

PREVENTATIVE MEASURES FOR H1N1 VIRUS

Dr. Vinay Goyal is an MBBS,DRM,DNB (Intensivist and Thyroid specialist), having clinical experience of over 20 years. The following message is given by him; I feel it makes a lot of sense and is important for all to know.

The only portals of entry for H1N1 virus are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible not to come into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as is the proliferation of the virus itself.

In order to prevent proliferation while you are still healthy and not showing any symptoms of H1N1 infection, or aggravation of symptoms and development of secondary infections, some very simple steps that are not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face other than when eating or bathing.
3. Gargle twice a day with warm salt water. H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In away, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't under estimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, clean your nostrils at least once every day with warm salt water. Not everybody may be good at using a Neti pot, but blowing the nose hard once a day and swabbing both nostrils with cotton swabs dipped in warm salt water is very effective in bringing down viral population. There is another product available for rinsing the nose and sinus, Neio Med Sinus Rinse. This comes with it's own packets to dissolve with cooled boiled water, but salt water may be used as well.
5. Boost your natural immunity with foods that are rich in Vitamin C. If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. Drink as much 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. This where the old stand by of lemon juice and honey in hot water really help. The acid in the lemon helps to strip away viruses plus regulate the ph level in the membranes as well as delivering pure vitamin c, as the honey's natural antiseptic and immune boosting qualities come into play.