

# Surgeon General Tells How to Dodge Spanish Influenza

Plain Dealer Bureau.  
38 Post Building.  
WASHINGTON, Sept. 21.

The surgeon general of the army today issued the following rules to the public to safeguard the spread of Spanish influenza and other respiratory diseases:

**ONE**—Avoid needless crowding. Influenza is a crowd disease.

**TWO**—Smother your coughs and sneezes—others do not want the germs which you would throw away.

**THREE**—Your nose, not your mouth, was made to breathe through—get the habit.

**FOUR**—Remember the three C's—a clean mouth, clean skin, and clean clothes.

**FIVE**—Try to keep cool when you walk and warm when you ride and sleep.

**SIX**—Open the windows—always at home at night; at the office when practicable.

**SEVEN**—Food will win the war if you give it a chance—help by choosing and chewing your food well.

**EIGHT**—Your fate may be in your own hands—wash your hands before eating.

**NINE**—Don't let the waste products of digestion accumulate—drink a glass or two of water on getting up.

**TEN**—Don't use a napkin, towel, spoon, fork, glass or cup which has been used by another person and not washed.

**ELEVEN** Avoid tight clothes, tight shoes, tight gloves—seek to make nature your ally, not your prisoner.

**TWELVE**—When the air is pure breathe all of it you can—breathe deeply.

## CITATION (AGLC STYLE)

'Surgeon General Tells How to Dodge Spanish Influenza', *Plain Dealer* (online), 22 Sep 1918 28 <<https://infoweb-newsbank-com.ezproxy2.cpl.org/apps/news/document-view?p=EANX-NB&docref=image/v2%3A122AFBBA107AC9E4%40EANX-NB-123601F89F8FC5E0%402421859-122DBAA4DAC94CC0%4027-124678F0F6A45408%40Surgeon%2BGeneral%2BTells%2BHow%2Bto%2BDodge%2BSpanish%2BInfluenza>>