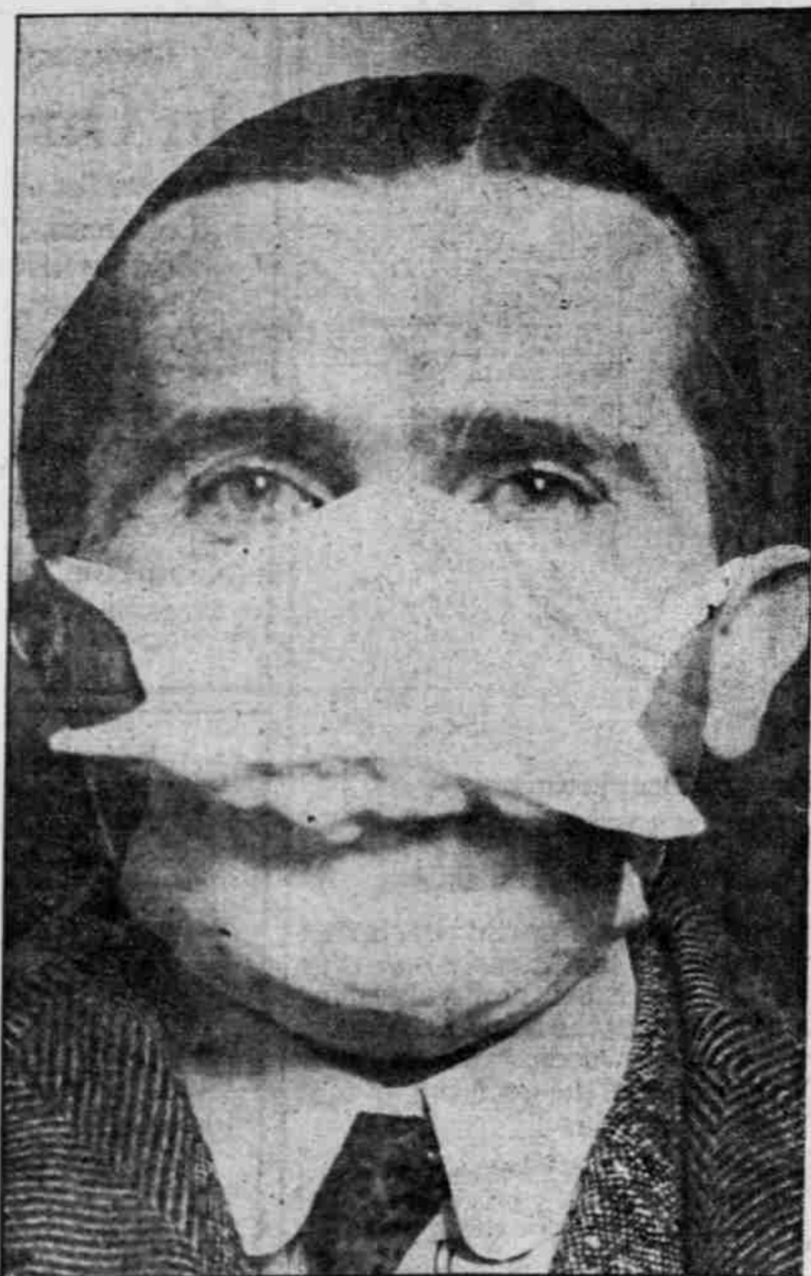
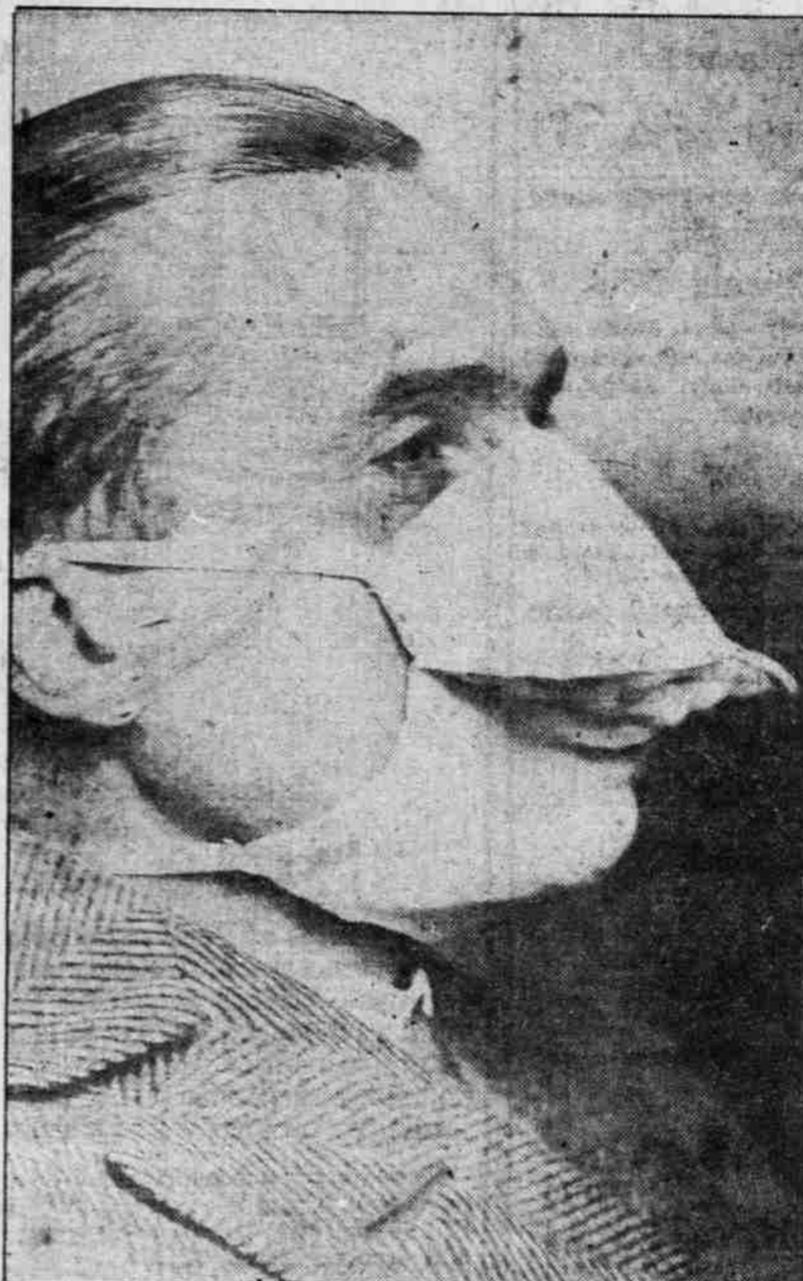


# Wear a Mask



DR. MEYER ILLUSTRATING THE USE OF A MASK—FRONT VIEW.



DR. MEYER ILLUSTRATING THE USE OF A MASK—SIDE VIEW.

We appeal to your civic patriotism to co-operate with us in our effort to

## STAMP OUT THE Spanish Influenza or "Flu" Plague in Portland By Wearing a Mask

You should willingly co-operate in doing this and not necessitate the passage of an ordinance which will make the wearing of a mask compulsory.

### OBSERVE THE FOLLOWING RULES

Masks should be worn when you enter crowds, streetcars, stores, theaters, moving-picture houses, churches, schools, and even at home.

The mask should consist of four layers of butter cloth. Pattern of it will be shown in the big stores.

After you have worn the mask sterilize it by boiling for at least five minutes before you wear it again. Never wear a mask the second time, after having removed it to go from one place to another.

Realize that the outside of the mask is contaminated after use—you can very readily infect your fingers, and in this manner transmit the infection.

Never visit people who suffer from a cold without wearing a mask, because they may have influenza, if only in a mild form.

Signed:

**K. F. MEYER,**

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Signed:

**THE CONSOLIDATED HEALTH BUREAUS**

By **E. A. SOMMER**

Director-General.