

NAVY DEPT.



24517-18-C

22749

FIRST ENDORSEMENT
Sept. 27, 1918

OCT 8 1918
Bur. M. & S.

RECEIVED
SEP 28 1918

From: Commandant, Mare Island,
To: Bureau of Medicine & Surgery.
Via: Commandant, 12th Naval District.
Subject: Medical Conference at Navy Yard, Mare Island,
Cal., in regard to preventative measures being
taken against approaching epidemic of influenza.

1. Approved and forwarded.

2. These recommendations have been incorporated in
printed general orders and posted throughout the Yard. Ar-
rangements are being made with the Quartermaster's Department,
U.S. Army, to immediately supply this Yard with 300 6-man
cubical tents for isolation purposes, to be erected as needed.
The Bureau of Medicine & Surgery has authorized the purchase
of 8,000 sheets to provide for the cubical isolation above
recommended.

Harry George

399-M-18-WV 2d Indorsement 30 September 1918
OFFICE OF COMMANDANT, 12TH NAVAL DISTRICT, SAN FRANCISCO, CALIF.

From: Commandant, 12th Naval District.
To : Bureau of Medicine & Surgery, Navy
Department, Washington, D.C.

1. Forwarded, approved.

George Rothganger

By direction.

OG 657 H.S.C.

e.h.

REPRODUCED AT THE NATIONAL ARCHIVES

U. S. Navy Yard, Mare Island, California,

September 25, 1918.

INFLUENZA

1. Influenza, Spanish Influenza, or (Grippe) has made its appearance in the eastern and middle western states in the form of a rapidly spreading epidemic. Since it will undoubtedly be carried here the following information is given in order that you may be in a better position to prevent its spread, thereby protecting the members of your household and your neighbors.

2. No other communicable disease which assumes epidemic proportion spreads so rapidly or attacks so large a proportion of the population, no age, sex, or class of society being immune.

3. The infectious agent is the influenza germ which is carried by the secretions of the nose and mouth.

4. The modes of infection are (1) directly from the infected individual by coughing, spitting, sneezing or by in any way coming in contact with the nasal or mouth secretions; (2) by indirect methods through contact with articles soiled by the above mentioned secretions such as handkerchiefs, towels, messgear, etc. In this connection it must be remembered that the disease germs often persist in the nose and throat for some time after the symptoms of the illness have subsided.

5. The incubation period is very short, one to four days, average two.

6. *Methods of Control:* (1) Early recognition of the case: In order that cases may be early recognized a brief description of the onset and symptoms is given. Onset usually rapid with a chill followed by fever from 102° to 104°, great depression, weakness, dizziness, severe headache, backache, pains and soreness of muscles and joints all over the body, the throat may feel sore, the eyes are congested and do not bear the light well. There are practically always symptoms of a bad cold with running eyes and nose, soreness and tightness of chest with coughing. Anyone presenting the foregoing symptoms, or any one of them should report at once to a Medical Officer. (2) When the case has been recognized rigid isolation must be carried out, only one attendant for each case, attendant must wear gown and gauze face mask.

7. Concurrent disinfection must be practiced to include all articles which have come in contact with the patient such as: clothing, bedding, messgear, books, papers, letters and all personal belongings of the attendant. Careful nursing in a warm, well ventilated room is an essential part of the treatment. Pneumonia is a common complication.

8. Terminal disinfection thorough cleansing and airing of the compartment occupied and sterilization of all linen and bedding of patient.

9. Vaccination against influenza is partially successful.

10. General methods to prevent the spread of infection.

(1) Avoid crowded assemblages during the epidemic such as theatres, picture shows, public gatherings of all kinds.

(2) Avoid traveling on congested public conveyances.

(3) Do not cough, spit, or sneeze promiscuously; always use your handkerchief over your mouth when coughing or sneezing.

*John L. Neilson,
Commander, Medical Corps, U. S. Navy.*

Approved
HARRY GEORGE
Captain, U. S. Navy, Retired
Commandant

NOTICE.INFLUENZA

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John L. Neilson.
Commander, Medical Corps, USNavy

Approved

Harry George
Captain USNAVY, Retired
Commandant.