

APR 23 1942

HALT INFLUENZA

PLAY SAFE. If you become ill, don't delay treatment. Influenza is rapid in its onset. It is usually preceded by a chill, a chilly sensation or dizziness. Sometimes a marked feeling of weakness is the first symptom.

The following suggestions for "Treatment of influenza without complications" are issued by the Connecticut State Council of Defense and contain the advice of medical authorities:

FIRST — Upon experiencing any influenza symptoms go to bed at once then **CALL A PHYSICIAN.** Take no chances.

THEN — While waiting for the physician, or, in case you are unable to secure one, take a saline cathartic (dose of Epsom or Rochelle salts) to be followed soon after by a drink of hot lemonade, in order to get the bowels and skin active. This is of paramount importance, as it helps to rid the system of many toxins. Should profuse perspiration occur, the body should be wiped with a soft towel. If the patient is restless, due to high fever, an ice-cap placed at the head and kept there for one or two hours at a time will reduce nervousness and make the patient more comfortable.

VENTILATION The room should be well ventilated by open windows which will tend to allay irritation of the nose and throat. Cold air is not harmful, but close air acts as a poison.

DIET — It is necessary to retain the body resistance by a regular diet. This consists of milk every two hours for the first day. If the patient is unable to take milk substitute broths or light gruels. In either case give a **PLENTIFUL SUPPLY OF WATER.** After the first or second day cocoa and broths may be added. As the fever subsides, lightly cooked eggs, toast and cereals are permissible.

DON'T GET UP TOO QUICKLY

Usually on the fourth or fifth day the patient's temperature subsides to practically normal, but it is at this time that the utmost care is needed to prevent the pneumonia complication, and the surest way to do this is to **REMAIN IN BED AT LEAST FORTY-EIGHT HOURS AFTER THE FEVER HAS SUBSIDED.**

Those caring for persons afflicted with influenza should provide themselves with masks. Directions for making such masks follow:

For material use as fine gauze or cheesecloth as possible. Fold the material to make five thicknesses, and cut an oblong $5\frac{1}{2}$ by $7\frac{1}{2}$ inches. Make three half-inch pleats at each end, turn in edges and stitch. Cut four feet of tape into four lengths and sew one to each corner. Make box pleats $1\frac{1}{2}$ inches in width on one of the long edges of the mask; stitch down one inch.

To adjust, place the mask over the face, tie the tapes from upper corners around the back of the head and the tape from the lower corners around the back of the neck. Place box pleat over the nose.

These masks should be changed at two hour intervals and oftener if wet. They should then be immediately boiled for five minutes, or burned, or wrapped securely in a paper bag or newspaper until they can be boiled.

Distributed by the Connecticut State Council of Defense, through its local Agency, at Request of State Department of Health.



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FIRST

THEN

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