
November Newsletter

H1N1 Flu

The following advice, given by Dr. Oz, makes a lot of sense and is important for all to know: The only portals of entry are the nostrils and eyes, mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is. While you are still health and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tami flu):

- Frequent hand-washing (well highlighted in all official communications).
- "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat or bathe).
- *Gargle twice a day with warm salt water (use Listerine or Hydrogen Peroxide if you don't trust salt). *H1N1 takes 2-3 days after initial infection in the throat / nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
- Similar to 3 above, 8 clean your nostrils at least once every day with warm salt water, or hydrogen peroxide. *Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but * blowing the nose softly once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.
- *Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). * If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
- *Drink as much of warm liquids (tea, coffee, etc) as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.
- Pass this on to your entire e-list. You never know who might pay attention to it - and STAY ALIVE because of it.



Special points of interest:

- ☺ Keep student home if ill.
- ☺ Make sure you notified the office if student will be absent.
- ☺ Please bring a doctor note if child was out sick in regards to illness

Vaccinated

Please get your children and yourself vaccinated against both the seasonal and H1N1 flu. This means getting 2 different flu vaccines this fall. It is important to make sure children get both kinds. The CDC recommends

both vaccines for all children 6 months through 18 years of age. Oakland County Health Division will offer the seasonal flu vaccines starting on September 21, 2009. You can pre-register by visiting

oakgov.com/health.

