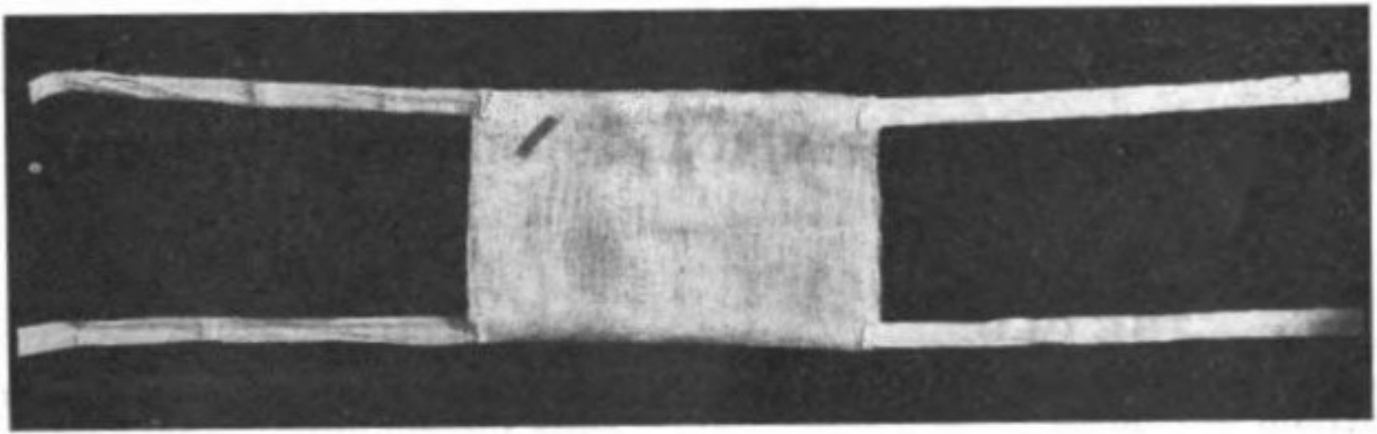


TO AVOID INFLUENZA, WEAR A MASK.



HOW TO MAKE A MASK

Use four to six layers of fine mesh gauze or six to eight layers of coarse gauze, or three layers of butter cloth 5 inches by 8 inches in size. Sew these together at the edges and attach tapes eight inches long to all of the four corners, as shown in illustration. Stitch a bit of colored worsted or tape on the side which is always to be kept outermost when wearing the mask.

APPLICATION

As shown in illustration the mask should be firmly applied over the nose, mouth and chin by means of the four tapes, the upper two passing above and the lower two below the ears. Each pair should be securely tied. It is very important that the upper margin be drawn tightly over the bridge of the nose just below the eyes. **ALWAYS WEAR THE MARKED SIDE OUTERMOST.**

HOW TO WEAR A MASK



REMEMBER
Sunshine and fresh air are important factors in the prevention and treatment of both influenza and pneumonia. **GET PLENTY OF FRESH AIR AND SUNSHINE.**

PRECAUTIONS

It is necessary that these masks be **KEPT CLEAN AT ALL TIMES. THEY MUST NOT BE HANDLED AFTER THEY ARE TIED ON.**

When not used in the sickroom remove at convenient times for airing and drying in the sun, if possible. They should also be sterilized by boiling or disinfecting at convenient intervals.

Masks should be put on before entering the sickroom, should not be handled after tying on and must be boiled at least five minutes and thoroughly dried every time they are taken off. It is advisable to have two masks so that while one is in use the other can be sterilized, disinfected and dried.

"To Avoid Influenza, Wear a Mask."

California State Board of Health and Wilfred H. Kellogg, M.D. *Influenza: A Study of Measures Adopted for the Control of the Epidemic, Special Bulletin No. 31* (Sacramento: State Printing Office, 1919), 16.