

DRASTIC ACTION TO CHECK "FLU"

**Board of Health Puts Ban on All
Public Gatherings Until
Further Notice.**

DUE TO INFLUENZA

By order of the County Board of Health, no public gatherings can be held in Griggs county until further notice. Churches, schools, lodges, dance halls, theatres, must be closed.—L. Almklov, President County Board of Health.

The above drastic action by the County Board of Health, is deemed necessary, in order to prevent a further spread of the epidemic of Spanish Influenza which has been prevalent in Griggs county during the past two weeks. There are a large number of our citizens suffering from the disease in various degrees of strength.

The present wave is similar to the one which swept this country in 1890, with the exception that it now affects the lungs to a greater or less degree and many cases of pneumonia are likely to result.

A competent authority states that the epidemic generally has its run in a community from five to six weeks and it gives the following bulletin:

Oftimes 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 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.

Strictly observe the state and city rules and regulations for the control of influenza.