

"carriers."

WHAT TO DO ABOUT IT?

- (1) Every CASE must be quarantined for a period of SIX weeks.
- (2) All children who have been in contact with a case must be quarantined and kept under observation for a period of TWO weeks.
- (3) Adult members of the family who are wage earners may be allowed to go about their work subject to the regulations of the Provincial Board and in the discretion of the Medical Officer of Health.
- (4) Where there is an outbreak, gatherings of children, such as picnics, picture shows, and playgrounds should be prohibited.
- (5) The source of origin of each case should be carefully enquired into in order that proper quarantine may be maintained.
- (6) In houses where cases appear all doors and windows should be screened, the premises kept clean, and no accumulation of garbage or waste permitted.
- (7) All cases should be at once notified to the Medical Officer of Health, and by him to the Chief Officer of the Provincial Board.
- (8) Mild cases, showing slight headache, rise of temperature and vomiting persisting for a few days, with slight muscular weakness and absence of paralysis, should be quarantined. These are probably one of the chief sources of contagion.
- (9) As Infantile Paralysis is a most serious disease and in the present epidemic giving a high death-rate, the public is urged to second the efforts of the authorities in every way in order to prevent a severe outbreak in the Province.
- (10) All materials such as cloths, etc., carrying secretions and discharges from patients should be burned, boiled, or disinfected.
- (11) Do everything possible to prevent the breeding of flies.
- (12) In case of death, no exposure of the body is to be allowed or a public funeral held.

**If the disease shows any tendency to spread,
special quarantine measures may be necessary.**

John W. Bullough

Chief Officer of Health.

Toronto, July 31st, 1916.