



Recommendations for Flu Prevention

- ❖ Wash hands with warm water and soap often, especially before eating
- ❖ Get plenty of rest and don't skimp on sleep
- ❖ If you feel run down, stay home and rest
- ❖ Let the stress pass on through
- ❖ Drink adequate water (6-8 cups per day)
- ❖ Reduce refined sugar in the diet, especially soda, fruit juice, candy, and baked goods
- ❖ Increase fruits and vegetables in the diet
- ❖ Use garlic liberally in cooking
- ❖ Continue to get regular exercise
- ❖ Do not share food or drink with others who are ill
- ❖ Do not sleep in the same room as sick people
- ❖ Consider cleaning up your indoor air quality by using unscented liquid dish or laundry detergent and running the washer when you are not in the vicinity
- ❖ Consider using zinc gluconate lozenges when you are in crowds or airplanes
- ❖ Avoid toothpaste containing the detergent sodium lauryl sulphate, which reduces your immunity. Consider using better brands such as Squigle, Biotene dry mouth, Rembrandt Natural and Weleda
- ❖ Avoid extended sun bathing for 24 hours after a plane flight or probable exposure to the influenza virus as this can temporarily reduce your immune response

Guidelines for supplements to be used preventatively

These guidelines are for the average adult not on any medications. Consultation with a trained health care provider is recommended.

- ❖ Vitamin C – 1000 mg two or three times daily
- ❖ Vitamin D3 – 5,000 IU daily resulted in no incidence of flu in a 2006 study. Ask your doctor.
- ❖ Beta carotene – 25,000 IU daily from natural sources only
- ❖ Zinc – 15 mg daily as prevention or at the very start of the illness (not as effective after you are already sick)
- ❖ Vitamin E – 400 IU daily
- ❖ N-acetyl cysteine – 600 mg daily
- ❖ Selenium - 100-250 mcg daily
- ❖ Oscillocoquinum (Boiron) 5-8 pellets 3 x daily at onset of symptoms until well

If you are sick

- ❖ Stay home
- ❖ Remember to cough or sneeze in a handkerchief or tissue
- ❖ Consider wearing a face mask to avoid spreading the virus
- ❖ Avoid sharing food or drink
- ❖ Avoid contact with the elderly, the very young (up to 2 years of age) or severely chronically ill