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Camp Hospital,  
Camp Crane,  
Allentown, Pa.

Sept. 23, 1918.

From: Camp Surgeon.  
To: Commanding Officer, Camp Crane.  
Subject: Spread of respiratory infections.

1. Acting on the Memorandum of Sept. 21, 1918, relative to the prevention of respiratory infections, the Camp Surgeon and the Sanitary Officer, acting together have drafted a plan for the approval of the Commanding Officer.

1-incl.

DALE MARTIN,  
Major, M.C.

SUGGESTION TO THE C.O. OF CAMP CRANE  
FOR THE PREVENTION OF THE SPREAD OF  
COMMUNICABLE RESPIRATORY DISEASES, &  
THEIR ISOLATION AND TREATMENT.

1. A mimeographed form relative to the early detection of mild illnesses among the men, such as colds, coughs and sore throats, should be sent to the officers in charge of organizations that the men be brought to the Infirmary for early segregation and treatment.

FROM

(SUBJECT) -

THE EARLY DETECTION AND TREATMENT OF  
MILD ILLNESSES AMONG THE MEN OF YOUR  
COMMAND.

- (a) To avoid the spread of infectious diseases, the C. O. of each organization should see that the men who are suffering from bad coughs, sore throat, severe colds, especially when accompanied by fever or evidences of prostration are reported to the Infirmary on sick-book that the nature of the trouble may be determined and the sick isolated if necessary. His responsibility is greater than the mere signing of the sick-book.
- (b) It is a frequent tendency for men mildly ill to stay off the sick-book for fear pass privileges will be deprived them. This should be discouraged without fostering the tendency to come to the Infirmary at all times of the day for trivial things. As far as possible the man found ill should report at sick call, though those taken ill during the day should be sent at once.
- (c) An inspection of the barracks at odd hours may show that certain of the men lying about the cots are sick and who have avoided being placed on the sick-book.
- (d) Only by the active cooperation of the officers in charge of men, is it possible to detect and treat early, by segregation if necessary, those communicable diseases which are likely, during the winter season, to result in a widespread epidemic.

2. It is suggested that the following mimeographed form be given to each man who applies to the Infirmary for the treatment of respiratory infections:

-2- (Cont'd)

(FORM)

- (a) Coughs, colds, sore throat and grippe are all infectious. It is not believed that the virus or poisonous material is carried by the air, but rather than in talking, coughing and sneezing the virus enters the air attached to minute droplets of moisture which may be projected to a distance of ten or twelve feet and which remains afloat because of their small size for several minutes. This material entering the nose and throat of a healthy person may cause the transmission of the disease. Saliva when dry and stirred by sweeping in the form of dust may contain the poisonous germs, mess kits, cups, toilet articles or even fingers may be the means of carrying the infectious material from one person to another.
- (b) Sunlight and fresh air quickly destroy the germs.
- (c) To avoid the spread of coughs, colds and sore throat.
  - (1) Protect face with handkerchief when coughing or sneezing..
  - (2) Use your own towels, mess kit, cup and toilet articles.
  - (3) Expectorate only in properly provided receptacle.

SPECIAL MODIFICATIONS OF SANITARY REGULATIONS COVERING BARRACKS.

- (1) Heads of cots in same direction instead of alternating. A canopy or small cubicle over the head of each cot made by use of shelter half.
- (2) Proper ventilation maintained at all times.
- (3) Barracks swept at some hour when all men are out of barracks except necessary police. Men doing sweeping to be protected from dust by a cloth over face. Windows open during the sweeping to be left open until the dust settles.

-3- (Cont'd)

- (4) Enforce strictly the regulations covering the airing of bedding.
- (5) Enforce strictly regulations governing expectoration.
- (6) To lessen the danger of infection the men should clean the teeth frequently and bathe regularly. A warm bath should always be followed by a cold shower. Resistance to infection is increased by good food, regular hours of sleep and the avoidance of unnecessary exposure to cold and wet.

3. A "spot" map of barracks should be kept showing the buildings containing communicable diseases or from which communicable diseases have been taken, indicating their character. Regular examination of such barracks should be made for the early detection of illnesses among the contacts.

All respiratory infections not requiring hospital treatment should be isolated, and the necessary sanitary precautions taken to prevent the spread of infections among the isolated.

These men should go to a separate mess, through a special door and be seated by themselves. They should have separate toilets and be provided with solutions necessary for the cleansing of handkerchiefs, the reception of sputum, etc.

These isolated cases should be examined twice a day by the medical staff and cultures for the early detection of influenza bacillus made. Those requiring hospital or Infirmary treatment should be made at once removed.

Men returning to barracks from isolation, hospital or Infirmary should be instructed in the prevention of the spread of their illness to the well men of their organizations.

4. Special care should be taken for the early detection of respiratory infections among the cooks and helpers.

Running hot water for the cleaning of mess kits provided and means taken to insure the proper use of this water.

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Camp Surgeon.