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Sponsored Influenza Pandemic Evacuation Rehearsal

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INTRODUCTION

Every week, bird flu hops one country closer to the United Kingdom.

Our prediction is that by fall 2006 we will be exposed to pandemic human strain bird flu in our home town of Bristol.

As managers of The Cube Microplex, it is not only our interest but duty to safeguard the health of both our volunteer work force and our long term organisational future.

A flu pandemic would inevitably take the Cube Microplex and other entertainment venues out of business. We intend to sow the seeds of rebirth by preserving the values and methods embodied within our workers by providing effective advice and procedures for their physical survival.

This report is a developmental first step in this DIY health programme.

REHEARSAL NOTES

Rehearsal Date: September 2005

Destination: Elgol, Skye, Scotland.

Intentions

- * Research previous influenza pandemics.
- * Find somewhere sustainable, out of the way, ecologically diverse, next to sea for ultimate food range and hygiene and health.
- * Settle in a vacant space somewhere with its own resources ie, water supply.
- * Exercise precautions and plan avoidance strategy.
- * Perhaps a good approach would be to not do anything drastically different from one's usual routine, instead examine all aspects of that routine, refine it down and notice all loop holes where infection could take a hold. Then if one wants to have a total other experience use it as an opportunity to completely change.
- * We chose somewhere incredibly remote however one's house could become just as remote if you isolated it from all 'outside' interactions.

Chosen rehearsal route:

- _ Plane from Bristol to Inverness
- _ Bus from airport to city centre
- _ Walk to main road.
- _ Hitch to Isle of Skye.

THOUGHTS ON METHODS OF TRAVEL

Hitch hiking

- * Very flexible form of transportation. The most flexible method of transport is to take any transport though.
- * It is doubtful that people will give lifts due to fear of infection.

Car

- * Fuel may be short...make a pre-emptive fuel stock.
- * Personal vehicle would insure contained, controlled exposure.
- * Road network may be jammed.
- * Study travel route choices.

Bus

- * Road networks may be jammed.
- * Public transport infrastructures may break down, would have to wait for authorities to organise.
- * The system can't be fully trusted due to council corruption.

Train

- * Trains run on independent network so no interference from other vehicles.
- * Too many people entering and leaving, confined space - risk of infection high.

Plane

- * Quick but risky.
- * The body is in a position of vulnerability to radiation, dehydration and airconditioned viruses.

Boat

- * Excellent, but vulnerable to weather and need specialist knowledge.

Bicycle

- * Self contained and discreet. Can carry enough food to cover whole journey thus reducing stops and further interactions.
- * Can travel along remote cycle tracks.

Walking

- * Very discreet, but limited to what you can carry.
- * Unless collecting wild food, would have to visit settlements or take very heavy pack.



Shelter

Choose somewhere that doesn't leak.

Water

No shortage of fresh water from wilderness or highland streams.

Resting

"Kayle is sleeping on turf in bivy bag, interdispersed with some reading.

We made some chairs as standing, squatting and kneeling became too tiring." hb

Weather

"Tuesday: Wet with fine drizzle and occasional sun. Wednesday: Whole day of showers and drizzle stayed in rock shelter looking out mixed with leaning against the wall." kb

* Make a store of wood for wet days.





Cooking

"Tuesday: Brought a gas camping stove with us, but have started to collect wood for cooking on fire later in the week", Kayle.

* Make sure your fire craft is up to scratch.

Fishing

"Took telescopic rod with reel and several types of spinners (hooks).

Monday: Tried fishing off rocks on first day for 1 hour = 15 small fish.

Tuesday: Tried fishing off rocks on second day for 1 hour = 0 small fish.

Thursday :The hook is jammed will have to swim out to untangle tomorrow.

Friday: Hook retrieved at low tide. Fished when weather became better, caught 6 fish in 20 Min's", Heath.



ALL SORTS OF WORRIES AND FEARS MAY ARISE



Food

* Every morning we collected Mussels, cooked on open fire: boil water then put mussels in, reach boiling point then cook for 1 minute. Mussels were very tasty.

* Most seaweeds can be eaten. Some don't taste as good as others. The best months to gather seaweeds are May and June.

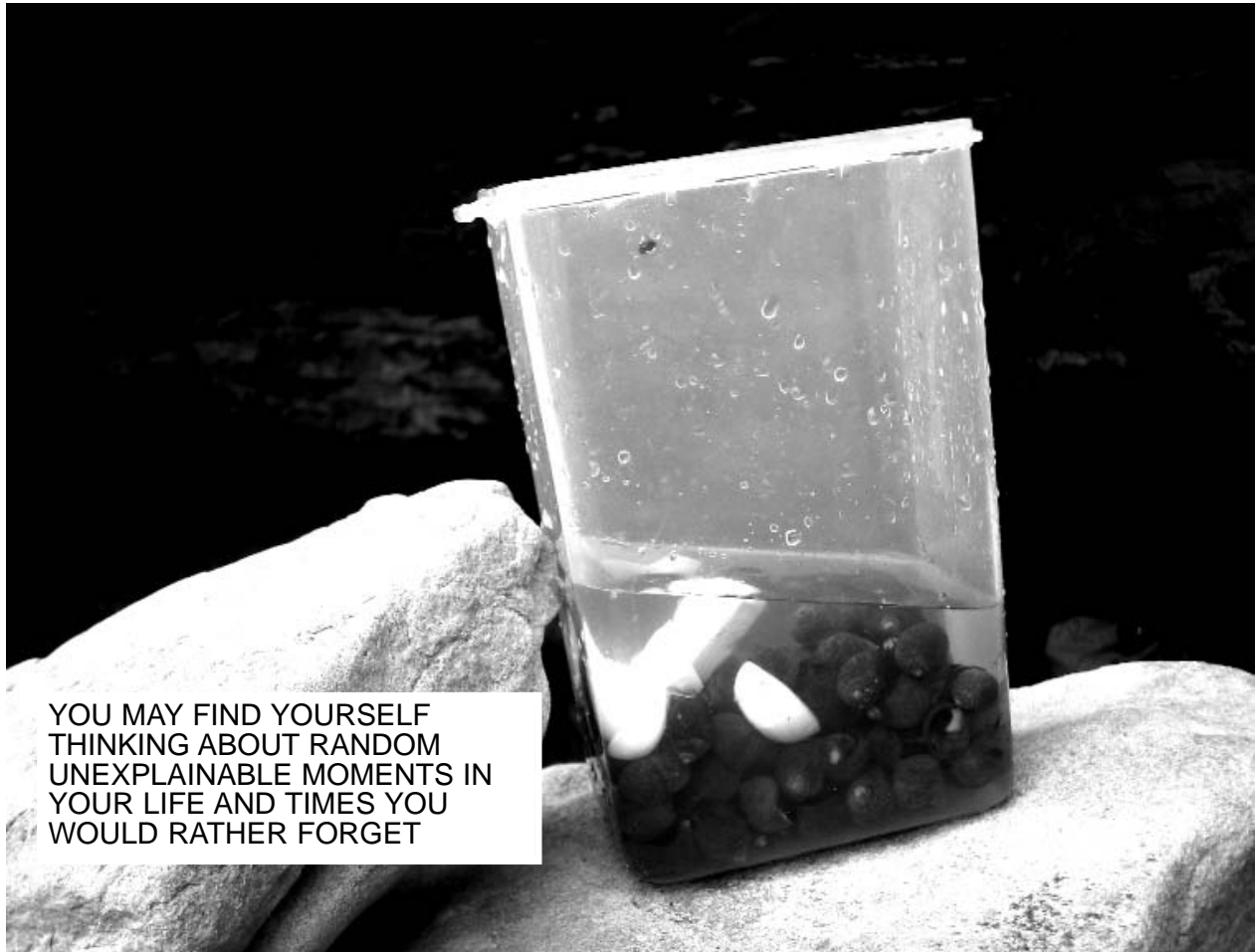
* Irish moss seaweed can be fried in pan with oil and garlic, then steamed with small amount of water.

"Wednesday: Picked periwinkles kept in a tub with garlic left for 72 hours no sign of them eating garlic (hardly surprising).

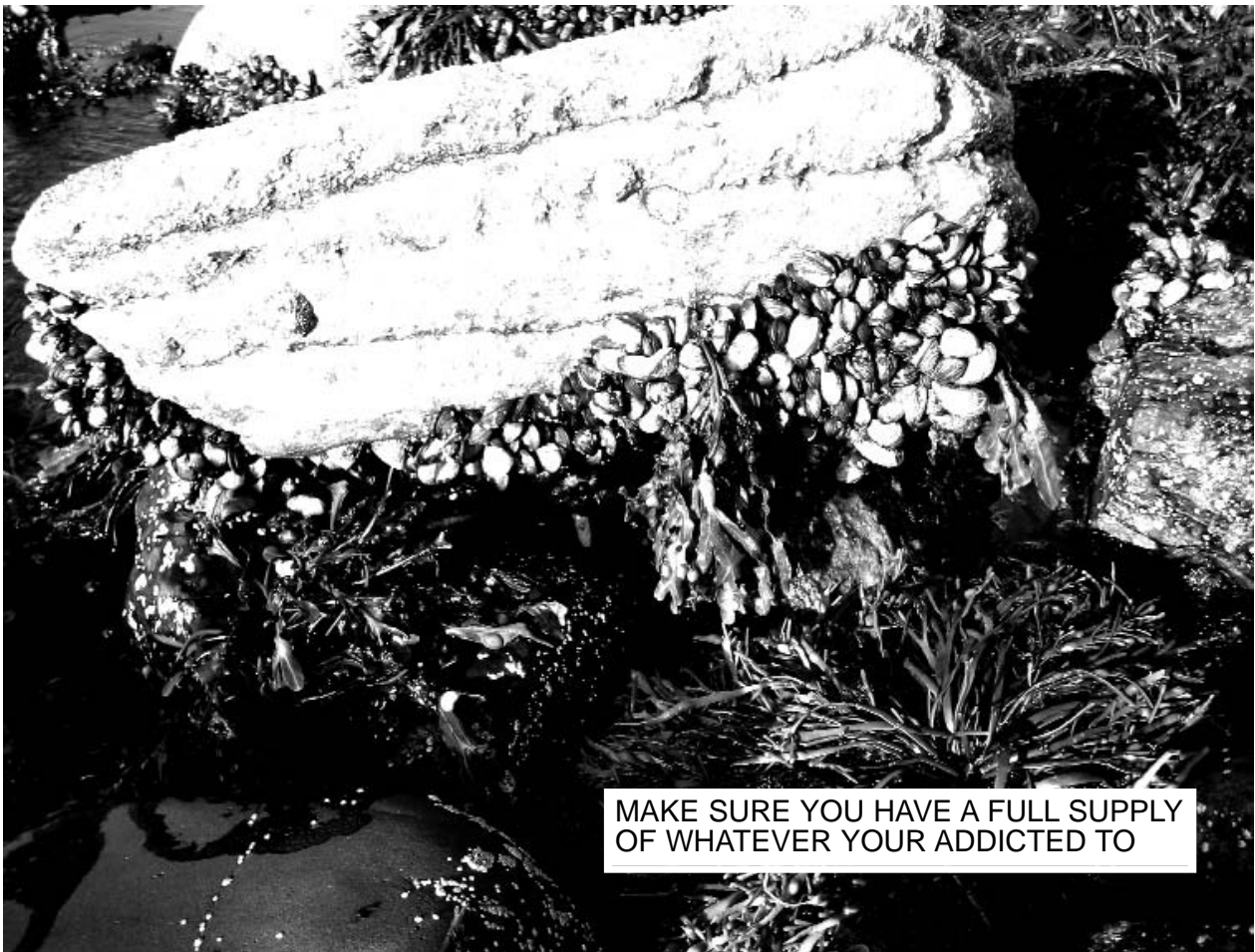
Went to post office for coffee and cheese sandwiches and supplies (tinned peas, biscuits, Orkney oat cakes).

Heath caught 15 fish, but stupidly thought all a bit small so threw them back", Kayle.









MAKE SURE YOU HAVE A FULL SUPPLY
OF WHATEVER YOUR ADDICTED TO

THINGS MAY SEEM A LITTLE SURREAL





Entertainment

*Take something to read something to do ... a hobby.





EXPECT ANXIETY

Network

* There will be no mobile phone reception in the wilderness.

"Monday: Public call boxes two miles either way from rock shelter. Heath remarked one could tap into the phone masts (telegraph poles) and dial up onto the internet. The post office is one mile from rock shelter. There is internet at the post office for £2 an hour", Kayle.

* Remember to disinfect the telephone and computer keypads before using and wash hands after.

* Take portable radio for news and entertainment. Best idea is a dual wind up and battery powered.

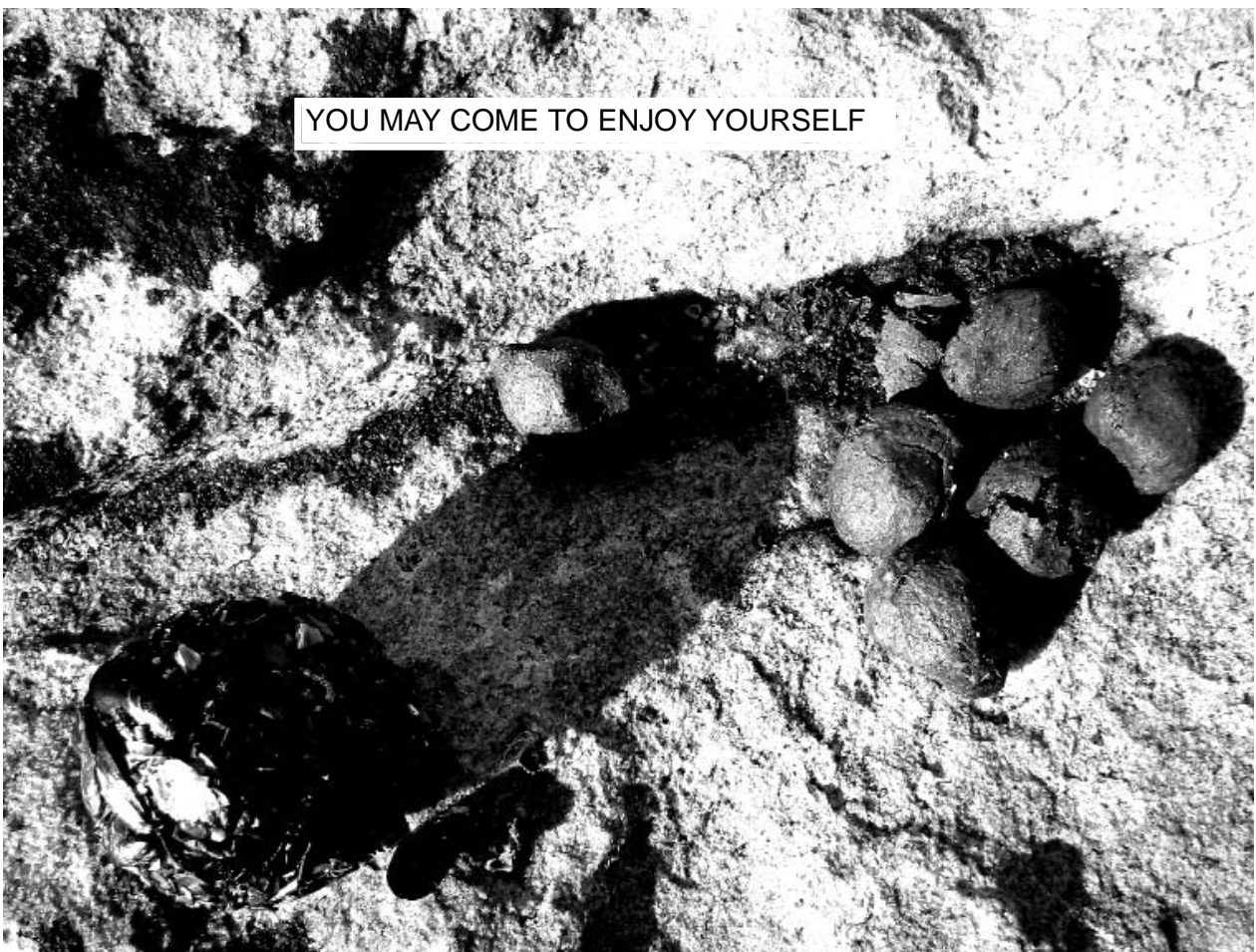
Animals

* Cormorants, Gannets and Seals in the bay.

* Cows on the beach eating plastic and flotsam. The cows chew on rope, one ate the whole thing, apparently for salt.

* A few curious seagulls and sheep watching us.

* What will happen to the birds?





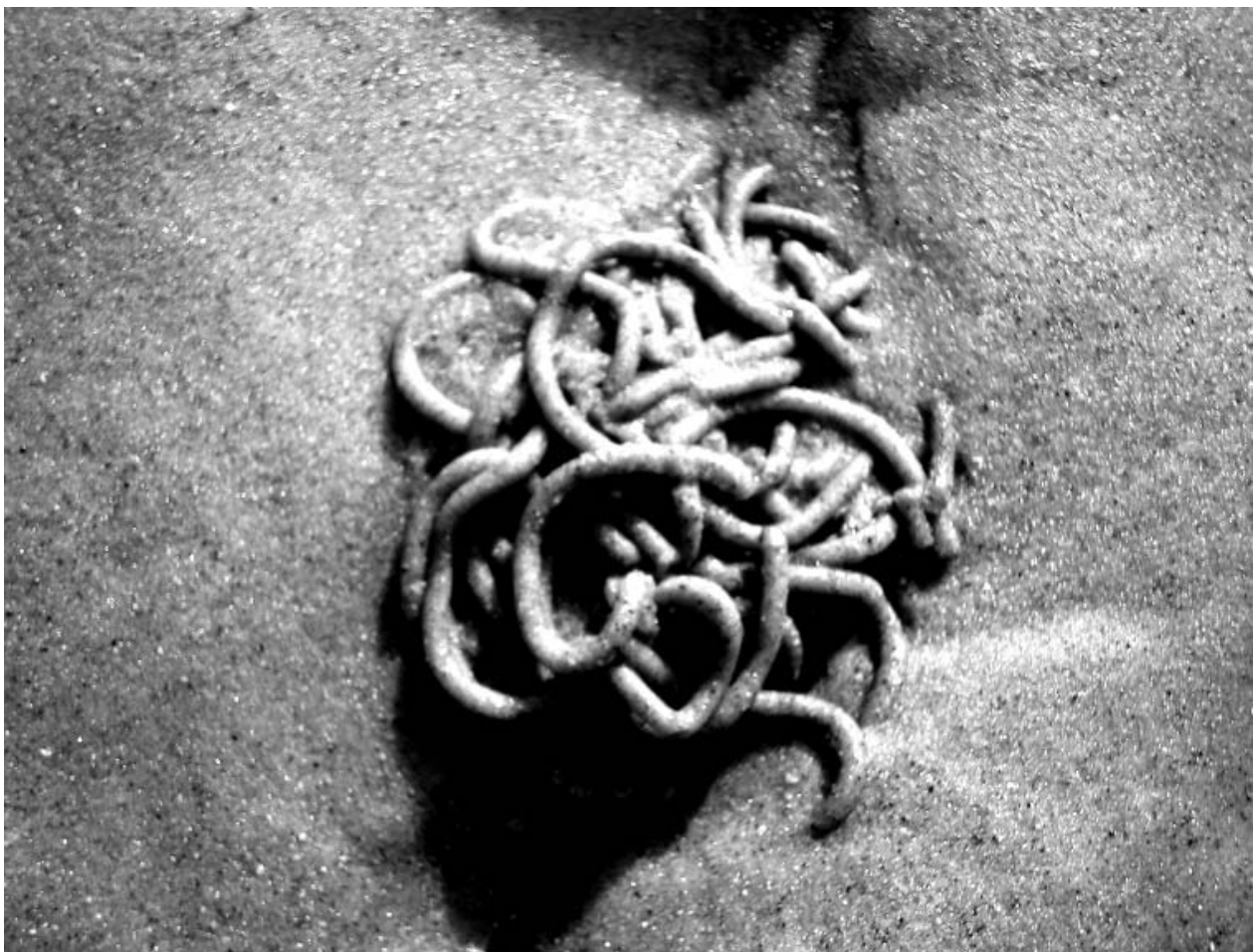
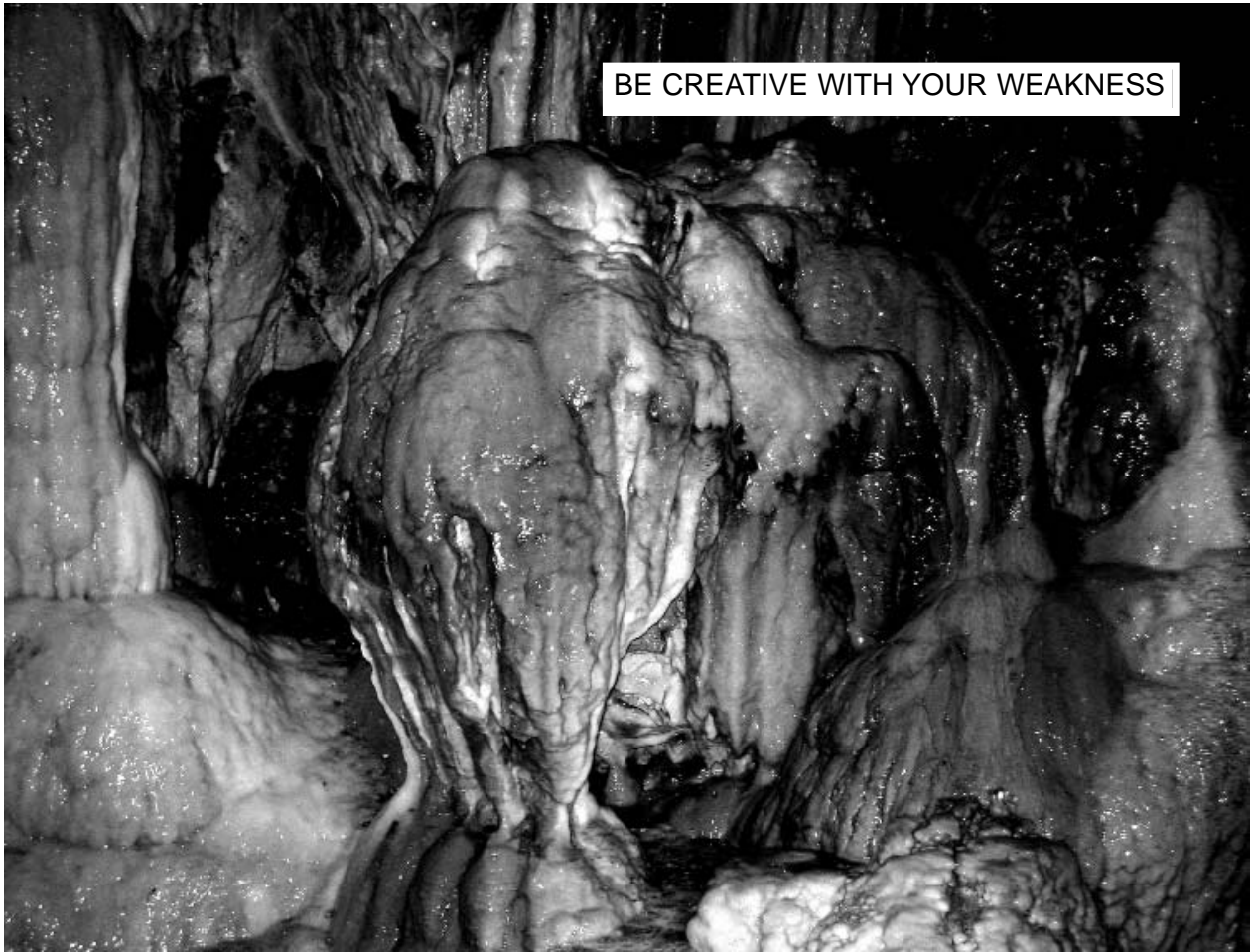
Social interactions

- * Talked with an elderly group on tour from Glasgow, whilst at the post office.
- * A woman sat on our beach for several hours today. We only saw her from a distance.
- *The woman in the post office is nice and helpful.

Miscellaneous Thoughts

- * Everything slows down having a biscuit is an event.
- * Thursday: We have a found ball. We thought maybe we could play with it (we didn't).
- * Next time we come up we should bring the electric drill to cut a hole in a beached metal buoy, we could sleep in it....





Prevention Techniques:

Viruses that cause influenza (flu) spread primarily from person to person, especially by coughing and sneezing (via airborne droplets of respiratory fluids). Flu viruses can enter the body through the mucous membranes of the eyes, nose, or mouth. After a person has been infected with the virus, symptoms usually appear within 2 to 4 days. The infection is considered contagious for another 3 to 4 days after symptoms appear.

The greatest risk of infection is in highly populated areas, where people and animals live in crowded conditions, and in schools. Isolating people with flu symptoms is not an effective means of disease control because flu can be spread by someone whose symptoms are not yet apparent.

Since there are no known cures for flu, prevention must be your goal:

#1 Wash Your Hands

Most flu viruses are spread by direct contact. Someone who has the flu sneezes onto their hand, and then touches the telephone, the keyboard, a kitchen glass. The germs can live for hours -- in some cases weeks -- only to be picked up by the next person who touches the same object. So wash your hands often. If no sink is available, rub your hands together very hard for a minute or so. That also helps break up most of the germs.

#2 Don't Cover Your Sneezes and Coughs With Your Hands

Because germs and viruses cling to your bare hands, muffling coughs and sneezes with your hands results in passing along your germs to others. When you feel a sneeze or cough coming, use a tissue, then throw it away immediately. If you don't have a tissue, turn your head away from people near you and cough into the air.

#3 Don't Touch Your Face

Flu viruses enter your body through the eyes, nose, or mouth. Touching their faces is the major way children catch flu, and a key way they pass flu on to their parents.

#4 Drink Plenty of Fluids

Water flushes your system, washing out the poisons as it re-hydrates you. A typical, healthy adult needs eight 8-ounce glasses of fluids each day. How can you tell if you're getting enough liquid? If the colour of your urine runs close to clear, you're getting enough. If it's deep yellow, you need more fluids.

#5 Take a Sauna

Researchers aren't clear about the exact role saunas play in prevention, but one 1989 German study found that people who steamed twice a week got half as much flu as those who didn't. One theory: When you take a sauna you inhale air hotter than 80 degrees, a temperature too hot for flu viruses to survive.

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#6 Get Fresh Air

A regular dose of fresh air is important, especially in cold weather when central heating dries you out and makes your body more vulnerable to flu viruses. Also, during cold weather more people stay indoors, which means more germs are circulating in crowded, dry rooms.

#7 Do Aerobic Exercise Regularly

Aerobic exercise speeds up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells.

#8 Eat Foods Containing Phytochemicals

"Phyto" means plants, and the natural chemicals in plants give the vitamins in food a supercharged boost. So put away the vitamin pill, and eat dark green, red, and yellow vegetables and fruits.

#9 Eat Yogurt

Some studies have shown that eating a daily cup of low-fat yogurt can reduce your susceptibility to flu by 25 percent. Researchers think the beneficial bacteria in yogurt may stimulate production of immune system substances that fight disease.

#10 Don't Smoke

Statistics show that heavy smokers get more severe and frequent flu.

Even being around smoke profoundly zaps the immune system. Smoke dries out your nasal passages and paralyzes cilia. These are the delicate hairs that line the mucous membranes in your nose and lungs, and with their wavy movements, sweep flu viruses out of the nasal passages. Experts contend that one cigarette can paralyze cilia for as long as 30 to 40 minutes.

#11 Cut Alcohol Consumption

Heavy alcohol use destroys the liver, the body's primary filtering system, which means that germs of all kinds won't leave your body as fast. The result is, heavier drinkers are more prone to initial infections as well as secondary complications. Alcohol also dehydrates the body -- it actually takes more fluids from your system than it puts in.

#12 Relax

If you can teach yourself to relax, you can activate your immune system on demand.



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