

## Anti-Viral Preventive/Travel Instructions

To be used especially for travel on planes and when in crowded spaces  
(subways, etc)

- Airborne or Wellness Formula; 1 tablet at the beginning of travel
- Oscillocoquinum; 1 vial at end of travel (especially for influenza)
- During travel or while in crowded spaces use essential oil inhalation: once in each nostril every one-two hours inhale one or more of tea tree, menthol, eucalyptus, rosemary, or oregano. One oil will usually suffice, or combination even better. If available, Young's Living Thieves' Oil
- Travel with a mask just in case someone directly near you has obvious symptoms of cold and/or flu
- Wash hands frequently, and avoid touching your face with your hands
- Try to avoid crowded spaces as much as possible
- Use Purell liberally---or a similar product with at least 60% alcohol; or natural alternatives such as Clean-Well by Ingenium (thyme oil)
- You can use immune support herbs such as Host Defense by New Chapter, Isatis Gold by Health Concerns or Wellness Formula once daily preventively for a few weeks if necessary
- Begin Tamiflu\* preventively once per day only if direct and prolonged exposure to known influenza (overly frequent use may breed resistance). Use twice/day within 48 hours if you feel obvious symptoms developing.
- Call if you develop any symptoms: you probably don't need to come in for influenza unless terribly ill---most cases are better handled by staying home, resting, drinking lots of liquids and using both prescription and natural remedies (reference my Cold and Flu remedies sheet for more on treatment once symptoms have begun)
- During H1N1 flu season, have the vaccine, if proven safe.

### **\* A note on Tamiflu**

It is unclear how effectively Tamiflu may be able to combat the numerous mutations that will undoubtedly occur to the Influenza A--based H1N1 flu. Therefore, save it for when you really need it: a) when having obvious symptoms of Influenza A (fever, headache, joint pain, fatigue, nausea, dizziness) or, b) when directly exposed, especially if prolonged, then preventive dose may be taken---one/day for one week (though new guidelines may recommend twice/day even preventively)

Tamiflu should not be taken cavalierly on an occasional basis for prevention, but in the above scenarios as it may not work and it may breed resistant to Tamiflu.

Always check with your primary care provider before using any supplement or OTC/ prescription remedy, especially if on medications, pregnant or you have a serious medical condition.

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