

Surgeon General Blue

Gives Advice on Influenza

United States Public Health Service Issues Statement on Epidemic.

The United States Public Health Service is making every effort to limit the spread of Spanish influenza and keep it from making still further inroads on the nation's war production. Surgeon General Rupert Blue of the United States Public Health Service has authorized the following statement:

The disease now spreading over this country is highly catching and may invade your community and attack you and your family unless you are very careful.

Influenza is a crowd disease. Therefore, keep out of crowds as much as possible.

Influenza probably spreads mostly by inhaling some of the tiny droplets of germ-laden mucus sprayed into the air when ignorant or careless persons sneeze or cough without using a handkerchief. Therefore, cover up each cough and sneeze.

Influenza probably is spread also by the filthy habit of spitting on sidewalks, street cars and other public places. Therefore, do not spit on the floor or sidewalk.

Influenza probably is also spread by the use of common drinking cups and the use of common towels in public places. Therefore, shun the common drinking cup and the roller towel in public places.

If you feel sick and believe you have Spanish influenza, go to bed and send for the doctor. This is important. Don't get up too soon, your heart feels as tired as your legs and needs rest.

In all health matters, follow your doctor's advice, and obey the regulations of your local and state health officers.

All that has been said above about Spanish influenza is true also of colds, bronchitis, pneumonia and tuberculosis. Do your part to keep them away.