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How to Protect Your Family Against the Coming Pandemic

By John Hart

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Most dictionaries define pandemic as "an epidemic that is geographically widespread; occurring throughout a region or even throughout the world."

Recently, Klaus Stohr, the coordinator of the global influenza program at the World Health Organization predicted a bird flu pandemic that would take more lives than the Spanish Flu of 1918 wherein 20-to-40 million perished.

He wasn't the only expert who pressed the panic button.

United States Health and Human Secretary, Tommy Thompson, said "This is a bomb that could impact the world."

Dr. Julie Gerberding, Director of the Centers for Disease Control, Atlanta, Georgia, issued a warning to physicians to be on the lookout for symptoms of the avian influenza virus known as H5N1.

Even CIDRAP, the Center for Infectious Disease Research and Policy at the University of Minnesota is alarmed. They have this statement posted on their website: "If the next pandemic strain is highly virulent (such as the 1918 strain) the global death toll could be dramatic."

The current fatality rate in Southeast Asia is 73%.

Now for the really bad news.

There is no vaccine available. And there won't be for months. Probably six–to–twelve months. Maybe longer. Clinical trials take time. Usually a year. Then once it's available, the vaccine must be distributed worldwide. A logistical nightmare.

So what can you do to protect yourself and your family?

Three steps. And they should be done now, while the winds of pandemic are blowing in Southeast Asia.

1. Buy a supply of oseltamivir, the only antiviral available that seems to reduce the impact of the virus. It doesn't kill it, but it does give your body time to build immunity.
2. Buy the only filter mask that will block H5N1 and kill it dead — no that mask is not the N95 series. You'd be wasting your money on a N95. Nanomask is the one I strongly recommend.
3. Buy a supply of immunolin, the only blood protein on the market that will strengthen your immune system against horrific challenges like H5N1.

You can wait for your government to come up with a solution to protect you, or you can become proactive. My family has already taken the three steps outlined above, I hope you will too.

Mr. Hart is the author of "H5N1 VIRUS: It's Coming, Are You Ready?" and is a member of the National Association of Science Writers (NASW). He hosts a blog titled "Pathogen Alert" that monitors H5N1 developments worldwide: <http://www.urgentbooks.com/blog>, where he can be reached.

Six Things You Can Do To Prepare For The Coming Pandemic

By John Hart

A recent survey showed that 60% of American businesses were not ready for the coming Avian Influenza pandemic. However, 73% said they wanted to get ready, but weren't sure what to do. Here then, is a starter list of six things you should include in your business preparedness plan.

1. Absenteeism will be high due to illness or refusal to come to the workplace out of fear. Gather your key employees in accounting, sales, marketing, manufacturing, and management and develop a work–from–home strategy.

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2. Offer your employees who must come into the plant a safe environment. Hire a sterilization team to scrub the plant's exposed surfaces every day. A bleach/water solution will kill all pathogens in the workplace. Be sure to have plenty of NanoMasks and Nanofilters on hand for each employee. Clean all HVAC vents thoroughly. Bring in portable, commercial grade UV air filters and place them around work areas.
3. Establish an in-house clinic with a full-time RN or LPN. When this pandemic hits, hospitals will be overwhelmed and understaffed. Victims of H5N1 must be started on antivirals immediately. A mobile clinic parked outside your office building, or a designated emergency treatment area within your plant will promote confidence.
4. There isn't going to be a vaccine for H5N1 available for probably 12 months or more. Your best shot at survival will be antivirals and good hygiene. Purchase ViraGard spray and hand it out freely to employees. Encourage them to spray surfaces, knobs, handles, keyboards, and their own hands.
5. Do not allow immune-compromised employees, or employees with any type of immune disorder to come into the workplace once the pandemic starts. A special care plan for these employees should be developed that includes self-quarantine.
6. Develop a secure, confidential website that allows all employees to read the latest company news and action items, and allow employees to contribute news to the website to keep everyone informed.

The first pandemic wave will probably last about 90 days. You'll need medical supplies, plenty of soap, potable water, disinfectant, emergency power for those days when electricity will fail, and someone to monitor, gather, and disseminate local pandemic news to your employees. This pandemic will have a huge negative impact on the economy. Those businesses that prepare now will suffer the least.

John Hart is the author of the popular book, "Killer Bird Flu...Get Ready Now," and the U.S. distributor of NanoMasks and NanoFilters, the only filter mask sprayed with a viricide to kill pathogens on contact. Mr. Hart has been consulting about Bird Flu since August 2004. For more information, please visit



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