

5 Important Precautions Regarding Swine Flu

Dr. Bob Arnot, Pandemic Expert, Offers Advice

New York, NY- Hundreds of cases of swine flu have been reported in Mexico, and around 50 cases exist in the United States, according to CNN. Swine flu can go from exposure to infection within one to four days, so prevention is the key to battling such a fast-acting virus.

Doctor Bob Arnot, author of ***Your Survival***, has researched and written extensively on the subject of pandemics. Recently interviewed on *Larry King Live* and *Geraldo at Large* as an expert on this topic, Dr. Arnot has given the five best ways to deter the swine flu contagion:

-It seems obvious, but it's very important to actually carry out: **wash your hands**.

-**Cover your mouth** with a tissue or handkerchief when you cough.

-Use **Tamiflu or Relenza** within 24 hours of contracting swine flu. If you are in the healthcare field and treating others who may have swine flu, you may take it as a preventative medicine.

-**Track your symptoms**.

-Most importantly, **call your doctor** as soon as a high fever hits.

Learn more about preparing for and treating infections caused by pandemics in ***Your Survival***, available on amazon.com and at other major book retailer sites and stores.

Your Survival

Protect Yourself from Tornadoes, Earthquakes, Flu Pandemics, and other Disasters

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