

WAR DEPARTMENT  
Office of The Surgeon General  
Washington

September 27, 1918.

MEMORANDUM to all Camp and Division Surgeons; Commanding officers of Base and General Hospitals; Surgeons, Independent Posts and Stations; Department Surgeons; Surgeons, all special camps.

1. It is desired that the following twelve suggestions for avoiding influenza be given all possible publicity in your camp, by placarding, and other proper means of bringing it to the attention of the command,

"HOW TO STRENGTHEN OUR PERSONAL DEFENSE AGAINST SPANISH INFLUENZA."

1. Avoid needless crowding - influenza is a crowd disease.
2. Smother your coughs and sneezes - others do not want the germs which you would throw away.
3. Your nose, not your mouth was made to breathe through - get the habit.
4. Remember the three C's - a clean mouth, clean skin, and clean clothes.
5. Try to keep cool when you walk and warm when you ride and sleep.
6. Open the windows - always at home at night; at the office when practicable.
7. Food will win the war if you give it a chance - help by choosing and chewing your food well.
8. Your fate may be in your own hands - wash your hands before eating.
9. Don't let the waste products of digestion accumulate - drink a glass or two of water on getting up.
10. Don't use a napkin, towel, spoon, fork, glass or cup which has been used by another person and not washed.
11. Avoid tight clothes, tight shoes, tight gloves - seek to make nature your ally not your prisoner.
12. When the air is pure breathe all of it you can - breathe deeply."

CHARLES RICHARD,  
Brigadier General, Medical Corps,  
Acting Surgeon General.  
U. S. Army.