

Bird Flu Protection and Prevention

Bird flu prevention and protection can help prepare you for an influenza pandemic if it were to occur right now. You should become knowledgeable about the magnitude of what can happen if there were a pandemic outbreak. Certain actions can help lessen the impact on your family.

You should prepare yourself for an outbreak by gathering certain information and necessities in case your town comes down with a pandemic. These necessities will help you if you need to protect yourself from an outbreak and stay inside your home.

Put away a supply of food and water for you and your family. While the pandemic is taking place, you may have a hard time getting to the store or the store can be out of supplies, hence the importance for you to have extra supplies put away.

Make sure you carry non-prescription drugs and health supplies to your storage spot. You should have pain relievers, stomach remedies, cough medicines, fluid with electrolytes, and vitamins. This is necessary to provide relief in the event you come in contact with the flu.

Help other family members by explaining to them the necessity to store these items as well. Other people should be informed of what is needed in the event a pandemic happens in their area too. Each home should have somebody designated to help care for the sick.

You can help by volunteering your time with groups in your area to help prepare and assist in emergency situations. You can make a difference for people who have already come into contact with this deadly flu virus.

You can limit the spread of dangerous flu and prevent others or yourself from being infected. You need to teach your children to wash their hands often with soap and water, and you should be a model person in this rule and use the correct behavior as well.

Everyone in your family or home should make sure they cover their mouths with tissues while they are coughing or sneezing. This helps to prevent the spread of this flu by obstructing the germs from getting into the air around you.

Educate your children to keep away from anyone who seems like they could possibly be ill. Your children should also stay at home if they possess any of the symptoms of this flu to prevent contamination to other people.

You can both prevent and protect yourself from a deadly outbreak by following these simple guidelines. Don't risk your own life or the lives of others and help keep this flu under control.

Source: <http://www.articlecircle.com>

About the Author

AvianStocks.com provides useful information about the potential for Avian Flu. For more information, visit <http://www.avianstocks.com>