

NOTE ON INFLUENZA.

Recd. 12 100

1. Colliery Managers are aware of the severity of the Influenza Epidemic which raged in this Coal Field last year, and caused a high rate of mortality. From the records of this office, it appears that this Coal Field is again threatened, and Colliery Managers are requested to co-operate with the Jharia Mines Board of Health in combating the Epidemic.

2. **Duty of Patients to avoid neglect and prevent spread of the Epidemic.** Persons suffering from Influenza even in a mild form (fever, pains over the body, headache, nasal catarrh, slight cough, and prostration), are liable to infect healthy persons in their vicinity, through the secretions of the throat and lungs, and may transmit the infection through the air. The closer the sick person the greater the danger. Patients must realise their duty to their neighbours. If attacked they should avoid chills and exposure, and stay in bed till perfectly cured, as any trivial neglect may lead to serious complications, which are the real dangers in Influenza and often prove fatal.

3. **Measures to be taken by Colliery Managers.** The attention of Colliery Managers is once more directed to Bulletin No. 8, issued by the Jharia Mines Board of Health in the month of December 1918.

In addition to the instructions given in the above Bulletin, Colliery Managers are offered the following suggestions:—

- (a) Arrangements should be made to avoid over-crowding on the Colliery.
- (b) Dhowras and other premises on the colliery should be improved when necessary and should with their surroundings be kept in a sanitary condition.
- (c) Rooms occupied by patients should be well ventilated and protected from draughts.
- (d) The belongings of the patient should be entirely reserved for him, and should not be used by others, unless properly disinfected. (in boiling water.)

4. **Treatment.** Mouth and throat should be gargled 5 or 6 times a day, with the following disinfectants:—

- (1) One grain of Potas Permanagate to 8 oz. of water.
- (2) Inhalation of Eucalyptus Oil will prove beneficial to both patients and attendants. The latter should, when attending patients, carefully disinfect their hands by means of any Germicidal soap.
- (3) Spitoons containing phenyle solution 1 in 20 should be provided. It is most important that patients should not be allowed to spit indiscriminately.

5. **Returns.** Colliery Managers are requested to show cases of Influenza in the weekly report in order that the Board of Health may have accurate figures showing the intensity of the Epidemic in various localities, so that steps can be taken immediately to help Managers.

6. **Relief.** The Board will do its utmost to assist and advise Managers, and will on application make arrangements to disinfect Dhowras, on payment of costs.

The greatest danger in this Epidemic is the tendency of persons to return to work before they are fit, or to make for their homes when unable to work. It is suggested that Managers might make some small subsistence allowance to such labourers, to prevent this. It is believed that it would be an economy in the long run.

J. S. Bradford M. B., M. D.

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