

ran
96-
1267
super
over-
size

Public Health Suggestions

Many cases of Spanish Influenza are appearing and we think it will be of service to the community if a few helpful hints are published in regard to the prevention and spreading of this disease.

1. Avoid coughing or sneezing in the presence of others, and if absolutely necessary, use a handkerchief to cover mouth and nose.

2. Do all in your power to enforce the "No Spitting" Ordinance. — Spitting on sidewalk or in public places forbidden.

3. Anyone having a severe cold or Influenza should remain at home, and not come in contact in any way, with the general public. Do not allow any person with a cold to handle the family food.

4. Sources of Infection — The secretions from the nose and throat, and respiratory passages, of cases, or of carriers.

5. Mode of Transmission. — By direct contact, or indirect contact through the use of a common drinking cup, the roller towel, handkerchiefs, pipes, toys, spoons and other objects which are apt to be contaminated with secretions from the mouth or nose.

Avoid. — Over-crowded, over-heated or badly ventilated rooms, close contact with other persons, especially those who seem to have a severe cold. It is very important to isolate the first case of Influenza in a home, to prevent a home epidemic.

7. Method of Prevention. — Spray the nose and throat with a mild Alkaline Antiseptic Solution, or Oil Vaporizer or Spray. Consult your family physician about this. Keep the bowels open.

Keep away from persons who have Influenza or severe cold.

If ill, and Influenza is suspected, consult a physician at once.

"Don't give Influenza to others, and do not let others give it to you."

Compliments of

HEALTH AND RECREATION COMM.

Woman's Comm. Sauk County Council of Defense

In Conjunction with

BOARD OF HEALTH,

City of Baraboo.

10/11/18

One of these in every school house & store in Baraboo, & one or two to all my chairmen through-
out the County. The city is doing everything & H.
Every- thing must be closed here to-morrow so we got out here