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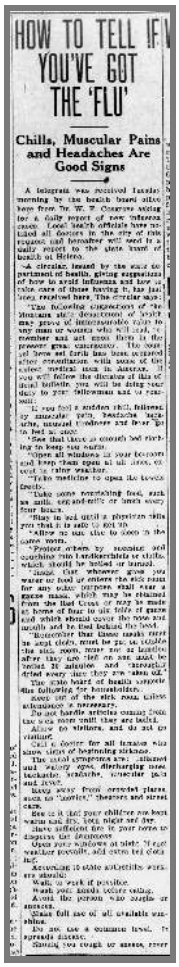

HOW TO TELL IF YOU'VE GOT THE 'FLU'

Chills, Muscular Pains and Headaches Are Good Signs

A telegram was received Tuesday morning by the health board office here from Dr. W. F. Cosgrove asking for a daily report of new influenza cases. Local health officials have notified all doctors in the city of this request and hereafter will send in a daily report to the state board of health at Helena.

A circular, issued by the state department of health, giving suggestions of how to avoid influenza and how to take care of those having it, has just been received here. The circular says:

"The following suggestions of the Montana state department of health may prove of immeasurable value to any man or woman who will read, remember and act upon them in the present great emergency. The counsel here set forth has been prepared after consultation with some of the ablest medical men in America. If you will follow the dictates of this official bulletin, you will be doing your duty to your fellowman and to yourself:

"If you feel a sudden chill, followed by muscular pain, headache, backache, unusual tiredness and fever go to bed at once.

"See that there is enough bed clothing to keep you warm.

"Open all windows in your bedroom and keep them open at all times, except in rainy weather.

"Take medicine to open the bowels freely.

"Take some nourishing food, such as milk, egg and milk or lunch every four hours.

"Stay in bed until a physician tells you that it is safe to get up.

"Allow no one else to sleep in the same room.

"Protect others by sneezing and coughing into handkerchiefs or cloths, which should be boiled or burned.

"Bear in mind that whoever gives you water or food or enters the sick room for any other purpose shall wear a gauze mask, which may be obtained from the Red Cross or may be made at home of four to six folds of gauze and which should cover the nose and mouth and be tied behind the head.

"Remember that these masks must be kept clean, must be put on, outside the sick room, must not be handled after they are tied on and must be boiled 30 minutes and thoroughly dried every time they are taken off."

The state board of health supports the following for householders:

Keep out of the sick room unless attendance is necessary.

Do not handle articles coming from the sick room until they are boiled.

Allow no visitors, and do not go visiting.

Call a doctor for all tumbles who have signs of beginning sickness.

The usual symptoms are: inflamed and watery eyes, discharging nose, backache, headache, muscular pain and fever.

Keep away from crowded places, such as "movies," theaters and street cars.

See to it that your children are kept warm and dry, both night and day.

Have sufficient fire in your home to dispense the dampness.

Open your windows at night. If cool weather prevails, add extra bed clothing.

According to state authorities, sneezers should:

Walk to work if possible.

Wash your hands before eating.

Avoid the person who sneezes or sneezes.

Make full use of all available sunshine.

Do not use a common towel. To spread disease.

Having you cough or sneeze, never

How To Self Diagnose

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