possible. Think about starting back to work on a Thursday so you quickly have the weekend to get some extra rest.

Stay on Immune Mod A, it is a great way to support your immune system and continue to stay healthy!

Keep the Chlorox wipes handy in your work area and use them often.

Call your Mom, Dad or significant teacher in your life a practice gratitude to them!

CDC website: <https://www.cdc.gov/flu/about/viruses/types.htm>