

FluGuard™

Avian Influenza A (H5N1) Education & Planning Guide

“The world may be on the brink
of another deadly pandemic.”

(source: The World Health Organization)



VERY IMPORTANT:

The FluGuard Kit is only one aspect of Pandemic Preparedness.
Please read through this guide for information to complete your planning.

www.fluguardbrand.com

Preface

The information in our Education & Planning guide was obtained through numerous World, Federal, State and Leading Health Organizations and experts. Because the Avian Influenza A (H5N1) situation changes rapidly resources often report conflicting information, data or advice. When these conflicts occur FluGuard provides a “conservative” position on preparedness.

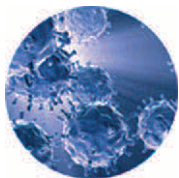
As an example, the U.S. Department of Health & Human Services recommends a “2 week” supply of food and water in the event of a pandemic extended home stay. We feel this is not sufficient given the typical duration of a pandemic wave (up to 8 weeks). In this case, we follow the experts who suggest a supply of food, water, prescriptions, and any other necessities for an 8 week duration or longer.

With each new production of our FluGuard preparedness kit we update this Education & Planning Guide to provide the most current information available (see revision date).

Without a doubt the most important aspect of Influenza Pandemic Preparedness is accurate and up to date information. Contained within our Education & Planning guide is our resources section (page 12) which contains numerous ways to keep informed on this changing crisis. We strongly encourage you to utilize these resources regularly so you can adapt your Pandemic Preparedness to meet these changing needs.

A current FluGuard Education & Planning Guide is available at no charge by visiting our website at [http:// www.fluguardbrand.com](http://www.fluguardbrand.com).

Avian Influenza A (H5N1)



“Genetic studies confirm that the Influenza A Virus (H5N1) mutates rapidly. Should it adapt to allow easy human-to-human transmission, a global pandemic could ensue”.

(source: U.S. Dept of Health & Human Services)

Influenza A (H5N1) virus – also called “H5N1 virus” – is an influenza A virus subtype that occurs mainly in birds.

In the past few years, (H5N1) has crossed the species barrier to infect humans with deadly consequences. In the current outbreaks in Asia and Europe more than half of those infected with the virus have died.

While most infections in humans can be attributed to individuals who had close contact with, or eaten (improperly cooked) infected birds, studies confirm the virus mutates and experts fear it may mutate to a form easily contracted through human-to-human contact.

A Pandemic would occur when the Avian Flu Virus becomes capable of spreading from person to person as easily as the common seasonal flu.

Historically, an average of three Pandemics occur each century. While experts cannot predict whether or when the Avian Influenza A (H5N1) Pandemic will occur, most agree its progress so far suggests a significant preparedness effort be taken.

The Spread of H5N1

H5N1 continues to grow rapidly. The chart here illustrates the spread of H5N1 between 2003 and 2006.

While many experts believe (H5N1) infected birds will reach North America in the future, many predict the most likely Pandemic threat (to North America) will

U.S. Department of Health & Human Services

2003 Countries with H5N1	1
2004 Countries with H5N1	9
2005 Countries with H5N1	16
2006 Countries with H5N1	53

occur once the virus mutates to allow for easy transmission, and arrive via infected international travelers. Another possible threat to North America is smuggled poultry products into the United States. While there is currently a restriction of poultry imported into North America from countries with known cases of H5N1, reports confirm smuggled poultry into the United States from infected countries has occurred.

Avian Influenza A (H5N1) Vaccine

**“There is NOT a vaccine
for Avian Influenza (H5N1)”.**

(source: The World Health Organization)



To develop the most effective vaccine, the “mutated” (easily contracted influenza) virus must first occur. This is problematic as the pandemic can spread globally before the vaccine is developed.

When the pandemic strain of influenza virus is identified, it will likely take more than a year before a vaccine will be (widely) available. Further, estimates given report the first year would be limited to fewer than a billion doses (worldwide) due to manufacturing capacities today.

Once the vaccine is available it will take up to six months before vaccines for adults, and up to 6 weeks for children to achieve optimal protection under a one-dose regimen, with an additional 4 weeks if a booster shot is needed a month later.

A Pandemic will last much longer than most flu outbreaks and may include “waves” of influenza activity that last 6-8 weeks, separated by months.

Pandemic vaccine production using current technologies will likely not be available before the first Pandemic wave.

World, Federal and State health authorities are urging the best protection for now (given the Vaccine status) is for the public to avoid infection.

Individual Preparedness

What the experts want you to know.

What the experts want you to know is preparedness and current information is key to planning for a potential Avian Influenza Pandemic. Individuals must realize that World, Federal and State governments can only do so much. Preparedness, is the responsibility of each and every person.

George W. Bush, President United States of America

“ While the Federal Government will use all resources at its disposal to prepare for and respond to an influenza pandemic, it cannot do the job alone. This effort requires the full participation of and coordination by all levels of government and all segments of society..... perhaps most important, addressing the challenge will require active participation by individual citizens in each community across our Nation.”

Michael O. Leavitt, Secretary Department of Health and Human Services

“ Pandemics are global in nature, but their impact is local. When the next pandemic strikes, as it surely will, it is likely to touch the lives of every individual, family, and community. Our task is to make sure that when this happens, we will be a Nation prepared.”

Individual Preparedness

What you need to be ready.

The extent you choose to prepare for a Pandemic is a personal one. Our goal is to provide you the resources to make an informed decision.

Without a doubt the most important aspect of Influenza Pandemic Preparedness is accurate and up to date information. Refer often to our “Avian Influenza A (H5N1) Resources”. Here, you will find resources on how to obtain information which may require you to revise your preparedness plans.

Secondly, in the event of a Pandemic most would agree the best way to protect yourself and your family is to avoid infection. While this sounds simplistic, avoiding infection is your primary goal during a Pandemic.

There are many levels of Pandemic Preparedness. As of September, 2006 (the printing of this Education & Planning Guide) the focus is on preparedness planning with information and the infection protection products such as those in the FluGuard Preparedness Kit.

It is CRITICAL that Pandemic Preparedness is done BEFORE a Pandemic is certain. Experts agree that once a Pandemic is confirmed, obtaining supplies will likely be impossible, and could result in infection while trying to obtain them.

Stay Informed

The first Pandemic Preparedness step is to review all current information available from respected sources including The World Health Organization, The Centers for Disease Control and Prevention, U.S. Department of Health and Human Services and your local State Health authorities. All of these resources can be found in our resources section of this guide.

Based on current information (which may include the spread of H5N1 in your area, confirmation that the virus has mutated, or other updates which may increase your risk), begin your Preparedness Plan. Be sure to include the needs of family members and loved ones who may rely on you to prepare for them.

An important aspect of Pandemic Preparedness is planning for the potential of extended home stays. Should a Pandemic occur, for many the best option is to ride out the waves at home (some estimate up to 8 weeks) to avoid the risk of infection. This means planning with the necessities to achieve this goal.

During a Pandemic it is also possible that mandatory (at home) quarantines may be imposed. With either (voluntary) or (imposed) quarantines, essential services you depend on may be disrupted. Plan for the possibility that you may not have access to banks, stores, hospitals, government offices. Even basic necessities like water, electricity, or phone services may not be available for extended periods of time.

Individual Preparedness

What you need to be ready.

Infection Protection

The FluGuard Preparedness Kit will help you achieve your primary goal in Pandemic Preparedness (avoiding infection). While no product can guarantee avoiding Avian Influenza or any other disease, products recommended by leading health organizations and used by Health Care Professionals to reduce the risk of infection are the basis for the FluGuard Influenza Preparedness Kit.

These items can be stored for up to four years, and are intended for use during a pandemic threat. Typically, these items would be used when the potential exists that you will come in contact with individuals or items which may be infected with the virus.

FluGuard Preparedness Kit (items included)

30-Qty N-95 Masks



Meets CDC and NIOSH guidelines for protection against flu and other infectious germs that can cause disease. N-95 Masks should be used when the possibility exists that you may come in contact with infected individuals. Dispose of in Biohazard bag after one use if the possibility of contact with infection exists.

135-Qty Alcohol-Based Hand Sanitizer Wipes



Meets U.S. Government criteria on Influenza Preparedness criteria for alcohol-based hand sanitizers (over 60% alcohol). Health Professional Grade. Alcohol-Based Sanitizers can be used alone, or after washing hands with soap and water. While Alcohol-Based Hand Sanitizer use assumes a reduction of infection spreading risk, it has not been proven to kill the Avian Influenza Virus.

10-Qty Disposable Eye Shields



Meets Professional Health Care standards for protection against infectious germs that can cause disease. Goggles should be used when the possibility exists that you may come in contact with infected individuals. Dispose of in Biohazard bag after one use if the possibility of contact with infection exists. Disinfect frames for use with future shields.

100-Qty Vinyl Gloves



Meets Professional Health Care standards for protection against infectious germs that can cause disease. Latex Free. Gloves should be used when the possibility exists that you may come in contact with infected individuals or objects/surfaces. Dispose of in Biohazard bag after one use if the possibility of contact with infection exists.

Individual Preparedness

What you need to be ready.

Infection Protection - Continued

FluGuard Preparedness Kit (items included)



Liquid Hand Soap

Washing with soap and hot water is recommended as a key step in reducing the spread of germs which can cause disease. Following use with Alcohol-Based hand sanitizer is also recommended.



6-Qty Disposable Tissues Packs

To help prevent the spread of flu and other infectious germs that can cause disease. Dispose of in Biohazard bag after use if the possibility of infection exists.



160-Qty Surface Disinfectant Wipes

Hospital Grade Surface Disinfectant for hard surfaces. Use on hard surfaces which may be contaminated including counters, surfaces, door handles, bathrooms etc. Also consider items brought into your environment which may have come in contact with infection (ie: canned goods, containers, supplies, or any hard surface items that may pose an infection risk). Follow use on container carefully. (Not for use on skin).



10-BIOHAZARD Bags

Meets Professional Health Care standards for disposal of items which may contain germs that can cause disease.

As a common sense precaution, follow good hygiene practices at all times. Avoid touching face (especially eyes, nose and mouth) to help avoid infection. Teach children to follow these practices as well.

NOTE: One FluGuard kit contains an estimated 30 day supply for one adult. Purchase one kit per person being considered for preparedness planning.

Individual Preparedness

What you need to be ready.

Preparing for an extended home stay.

With either (voluntary) or (imposed) quarantine possibilities, essential services you depend on may be disrupted. Plan for the possibility that you may not have access to banks, stores, hospitals or Government services. Even basic necessities like water, electricity, or phone services may not be available for extended periods of time.

Preparing for extended quarantines is a crucial part of Pandemic Preparedness. Keep in mind that when preparing with necessities, these items can be rotated into your daily (non quarantine) period use, so long as they're replaced weekly. Because utilities (water and electricity) may become disrupted during a quarantine, supplies which don't require refrigeration or cooking are the safest choice.

Food, Water and Basic Needs

- _____ Ready-to-eat (canned or dried) meats, fish, fruits, vegetables, beans and soups.
- _____ Protein bars, fruit bars.
- _____ Dry cereal, granola.
- _____ Peanut butter, nuts.
- _____ Crackers.
- _____ Canned juices.
- _____ Bottled water (plan for 1 gallon per person, per day).
- _____ Canned or boxed milk (soy milk is also a good option).
- _____ Fluids with electrolytes (sports drinks).
- _____ Liquid meal replacements.
- _____ Canned or jarred baby food & formula.
- _____ Pet food.
- _____ Other nonperishable foods.
- _____ Comfort foods.
- _____ Multi-Vitamins (especially Vitamin-C).

Individual Preparedness

What you need to be ready.

Preparing for an extended home stay.

Medical and Health Supplies

- _____ Prescribed medical supplies such as glucose and blood-pressure monitoring equipment.
- _____ Medicines for fever, such as acetaminophen or ibuprofen.
- _____ Prescription medications.
- _____ Antibiotic ointment.
- _____ Isopropyl Alcohol, Hydrogen Peroxide.
- _____ Band Aids, wound dressings and supplies, Thermometer.
- _____ Standard household cleansers.
- _____ Hospital Grade (if possible) hard surface cleansers (in FluGuard Kit).
- _____ Disposable Tissues (in FluGuard Kit).
- _____ N95 Rated Respirators (masks) (in FluGuard Kit).
- _____ Vinyl Gloves (in FluGuard Kit).
- _____ Disposable Eye Shields (in FluGuard Kit).
- _____ Liquid Soap and Alcohol-Based sanitizers (in FluGuard Kit).
- _____ Biohazard disposable bags (in FluGuard Kit).

Other Supplies To Consider

- _____ Battery Powered Radio.
- _____ Manual Can Openers.
- _____ Flashlight (consider battery-free models that recharge when shaken).
- _____ Tissues, toilet paper, disposable diapers.
- _____ Disposable paper cups, plates & utensils.
- _____ Plastic Garbage Bags.

Luxury Supplies To Consider

- _____ Battery Powered Scanner, CB Radio & Portable TV.
- _____ Filled Propane Tanks and Propane Barbecue (outdoor use only).
- _____ Generator & Fuel (can be used to charge cell phones, portable electronics and other household needs for short periods of time if utilities are disrupted).

Individual Preparedness

What you need to be ready.

Best-case scenarios:

The best-case scenario is individuals will plan for the Influenza Pandemic, and the Pandemic will not occur. At this point, supplies purchased for Pandemic Preparedness will be rotated into your everyday needs.

Another best case scenario is should the Pandemic occur, people abide by imposed quarantines, having prepared with food, water and infection protection supplies (before) a Pandemic strain is confirmed. They work from home if possible and ride out the course of the virus with minimal health problems.

Worst-case scenario:

People are forced to stay home (either voluntary or imposed quarantines) but fail to stock the necessary food and infection protection supplies and venture back out, catching the Avian Influenza and infecting their families.

It's important to realize that a Pandemic is not only possible, experts predict its only a matter of time. If not Avian Influenza (H5N1), then it will be another Pandemic. Being prepared should be a part of all our lives. Once a Pandemic occurs, it's too late to prepare.

A written plan in the event of a Pandemic is a necessity every family should have. It should include all the items contained in our Education & Planning Guide, and customized to meet the needs of updated information. Additional written planning aspects should include when, where and how family members will meet.

A Pandemic Preparedness plan requires a little effort, however it's becoming a necessity no family can be without.

Avian Influenza Information Resources

The World Health Organization

The worlds leading authority on global health issues.

<http://www.who.int>

U.S. Department of Health & Human Services

<http://www.dhhs.gov>

The Centers for Disease Control and Prevention

<http://www.avianflu.gov/plan/tab3.html>

<http://www.avianflu.gov>

<http://www.cdc.gov>

U.S. Department of Homeland Security

<http://www.dhs.gov/dhspublic>

<http://www.ready.gov>

Individual State & Local Government Planning & Response List

<http://www.pandemicflu.gov/plan/tab2.html>

ABC News

[http:// www.abcnews.go.com/Health/AvianFlu](http://www.abcnews.go.com/Health/AvianFlu)

FluGuard™

FluGuard Official Website

[http:// www.fluguardbrand.com](http://www.fluguardbrand.com)

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