

Health Tips

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with

Dr. D


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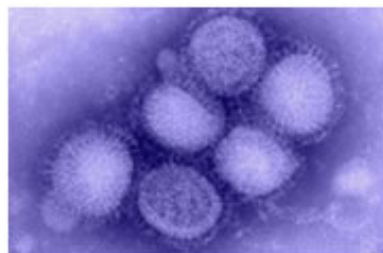


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Health Tip: Fraudulent H1N1 Products



It appears that there are some who are trying to cash in on the current H1N1 (swine flu) epidemic. The Federal Drug Administration is alerting the public about web sites that "are or were illegally marketing unapproved, uncleared, or unauthorized products in relation to the 2009 H1N1 Flu Virus."

As of December 15th, there were 147 entries on this [list of fraudulent products](#). The categories of products included in this list are:

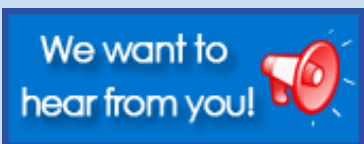
- Air System Products
- Antiseptic Products
- Body Wash Products
- Device Products
- Drug Products
- Gel Products
- Gloves Products
- Hand Sanitizer Products
- Herbal Extract Products
- Immunization Products
- Inhaler Products
- Kit Products
- Mask Products
- Shampoo Products
- Spray Products
- Supplement Products
- Tea Products
- Test Products

The companies selling these products have been warned by the FDA to remove the product or the objectionable claims related to the 2009 H1N1 Flu Virus from their web site. The FDA is taking a very serious stance against the marketing of untested products in the face of the current H1N1 epidemic.

A number of the cited companies have taken the FDA warning seriously. Some of the products have already been removed from internet ads and other companies have issued disclaimers regarding their products. It should be recognized that many of the companies that were cited are legitimate and carry products that have received FDA approval for other medical uses.

Protecting yourself and your family from H1N1 influenza does not have to include ordering products through the internet. This season, there is a 2009 H1N1 vaccine to protect against the "swine flu" that should be received if you fall into one of groups advised by the CDC to receive the vaccine. Additionally,

any other topic or question you have!



the CDC recommends that you take the following everyday steps to protect your health and the health of others:

- **Avoid close contact.** Avoid close contact with people who are sick. If you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick.** If possible, stay home from work or school when you are sick. You will help prevent others from catching your illness.
- **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing.
- **Wash your hands.** Washing your hands often will help prevent the transfer of the virus from your hands into your body.
- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. During this time you should keep away from others as much as possible to keep from making others sick.

Unfortunately, the most recent FDA bulletin does not include every web site that is marketing products related to the 2009 H1N1 Flu Virus without FDA approval. Even if a web site is not included in this list, consumers should exercise caution before purchasing any product over the Internet purporting to diagnose, mitigate, prevent, treat, or cure the 2009 H1N1 Flu Virus.

If you or someone in your family would like to know more about fraudulent H1N1 products then click on the 'Ask eDoc' icon, to the right, and send us your questions.

We would love the opportunity to assist you in getting the help you need.



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