

Dr. Allen's Flu Season Recommendations

Pay attention to your health foundations: Diet, Sleep, Exercise.

- **Eat lots of colorful veggies and fruits** to increase your intake of antioxidants. Avoid sugar and processed food.
- **Plan for enough rest.** Sleep increases the level of protective Immunoglobulin A in your respiratory passages.
- **Exercise regularly.** Extreme exercise lowers immunity temporarily, however regular moderate exercise keeps us strong.

Keep the virus away from its access points (nasal cavity/throat)

- Wash hands regularly.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean high-touch surfaces regularly (light switches, handles, keyboards, phones)
- If possible, avoid close contact with people experiencing flu-like symptoms. If you are caring for a loved one with the flu, please see www.cdc.gov/h1n1flu/parents. Consider wearing a mask when visiting or caring for the ill.
- Air out your house regularly, especially if a family member is ill.

Prevent the virus from proliferating

H1N1 infection is widespread in our area. In a pandemic, it is difficult to totally avoid contact with H1N1, however there are simple measures you can take to decrease or prevent proliferation of H1N1. H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Rinsing the virus away is a simple, inexpensive, and effective way of reducing your chances of experiencing flu-like symptoms.

- Gargle twice a day with warm salt water or Listerine. Simple gargling inhibits proliferation.
- Clean your nostrils at least once every day with warm salt water. Do this by using a Neti Pot, Nasaline syringe, or saline nose spray like Simply Saline or Xlear.
- Drink warm tea throughout the day. Drinking warm liquids has the same effect as gargling, rinsing the virus from its preferred environment. Choose immune supportive teas such as ginger, elderberry, and rooibos.

Supplements to support your immune system

- Vitamin D: 1000IU per day for kids, 2,000 IU per day for adults
- Probiotics: 1-4 billion per day for infants, 8 billion organisms per day for kids, 16 billion per day for adults
- Vitamin C: 250mg 3x/day for kids, 500mg 3x/day for adults
- Elderberry syrup: See Dr. Allen for instructions
- N-Acetyl Cysteine: see Dr. Allen for instructions