

Talking About Pandemics - Records

Fight the Flu!

How to Avoid the Spanish Influenza and How to Do Your Bit to Check the Prevailing Epidemic. Do You Value Your Own and Neighbor's Life?

CAUSE Spanish Influenza is caused by the entrance into the system of two germs or Micro-Organisms, which produce poisons in the blood. 1-*Pneumococci*, the germ of ordinary influenza or grippa. 2-*Streptococci*, a very violent and poisonous germ which causes the severe fever, weakness and the disastrous results. Both these germs are invisible to the naked eye, but are none the less viciously dangerous.

CONTAGION The disease spreads largely by direct contact. Germs pass from mouth or nose of sick person to mouth or nose of well person, being carried in breathing on the streams of moisture; or in sneezing or coughing. Also through any article which has touched patient's mouth or nose, as cups, spoons, handkerchiefs, towels, etc. Therefore if you would be safe, keep the germs out of your mouth and nose. And if you are infected, do not pass them on. They are poisons. Better safe than sorry. Better safe than sorrow.

This is no common grippa. It is a violent epidemic and in some forms a deadly plague. Let Doctors, Nurses, Ministers and Undertakers tell you how dangerous.

Prevention.

- 1. Avoid the Other Fellow's Breath**
If he is infected his breath may poison you. Especially avoid the man who coughs or sneezes.
- 2. Be Unsocial for a Change**
Allow no visitors. Keep children in their own yard. Stay away from home where influenza is.
- 3. Spray Mouth and Nose Several Times a Day**
Use Lysolase 1 part to 4 parts of water.
- 4. When Near an Infected Person, Wear a Mask**
The mask is made of 4 folds of cheese cloth about 4 in. by 5 in. to cover mouth and nose. Use elastic or tape to top and bottom of each side and loop over ear or tie behind head.
- 5. Moisten the Mask Occasionally**
Use either Listerin, 1 to 4 parts of water, or Carbolic Acid, 1 teaspoonful to 1 pint water or Bichloride of Mercury, 1 tablet to 1 quart of water. Do not wear more than 2 hours. Boil used masks 30 minutes and dry thoroughly. Wear same side out.
- 6. Nurses or Neighbors Going into Infected Houses**
Must wear masks, wash hands thoroughly and spray mouth and nose before returning home. Also lay all outside garment and leave in air for an hour. Antiseptic hand wash is 1 teaspoonful Bichloride of Mercury liquid (see 5) to small basin of water.
- 7. Isolate the Patient**
Let none but party nursing enter room. Boil all patients' dishes. Disinfect or burn the clothes into which patient coughs or expectorates.
- 8. Patients are Germ Carriers for Several Days**
After fever is over. Well people in infected houses should protect themselves and the public by isolation when at home and by disinfecting themselves.
- 9. Use Disinfectants Freely**
Wash hands freely. Do not use towel others use.
- 10. Funerals Must be Strictly Private**
Ministers should forgo the last look on their loved ones' face, because of possible contagion.

Treatment of Sick.

- 1. If feeling Grippy With Headache**
muscular tenderness, muscular pains and fever. **GO TO BED AT ONCE.** Get up perspiration with hot drinks and use Aspirin or Acetophen, 5 grain tablet every 4 hours. Take medicine to open bowels freely.
- 2. Take Liquid Foods Only**
Milk, milk and eggs, broth, soups about every 4 hours. Have plenty of fresh air without a draught.
- 3. Get a Physician as Soon as Possible**
- 4. Be Slow to Get Up** Exposure is dangerous.

THE COURAGEOUS, CHEERFUL MIND IS A SPLENDID MEDICINE

Danger Signals!

If Patient spits blood, especially if bright red, if shows blueness on lips or tips of ears, darkness of face or a sort of gurgling when breathing, CALL DOCTOR AT ONCE.

This Bulletin is prepared by the Nanaimo Board of Health. Free Copies can be obtained by calling or phoning City Clerk, Nanaimo, B.C.

KEEP THIS . . . POST IT UP . . . IT MAY SAVE A LIFE

"Fight the Flu" 1918 Poster from Nanaimo. BC Archives Accession I-61504

SPANISH "FLU"

Many churches at Montreal were shut tight last Sunday, and all gatherings of more than 25 persons together has practically been prohibited, in an attempt to curb the epidemic.

Many hospitals are full up, nurses and doctors are down with this awful malady.

Up until now Moose Jaw Has No Official Report of the Flu Epidemic.

PREVENTION IS BETTER THAN CURE!!

We take this opportunity of stating that during the time our stores are open for business, a special arrangement of disinfected system will be in working order, and during the time our stores are closed, each night, an extra strong disinfectant will take place, thereby ensuring a perfectly purified pure air, all through our buildings.

We can assure our patrons that they can shop here in perfect safety. We do not claim this to be our own original idea, it is a copy, to some degree of the larger stores in the eastern cities. But here

WE LEAD AND OTHERS MUST FOLLOW

Just Over From England

A Big Shipment of the Celebrated McLINTOCK'S VENTILATED EIDERDOWN QUILTS just to hand this week.

Come In and Look Them Over

JOYNER'S

Moose Jaw Daily News, 15 October 1918

Assemblies Forbidden in City; Twenty-Two Cases of Influenza

Up to last evening twenty-two cases of Spanish influenza had been reported to the city health authorities. Several of these cases have come from outside points and all are receiving medical attention. The Connaught hotel has been turned into a temporary hospital and about fifteen patients are domiciled there. A nurse has been engaged by the city and an orderly to assist her went on duty today.

Schools Closed.

As a precautionary measure against the spread of Spanish influenza which has spread so rapidly throughout the United States and Canada during the past few weeks, the Prince George health authorities on Wednesday ordered the closing of the schools, theatres, poolrooms and public meeting places until such time as the danger is considered past. This action was taken at the request

of the local medical men and has since been legalized by an order-in-council at Victoria.

Lumber Camps Affected.

From the lumber camps and mill east of the city comes word of a number of supposed Spanish influenza cases.

Three Indians from the reserves west of here were brought in by Constable Manson yesterday for medical attention. They are suffering from the "flu" and the condition of one is said to be serious. No other really serious cases are reported.

Police Chief Dolan and Asst. Fire Chief Graham are among those afflicted. Mr. Alex. Nash, who was among the first to be stricken, is reported recovering.

A majority of the C.T.P. station staff are down with the "flu," including the agent, Mr. Perea. All are reported progressing favorably.

"Assemblies Forbidden in City; Twenty-Two Cases of Influenza," Prince George Citizen, 18 October 1918

HOW TO KEEP FROM GETTING INFLUENZA	WHAT TO DO IF YOU HAVE INFLUENZA
1—Avoid contact with other people so far as possible. Especially avoid crowds indoors.	1—If you get a cold, go to bed in a well-ventilated room. Keep warm.
2—Avoid persons suffering from "colds," sore throats and coughs.	2—Keep away from other people. Do not kiss any one.
3—Avoid chilling of the body or living in rooms of temperature below 65 degrees or above 72.	3—Use individual basins, and knives, forks, spoons, towels, handkerchiefs, soap; wash plates and cups.
4—Sleep and work in clean fresh air.	4—Every case of influenza should go to bed at once under the care of a physician. The patient should stay in bed at least three days after fever has disappeared and until convalescence is well established.
5—Keep your hands clean and keep them out of your mouth.	5—The patient must not cough or sneeze except when a handkerchief or mask is held before the face.
6—Avoid expectorating in public places and see that others do likewise.	6—He should be in a warm, well-ventilated room.
7—Avoid visiting the sick.	7—There is no specific for the disease. Symptoms should be met as they arise.
8—Eat plain, nourishing food, and avoid alcoholic stimulants.	8—The great danger is from pneumonia. Avoid it by staying in bed while actually ill and until convalescence is fully established.
9—Cover your nose with your handkerchief when you sneeze, your mouth when you cough. Change handkerchiefs frequently. Promptly disinfect soiled handkerchiefs by boiling or washing with soap and water.	9—The after effects of influenza are worse than the disease. Take care of yourself.
10—Don't worry, and keep the feet warm. Wet feet demand prompt attention. Wet clothes are dangerous and must be removed as soon as possible.	

"How to Keep From Getting Influenza," Prince George Citizen, 18 October 1918

HOW WINNIPEG FIGHTS "FLU"

What We've Done

Churches, schools, theatres and dancing halls closed.
All meetings except municipal government sessions prohibited.
Overcrowding of stores stopped by store managers.
Street cars not allowed to overload.
Spitting by-law enforced for the first time in years.
All buildings ordered ventilated.
Emergency disease hospital opened on Longan ave., east.
Pamphlets and cards describing "flu" symptoms and cure spread broadcast.

Volunteer nurses called.
Hundreds of buildings disinfected.
Thousands of citizens inoculated free.
Restaurants not permitted to crowd counters and rooms.
Quarantine established in many places.
Additional wards in hospitals opened for patients.
Passengers on incoming trains examined.

What We Can Do

Ventilate all factories, shops and stores; scrub sidewalks; use individual towels and soap; carry lunches to prevent overcrowding of restaurants.

Flu Symptoms

General pains in head, back of eyes, limbs and joints.
Feeling weak, chilly, feverish and grippy.
Hoarseness.
Constipation or diarrhoea.
Upset stomach and vomiting.
Failure of pulse to increase in proportion to fever.

The Flu Cure

Go home.
Go to bed.
Call a physician.
Drink plenty of water, preferably hot.
Drop a few drops of argyrol or similar solution into nostrils about twice a day.
Sleep in warm, well-ventilated room.
Keep away from others.
Keep away from work.

"How Winnipeg Fights 'Flu,'" *Winnipeg Tribune*, 4 November 1918

12 Oct. 1918

PROVINCIAL SECRETARY'S DEPARTMENT



ONTARIO
PROVINCIAL BOARD OF HEALTH

INFLUENZA PRECAUTIONS

Warning to Health Authorities

"Health authorities have the power under Section 26, ss. 1, of the Public Health Act to close schools, churches, theatres and other places of assemblage if it is deemed advisable to do so." Asked what the Board advises regarding this measure, we have said: "The weight of public health authority is against closing such places, except perhaps in country districts, for the following reasons, viz.: In cities and towns it is impossible to prevent children commingling in the streets and playgrounds where they are without the supervision found in the schools. Hence closing schools is more effective in country districts. Closing schools is economically wasteful, and usually has no influence on the course of an outbreak of disease like influenza. Children are less likely to infect one another in the classroom than in the home or on the playground."

"As a rule better results will be achieved by a daily inspection of school children, such as for example is maintained in cities like Toronto."

"There is no great danger of spreading the disease in churches, theatres and other assemblages, if these places are well ventilated. In any case, the good derived from closing places of assemblage is more than counterbalanced by the conditions in crowded street cars, railway cars, in large shops and in restaurants where food and dishes may be handled by persons having the disease. It would be just as rational and much more effective to stop all travel on street cars and trains and to stop people from entering shops, eating places, etc., as to close schools, churches, theatres, etc."

"Health officers should do nothing consistent with the welfare of the public, likely to dislocate business or the ordinary affairs of life. They should not be moved from their duty by public clamor, to adopt fussy and ill-advised measures, which only serve to irritate the public and accomplish no useful purpose. If, however, the health officer of any municipality deems it his duty to utilize the section of the Act referred to the Provincial Board will not interfere with him, but the Board does not, for the reasons given, propose to ask its enforcement."

Ontario is confronted by an epidemic of influenza which will in all probability affect more than half of our population. There is a shortage of physicians, nurses, and hospital accommodation. The health and efficiency of the civilian population must be maintained. It is the patriotic duty of every citizen to avoid influenza and keep in good health. To avoid influenza:

Avoid contact with other people so far as possible. Especially avoid crowds indoors, in street cars, theatres, motion-picture houses, and other places of public assemblage.

Avoid persons suffering from "colds," sore throats and coughs.

Avoid chilling of the body or living in rooms of temperatures below 65 deg. or above 72 deg. F.

Sleep and work in clean, fresh air.

Keep your hands clean, and keep them out of your mouth.

Avoid expectorating in public places, and see that others do likewise.

Avoid visiting the sick.

Eat plain, nourishing food and avoid alcoholic stimulants.

Cover your nose with your handkerchief when you sneeze, your mouth when you cough. Change handkerchiefs frequently. Promptly disinfect soiled handkerchiefs by boiling or washing with soap and water.

Don't worry, keep your feet warm. Wet feet demand prompt attention. Wet clothes are dangerous and must be removed as soon as possible.

What to do for Influenza and Colds

Oftentimes it is impossible to tell a cold from mild influenza. Therefore:

If you get a cold go to bed in a well ventilated room. Keep warm.

Keep away from other people. Do not kiss anyone. Use individual basins, and knives, forks, spoons, towels, handkerchiefs, soap, wash plates and cups.

Every case of influenza should go to bed at once under the care of a physician. The patient should stay in bed at least three days after fever has disappeared and until convalescence is well established.

The patient must not cough or sneeze except when a mask or handkerchief is held before the face.

He should be in a warm, well ventilated room.

There is no specific for the disease. Symptoms should be met as they arise.

The great danger is from pneumonia. Avoid it by staying in bed while actually ill and until convalescence is fully established.

The after effects of influenza are worse than the disease. Take care of yourself.

Influenza poster, October 12, 1918 Secretary of the Board of Health and Chief Medical Officer of Health subject files Reference Code: RG 62-4-9-450a.1, Archives of Ontario, I0055101

SEARCH TRAIN IN ATTEMPT TO STOP SPANISH DISEASE

Dr. W. W. Seymour Will Take
All Precautionary
Measures

SYMPTOMS OF DISEASE

Early Isolation and the Wearing
of Gauze Masks Strongly
Urged

With the view to avoiding possible danger of the epidemic of Spanish influenza which has broken out in Eastern Canada and is widespread in some parts of the United States, Dr. W. W. Seymour, provincial health commissioner will inspect a train from the east which is due in Regina early this morning.

He received telegraphic request from Dr. Fraser, a member of the Manitoba Public Health Board to take this action. Those on the train will be inspected thoroughly and all precautions taken to isolate any who may show symptoms of the disease. A number of cases of Spanish influenza were discovered and taken off the train at Winnipeg yesterday.

The Symptoms

Dr. Seymour said that Spanish influenza had unmistakable symptoms. It began with a sudden onset of chill, severe headache, pains in the back and elsewhere and general feeling of "lougness." It was accompanied by a sore throat and high temperature between 101 to 104, with a slow pulse. The disease usually reached its height in two or three days and is followed by a complete and rapid recovery as a rule. Harsh cough generally accompanies Spanish influenza, and in some cases severe bronchitis and broncho pneumonia.

Isolation Essential

The best means of preventing the spread of this disease is early isolation of the patient who should wear a gauze mask. All coming in contact with patients, including doctors and nurses, should also wear a mask and in this way prevent the droplet infection from the patient coughing spreading the disease.

Dr. Seymour emphasized the need of those contracting the disease remaining in bed especially if the temperature rise to be over a hundred.

"Search Train in Attempt to Stop Spanish Disease," *Regina Leader*, 1 October 1918

EPIDEMIC INFLUENZA (SPANISH)

**This Disease is Highly Communicable.
It May Develop Into a Severe Pneumonia.**

There is no medicine which will prevent it.

Keep away from public meetings, theatres and other places where crowds are assembled.

Keep the mouth and nose covered while coughing or sneezing.

When a member of the household becomes ill, place him in a room by himself.

The room should be warm, but well ventilated.

The attendant should put on a mask before entering the room of those ill of the disease.



TO MAKE A MASK

Take a piece of ordinary cloth about 8 x 18 inches, fold it to make it 8 x 8 inches. Next fold this to make it 8 x 4 inches. The ends about 10 inches long at each corner. Apply over mouth and nose as shown in the picture.



ISSUED BY THE PROVINCIAL BOARD OF HEALTH

Glenbow Archives / NA-4548-5

Preventing Spanish Influenza Is Better Than Curing It



Keep your nasal passages, throat and lungs in a perfectly antiseptic condition by the use of the **Branston Violet Ray Ozone Generator**. No Germs can exist where this is used.

Use it in your home. Install it in your office and factory.

Keep your employes healthy and efficient.

Call or phone for a Free Demonstration at the

Ottawa Electric Co.
35 Sparks Street

Showing
Model 29 in Use
Several Other
Models to
Choose From

Manufactured in Canada by
The Chas. A. Branston Co., Toronto

Ottawa Journal, 19 October 1918

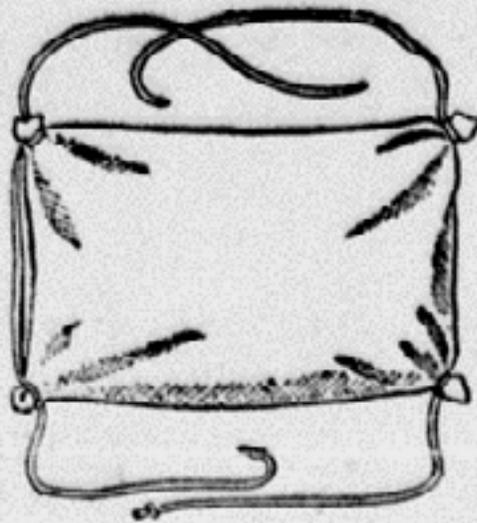
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How to Make Mask for Prevention of Influenza



Instructions as to the making and use of masks have been sent out by the provincial board of health. These are to be used when taking care of influenza patients, and beginning on Thursday morning on all trains and street cars in the province. Here is the method of making the mask, published in The Bulletin some days ago and here repeated by request.

To Make a Mask—Take a piece of ordinary cheesecloth, 8x16 inches. Next fold this to make it 8x4 inches. Tie cord about 10 inches long at each corner. Apply over mouth and nose as shown in the picture.

To be worn in the sick room when taking care of the patient and on street cars and railway trains.

Keep the nose and mouth covered while coughing or sneezing.

A mask should not be worn more than two hours.

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LANE HORSES

Volunteer Workers
Hired to Help in

Edmonton Bulletin, 24 October 1918