

HEALTH BULLETIN, No. 1
Navy Yard Dispensary, Washington, D. C.

“SPANISH INFLUENZA”

So many inquiries have been received at the Dispensary for knowledge concerning so-called “Spanish Influenza” and its prophylaxis, the following description and suggestions are offered for the information of employees.

“Spanish Influenza,” so called because it appeared in epidemic proportions in Spain, spread rapidly through France and England and has now reached America, is apparently the old form of epidemic “Grippe.” It is very contagious, the infection being transmitted by the secretions of nose and mouth—for example: use of handkerchiefs, towels, cups, and other objects contaminated by fresh secretions from above sources.

Therefore:—

1. Keep your vitality close to par by proper living; avoiding exposure to wet and cold; sudden changes in temperature; and excesses of all kinds; and get sufficient sleep and rest and proper food.

2. Do not sleep in a room with a case of “Grippe.”

Avoid poorly ventilated theatres, mass meetings, etc.

Avoid the use of the common drinking cup; roller towel; kissing; use of other people’s handkerchiefs, pipes, dishes, etc.

If you have a cold avoid sneezing and spitting promiscuously.

Observe the rules of ordinary hygiene in regards to cleanliness.

Early symptoms are chill, fever, backache, and cough, and muscular soreness.

If you feel any of these symptoms, report at Dispensary for observations.

Up to the present the epidemic, as regards local conditions, has been mild.

MEDICAL OFFICER OF THE YARD.

Approved:

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