

# HELP STOP INFLUENZA EPIDEMIC, INDIVIDUAL RESPONSIBILITY GREAT

The Council of Defense of La Plata County, working to aid the Red Cross, and under the advice of the health officer, asks every citizen to read this statement and to join in helping to check the influenza epidemic and in helping those suffering from the disease:

1. Make yourself appreciate that the influenza takes a greater number of lives than the world war is likely to take from the same community in killed and wounded combined. The epidemic is serious, and your duty concerning it is a serious obligation accordingly.

2. At the same time do not stampe yourself, nor be afraid to do your part. The very foundation of our military force is the strength of our civilian force at home. You are a soldier in civil life. It is your patriotic duty to do your utmost to avoid unnecessarily exposing yourself or others to this disease; yet, when you are able to serve and your service is needed, it is again your duty to give that service like a soldier. Your main business this fall is help stamp out this disease, and by using proper precaution you can do your part without any great danger to yourself.

3. Remember that the fight against the extension of this epidemic is pre-

eminently a matter of individual case, caution and service. Organization is necessary but success depends on the action of each individual citizen. As far as your performance of necessary duty permits stay at home, stay out of gatherings, stay off the streets, stay off the railways, spend time in the open air. The city authorities have undertaken to keep the main streets clean and sprinkled; the railway authorities will do their utmost to keep passenger coaches and depots disinfected. But this is only a beginning. The main reliance is upon you as the individual citizen. It devolves upon you to see that your store, your place, your family, your action, shall not be the means of spreading the disease. It is suggested that political worker ought not to circulate among the people.

4. If you or your family take the disease, or even may be taking it, do not run any chance of exposing others to it. A little carelessness on your part may cost someone's life. Remember that you# mild case can convey to the next person a serious case. At the same time don't give up to useless fear. It is probable that nine-tenths of the cases that result seriously would recover as mild cases if proper precautions could be

taken from the start. It is advised that you take one-half teaspoonful of soda in a glass of water one-half hour before each meal. If you take a cold, go to bed; drink plenty of water; keep the bowels active; do not get up too soon; play safe.

5. If you are in good health and able to render some service, either in nursing or in rendering ordinary assistance to sick families in your own district, register your name by telephone with the chairman of the Red Cross, Secretary Hall of the Durango Exchange, Phone 97.

Under direction of the Red Cross, the county will be divided into districts, with a designated person in charge of local relief in each district. If you cannot nurse, you can help otherwise. Come forward and do your part. By wearing a gauze mask you can render almost any service and be reasonably safe from taking the disease. These masks will be furnished by the Red Cross ready for use in this service.

## EXECUTIVE COMMITTEE, COUNCIL OF DEFENSE,

B. W. Ritter, Chairman; H. E. French, Secretary; E. A. Chubb, Harry Jackson, Joseph C. Pulford, W. N. Searcy.