

What to Do to Prevent It And How to Treat Influenza

In Adolph Koenig, acting county medical inspector, Edward A. Woods, chairman of the disaster committee of the Pittsburgh Chapter, American Red Cross, and Dr. Clement R. Jones, head of the medical and sanitary service of the Red Cross, following a conference late yesterday afternoon, issued the following recommendations for the prevention and early treatment of the Spanish influenza.

1.—The mouth, throat and nasal passages are the seat of infection, and hence every precaution should be taken to prevent their moisture from being thrown into the air.

2.—Avoid exposure to sudden cold and drafts.
Special care should be taken to keep the feet dry.
Avoid congregating in groups.
Avoid unnecessary visiting of those sick of any disease.
Avoid coming in contact with one's breath, especially anyone with a suspicion of a cold, and particularly anyone sneezing, coughing or spitting.

3.—Avoid all excesses in eating and drinking.
Avoid all alcoholic stimulants, and take plenty of sleep and rest during the epidemic.
Keep rooms of house or office thoroughly and frequently ventilated.
Disinfect frequently telephones, mouthpieces and cuspidors.

Do not use towels, drinking cups or dishes used by others, especially when possibly used by infected persons.
Do not use public telephones unless sure of their disinfection.

4.—In case any member of the family shows symptoms of illness, isolation should at once be entered, and all eating utensils should be sterilized by boiling water and restricted in use to the patient.

The wearing of a mask by the patient is advised.
All linen used by the patient should be promptly taken away and disinfected with boiling water before being again used.

A gargle and mouth-wash of table salt, with an equal amount of baking soda, in strength of one tablespoonful each to a glass of water, may be used twice or three times a day.

The same solution may be used as a douche for the nose.

5.—Early treatment.
After a chill has occurred a hot lemonade or any of the well-known household teas, or a non-alcoholic drink, are of undoubted value. The larger the amount of fluid thus taken the better the result.

Unless contrary indications exist, a laxative dose of Epsom salts may be taken. Castor oil or compound cathartic pills may be used instead of salts.

As soon as symptoms of influenza appear, the patient should at once go to bed in a warm, well-ventilated room, and remain there until medical advice is available.

6.—Precautions.
Special care should be observed to prevent sneezing or coughing. When unavoidable, a handkerchief or paper napkin should be used to prevent the spreading of infective material.