



Is the World's Medical History repeating itself 100 years later?

World of Pandemics

Spanish Flu: anno 1919

COVID-19: anno 2019

About 100 years ago, precisely in 1918, the H1N1 virus, called the “Spanish Flu” caused a worldwide medical emergency and pandemic. The situation by then started similarly to what we are experiencing with the Corona virus’s COVID-19 today.

According the [U.S. Centers for Disease Control and Prevention](#), between 1918 and 1919, the H1N1 virus (Spanish Flu) spread rapidly, just like the Corona virus. About 170 million people were infected and about 50 million people died worldwide. Similar to Corona virus, there was no vaccine available against the Spanish Flu virus in 1918. So, it became one of the deadliest virus infections in human history.

One dramatic effect of the [Spanish Flu pandemic](#) happened in the USA and that can explain and justify the drastic actions being taken against COVID-19 today. According to a [CNN report on MSN](#), “In September 1918, Philadelphia held a Liberty Loan Parade to promote the government bonds that were being issued to pay for World War I”. The big parade brought thousands of people together in the middle of the Spanish Flu pandemic which had just landed in Philadelphia city at that time. This resulted in massive sickness and deaths inside and outside the city, within a very short period.

Today, 100 years later, the history and experiences of 1918-1919 Spanish Flu pandemic, is making World Leaders and Medical Experts take drastic actions in 2020.

But today, the question that many people are asking is “Are all these drastic actions and measures, like shutting down borders and cancelling major events necessary?” And yes, the answer is a capital ‘YES’.

As we say, “Once Beaten Twice Shy”, the World has learnt its lessons with the Spanish Flu in 1918. We should not let the Spanish Flu disaster of about 100 years ago repeat itself through a COVID-19 pandemic in anno 2020.

Do you need More Information?

The [U.S. Office of Disease Prevention and Health Promotion](#) and many other Public, Private and Non-Governmental Organizations such as, [American College of Preventive Medicine](#) and [Medica Humana International Foundation](#), are seriously and actively Advocating, Campaigning and Promoting Preventive Healthcare.

Please Share Freely:

You can share these Preventive Medical Tips with those you love.

Disclaimer:

All information contained in this document do not constitute a Medical Advice or Treatment Claims. If you have any doubt or questions, the best action to take is to consult your doctor as soon as possible.

About the Author:

Dr. Waley (Adewale) Salami, is a Medical Doctor and an advocate of Preventive Healthcare. He has worked for several years in Clinical Research into New Medicines and Bio-Pharmaceutical Drug Development. Waley is a member of the American College of Preventive Medicine and Co-Founder / Chief Medical Officer of Medica Humana International Foundation in Netherlands. Waley publishes both on Medical-Scientific and Freely and Publicly accessible media such as [LinkedIn](#), [ResearchGate](#), [Wikipedia](#), [Blogger](#), [SlideShare](#), [WikiHow](#), [Wikimedia Commons](#) and others.