

H1N1 Virus

CDC Recommendations with an Integrative Approach
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Strategies to Build Immunity to the FLU:

- **H1N1 Vaccine.** If you are in one of the high risk groups, consider getting the H1N1 vaccine. The vaccine will likely be available in Marin in the next few weeks. Children up to age 9 could require 2 doses, 3 to 4 weeks apart to obtain immunity.

The initial target groups for vaccine will be pregnant women, persons who live with or care for infants <6 months old, health care workers with direct contact, children 6 months to 4 years old, and children 5-18 years old with medical conditions. After these groups are vaccinated, it will be offered to a wider group.

There are some concerns being raised about the vaccine. Read ALL the information you receive about the vaccine judiciously and weigh the risk and benefits for you and your family.

- Consider the **Pneumococcal Vaccine**, good for 5 -10 years. Many children born after 2001 had a series of this vaccine as part of the childhood vaccination program.
- Consider the **Seasonal Vaccine now**, while waiting for the H1N1 vaccine.
- Consider Homeopathic approach while waiting for the vaccine, **or to offer your family more support if you do not choose the vaccine.** Homeopathy uses energy of influenza virus, not live virus, to naturally, safely build specific immunity for influenza. Take Influenzinum remedy every other week at a 200 c strength dose, or every week at a 30 c dose.

Strategies to Boost overall Immunity:

- **Get more than enough sleep! Young children need more than 9 hrs! Adults need more than 7 hrs.**
- Avoid refined foods, especially sugar.
- Use Probiotics (specifically Ultra Flora found effective in research study) to boost digestive function and immunity.
- Chinese Medicine approach is Astragalus (chinese herb). Do not take if immunocompromised.
- Use more Garlic and ginger (studies have shown some positive correlation with immunity).

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Strategies to AVOID flu exposure:

- *WASH YOUR HANDS!*
- *Avoid contact with people who have respiratory illnesses. Airborne droplets from sneezes and coughs are what spread the influenza virus from person to person.*
- *Minimize the spread of germs by avoiding touching your hands to your face or your eyes.*

Signs and Symptoms of the H1N1 flu:

Much the same as seasonal flu: *FEVER*, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, *diarrhea and vomiting*.

H1N1 symptoms have been reported with fever somewhat higher than usual seasonal flu and generally more diarrhea and vomiting.

If you think you have the Flu:

- **STAY HOME!!**
Stay home for at least 24 hours after your fever is gone without medication.
- Drink fluids.
- Treat your symptoms, especially fever and cough.
- Homeopathy: Use homeopathy in the first 24 hours for the best results.
- Get yourself up and moving several times a day to prevent pneumonia.

WARNING SIGNS, when to seek medical care for evaluation:

- Rapid respiratory rate (children > 36, adults > 26)
- Trouble breathing or shortness of breath
- Not waking up or not interacting
- So irritable that you can't stand to be touched
- Fever with rash
- Fever (Call primary care provider when >100.4 infants to 3 mths old; >101 infants 3 - 12 mths old; >102 for children >1 year old).
- Fever > 104, seek evaluation.
- Not able to drink enough fluids
- ***Flu-like symptoms that improve, BUT then return with Fever and worsen cough and/or difficulty breathing.***

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