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of your children, keep away from any house in which the disease may be.

- 3. Never ride in a closed carriage in which there has been a case of scarlet fever, unless it has been disinfected.
- 4. When scarlet fever is present, avoid the use of all substances which irritate and cause rawness of the throat. Persons with a raw or inflamed throat are very apt to take the disease.
- 5. Avoid any one who has a sore throat. Under any circumstances do not kiss such a person or inhale their breath. Do not use the same vessel to drink from that has been used by a scarlet fever patient.

When there are Local Boards of Health, report all cases at once. In disinfection, the experience of Boards in towns and cities, will enable them to do it more thoroughly and at less expense than you can do it for yourself.