

Spanish Influenza

This disease is La Grippe, and is the same that swept the world in 1889 and 1891.

Most of the cases are ushered in like a bad cold, with headache, pains all over the body, chill, reddened eyes, dizziness, occasionally vomiting, and the most noticeable feature is the depression and the marked prostration.

If you are taken sick suddenly, do not wait for severe symptoms, but call a physician immediately, as the disease may become serious in a short space of time.

The disease is conveyed by the secretions of the nose and mouth, and those who are careless in coughing and sneezing can convey it to anyone they come in contact with.

The only preventative is to follow the following rules:

Keep away from those who have bad colds.

Cover your mouth and nose when you cough or sneeze.

Keep your living rooms well ventilated.

Keep the room where you work full of fresh air.

Keep the children who have a bad cold away from school.

Spend all the time you can out-of-doors.

Keep your body in a healthy condition.

Do not neglect what you may call a bad cold.

DEPARTMENT OF HEALTH,
CITY OF GRAND JUNCTION,
C. E. CHERINGTON, Mayor,
DR. CARL W. PLUMB, Health Officer.