

Commonwealth of Pennsylvania.

DEPARTMENT OF HEALTH.



RULES TO BE OBSERVED IN THE CARE AND
MANAGEMENT OF CASES OF

MEASLES AND GERMAN MEASLES.

Measles is by no means the harmless disease it has been thought to be by many people, since it is shown by the statistics of the Department of Health that in some epidemics more children die from Measles than from Scarlet Fever.

For this reason it is imperative that a physician be summoned and every possible effort made to check the spread of the disease.

Although German Measles is comparatively a harmless disease, its management for every practical purpose should be essentially the same as that of Measles.

The patient should be confined to one well ventilated room, with screened windows, preferably with southerly exposure, and as remote as possible from other occupied rooms in the house.

This room should be stripped of fancy curtains, carpets and upholstery and all other furniture not necessary for the comfort of the occupants. A sheet should be hung over the doorway, from top to bottom and kept moist with a poisonous solution of Bichloride of Mercury. To prepare this solution dissolve eight (8) Bichloride of Mercury tablets in one (1) gallon of water.

Soiled bed and body clothing, including handkerchiefs and cloths used for collection of discharges from the nose and mouth, or soiled by vomited matter, should be thoroughly disinfected. This may be done by placing in water and boiling for thirty minutes, or by use of some one of the following chemical disinfectants:

Make up disinfecting solutions by adding one-half ounce of Chlorinated Lime (Chloride of Lime or Bleaching Powder) to one gallon of water, or three teaspoonfuls of Liquor Cresolis Compositus or three teaspoonfuls of Creolin or eight teaspoonfuls of a solution of Formaldehyde (at least 37½ per cent.) to a pint of water. The solution of Formaldehyde is preferred.

A tub or other vessel containing a sufficient quantity of one of the disinfecting solutions should be kept in a convenient place for soaking bed and body linen.

Place all such clothing in this vessel immediately upon its removal from the bed or from the body of the patient and allow it to soak for at least three hours, after which it should be boiled for one hour.

Do not carry such infected clothing through the house, or store it with other soiled material.

Cloths used for the collection of the discharges from the nose and throat should be burned.

Receptacles containing the *Liquor Cresolis Compositus* or the *Formaldehyde Solution* should be kept outside the sick room door for the reception of plates and eating utensils of all kinds.

Remnants of food left by the patient should be burned.

The nurse, or attendant, should not use eating utensils or drinking vessels from the sick room nor should she permit others to do so until they have been boiled for at least one-half hour.

A basin or other vessel containing *Bichloride of Mercury Solution* (one tablet to one quart of water), or other good antiseptic solution should be kept constantly made up so that the hands may be immediately washed after handling any secretions or clothing from the patient.

None but those actually in attendance upon the patient should be permitted to enter the sick room or come in contact with the patient.

The nurse or attendant should wear only washable clothing with a protective covering for the hair. When released from the sick room, she should take a disinfecting bath of *Bichloride of Mercury*, 1 to 4,000, made by dissolving two (2) *Bichloride of Mercury* tablets in every gallon of hot water used. Be sure to disinfect the hair and scalp with the same solution. This should be followed by a plain soap and water bath.

The air of the sick room cannot be disinfected during its occupancy by the patient.

The practice of hanging up cloths saturated with carbolic acid or placing saucers of *Chlorinated Lime* or proprietary disinfectants in the sick room is not only annoying to the patient, but utterly useless and often injurious.

An abundance of fresh air should be admitted to the room, but the patient should be protected from direct draughts.

Individual milk bottles should not be taken into or removed from the premises during the existence of the disease.

The householder should set a vessel out to receive the milk, and the person delivering the milk should pour it into such vessel without

touching it with his hand or with the vessel from which the milk is poured.

When premises from which milk is sold are quarantined for Measles or German Measles, the sale of milk from such premises can be continued only when the patient is carefully isolated.

Those engaged in the production of milk or milk products, or in the cleansing or care of utensils used for this purpose, must be required to keep out of the sick room and entirely away from the infected individual until a certificate of recovery has been issued by the physician in charge, and a certificate of disinfection has been granted by the Health Officer.

When in the opinion of the attending physician the patient has recovered, and with the expiration of the period of quarantine, the patient should be given a disinfecting bath under the direction of the physician, especial attention being paid to the disinfection of the hair and scalp.

The antiseptic bath may be prepared by dissolving two (2) Bichloride of Mercury tablets in every gallon of hot water used. This should be followed by a plain soap and water bath.

After bathing, the patient should be wrapped in a clean sheet handed from without, step into a non-infected room and dress in clothing which has been disinfected.

As disinfecting agents are poisonous when taken internally, such drugs and solutions should always be plainly labelled and kept out of the reach of children.

After the removal of the patient, the sick room and everything it contains **MUST BE DISINFECTED BY FORMALDEHYDE GAS.** (This disinfection must be done by the Department's Health Officer.) His certificate is required for re-entrance to school. The bed and body clothing should be disinfected by boiling or should be soaked for three hours in one of the antiseptic solutions already described. Such articles as are not of great value should be burned; for instance, inexpensive books and playthings.

The wage earner is allowed, under modified quarantine, to continue work provided he at no time comes in contact with the patient or those having the care of the patient, and that he has a room entirely separated from the patient and those attending the same, as provided in instructions on isolation. In permitting householders and wage earners to continue work when cases of Measles or German Measles appear upon the premises, the greatest care should be taken to prevent the carrying of the infection and such a person shall not be employed in an establishment in which is conducted the production, sale or manufacture of fabrics, wearing apparel, upholstered furniture, bedding, food stuffs, cigars, cigarettes, candy, etc. If so employed

he should leave the premises after taking an antiseptic bath and having his clothing disinfected and thereafter remain away from the premises up to the time of the recover of the last patient and the disinfection of the household. (The Health Officer will issue permit cards to wage earners and adults from the household under the above conditions.)

The period of quarantine in cases of measles or German measles shall be twenty-one days from the date of onset, but no case shall be released from quarantine until the physician has certified in writing that the patient is well and that nasal irritation and ear discharges have healed.

The Act of May 14, 1909, requires health authorities to place a warning placard, in a conspicuous place, on all premises where Measles or German Measles exists.

SAMUEL G. DIXON,

Revised July 1, 1911.

Commissioner of Health.

ACT OF MAY 14, 1909.

Section 6. No child or other person suffering from Measles or German Measles or residing in the same premises with any person suffering therefrom shall be permitted to attend any public, private, parochial, Sunday or other school, and the principals, superintendents and teachers or other persons in charge of private, parochial, Sunday or other similar schools are hereby required to exclude any and all such children or persons from said schools, such exclusion to continue during a quarantine period of twenty-one days and until the said quarantine is removed and the premises disinfected, provided, however, that any child or person who may have been exposed to said disease, owing to an outbreak thereof in the premises in which he or she resides but who shall not have developed the same shall be allowed, after taking a disinfecting bath and putting on disinfected clothing, to remove therefrom and take up his or her residence in other premises occupied exclusively by adults, and may after fourteen days from such removal be admitted into any of said schools.

Section 24. Any person who shall remove, deface, cover up, or destroy, or cause to be removed, defaced, covered up, or destroyed, any placard relating to any of the diseases mentioned in Section Two of this Act, shall, for any such offense, upon conviction thereof in a summary proceeding before any magistrate or justice of the peace of the county wherein such offense was committed, be sentenced to pay a fine of not less than ten (\$10) dollars, or more than one hundred (\$100) dollars, to be paid to the use of said county, or to be imprisoned in the county jail for a period of not less than ten days or more than thirty days, or both, at the discretion of the court; and any person who shall violate any of the quarantine restrictions imposed by this Act, the rules and regulations of the health authorities of any city, borough or township of the first class, or of the State Department of Health, or who shall interfere with the said health authorities or agents thereof in the discharge of his or their duties as provided for in this Act, shall for every such offense, upon conviction thereof in a summary proceeding before any magistrate or justice of the peace of the county wherein such offense was committed, be sentenced to pay a fine of not less than fifty (\$50) dollars, or more than one hundred (\$100) dollars, to be paid to the use of the said county, or to be imprisoned in the county jail for a period of not less than ten or more than thirty days, or both, at the discretion of the court.