

TO PROTECT THE PUBLIC HEALTH

Rules and Regulations as Adopted by the Iowa State Board.

Valuable Instructions as to the Handling of Contagious and Infectious Diseases.

At the meeting of the Iowa State Board of Health in August, 1907, a number of rules and regulations were adopted for the purpose of preventing the spread of disease. The rules and regulations should be carefully studied in the interests of public health. Instructions of the State Board of Health if carried out will certainly result in improved conditions in the handling of contagious and infectious diseases. The rules and regulations as adopted by the State Board of Health follow:

CHAPTER I.

INFECTIOUS DISEASES.

Definition.

Rule 1. Section 1. An infectious disease is one caused by a living micro-organism or germ. Those infectious diseases which are readily transmissible from one person to another or from man to the lower animals, or vice versa, are contagious diseases.

Sec. 2. The following diseases, viz: Scarlet Fever (including Scarletina and Scarlet Rash), Diphtheria (including Membranous Group), Smallpox, Epidemic Cerebrospinal Meningitis, Asiatic Cholera, Bubonic Plague, Leprosy, Measles, Whooping Cough, Chickenpox, Mumps, Puerperal Fever, Typhoid Fever, Tuberculosis (including Consumption), and Pneumonia, are hereby declared by the Iowa State Board of Health to be contagious and infectious diseases, and dangerous to the public health.

Notification of Contagious and Infectious Diseases.

Rule 2. It is hereby ordered by the Iowa State Board of Health that every physician and every Osteopath practicing within the State of Iowa, shall give immediate notice (by telephone if accessible), to the mayor of the city or town, or the clerk of the township, of every recognized case of any of the diseases mentioned in Section 2, Rule 1 of this Chapter, which he is called upon to attend professionally, and within twelve (12) hours after making his diagnosis, he shall give written notice of the same to the above named official. In cases where there is a reasonable doubt as to the character of a disease, the attending physician shall advise immediate isolation of the patient until a diagnosis is determined. In all cases unattended by a physician, it shall be the duty of the head of the family, or the person in charge of the patient or premises occupied by the patient to give notice in like manner to that required of physicians, and any school teacher or officer of a school who has knowledge of the existence of any contagious or infectious disease among persons attending such school, shall give immediate notice of the same as herein provided.

Mayor and Township Clerk to Report to Secretary of the State Board of Health.

Rule 3. It shall be the duty of the mayor of every city or town, and the clerk of every township, to report to the Secretary of the State Board of Health, within twenty-four (24) hours after being notified thereof, every case of contagious or infectious disease reported to him; and upon receiving notice of the subsidence of such disease, to likewise immediately report that fact together with the mode of termination, whether by death or recovery. All reports provided for in this regulation, shall be made upon postal cards in accordance with the following forms adopted by the State Board of Health.

Report of Infectious Diseases		DATE.....1903.....	
DEPARTMENT OF PUBLIC HEALTH		To the Secretary, State Board of Health:	
The following cases of infectious diseases were reported to this office today:		Total for Month to Date.....150.....	
For Quarantine	No.	For Placarding or Record	No.
Asiatic Cholera	Measles
Diphtheria	Whooping Cough
Scarlet Fever	Tuberculosis
Smallpox	Typhoid Fever
Chickenpox	Leptospirosis
Mumps	Whooping Cough
Pneumonia	Total
Total		

City or Township of..... M. D. Health Officer..... Mayor-Clerk.....

Report of Recovery	
DEPARTMENT OF PUBLIC HEALTH	
County.....	DATE.....1903.....
To the Secretary, State Board of Health:	
The following cases of infectious diseases, previously reported to you from this office have terminated as follows:	
	Recy. Deaths
Asiatic Cholera.....
Diphtheria.....
Scarlet Fever.....
Smallpox.....
Chickenpox.....
Measles.....
Typhoid Fever.....
Tuberculosis.....
Whooping Cough.....
Pneumonia.....
Total.....

The premises infected by these diseases have been properly disinfected and released.

Mayor-Clerk..... M. D. Health Officer.....

City or Township.....

N. B. The foregoing cards must be provided by the Local Board of Health.

Duties of the Mayor, Township Clerk and Sanitary Police.

Rule 4. Section 1. It shall be the duty of the Mayor and Township Clerk, upon receiving notice of the existence of any case of Scarlet Fever (including Scarletina or Scarlet Rash), Diphtheria (including Membranous Group), Smallpox, Epidemic Cerebrospinal Meningitis, Asiatic Cholera, Bubonic Plague or Leprosy, to forthwith quarantine the premises as provided for in Rule 5 of this Chapter, and to take such other measures as may be necessary and proper for the restriction and suppression of such disease. He shall investigate all the circumstances attendant upon the occurrence of the disease, and the persons exposed thereto, and when necessary to protect the public health, detain such exposed persons under quarantine or isolation for the longest period of incubation. He shall make proper provision for the care of the sick.

Sec. 2. Where the disease is Measles, Chickenpox, Whooping Cough, or Mumps, the premises shall be placarded with the danger card denoting such disease, and all persons living upon such premises shall be prohibited from attending the public schools or other public gatherings.

Sec. 3. Where the disease is Whooping Cough, Mumps, or Chickenpox, persons not themselves afflicted with the disease, need not be isolated, provided that they do not occupy the same sleeping apartment as the patient, but such persons shall be prohibited from attending the public schools while residing upon such premises until the same have been properly disinfected under the personal supervision of the Health Officer, and until they are in possession of a written permit signed by the mayor or township clerk and countersigned by the Health Officer.

Sample Form for Placard.

15 in.

(Name of Disease in Large Letters)

KEEP OUT.

Notice.

All persons are forbidden to enter or leave these premises except as provided by regulations of the State Board of Health.

Signed.....

Mayor-Township Clerk.

Sec. 4. Cases of Typhoid Fever, Puerperal Fever, Tuberculosis (Consumption), and Pneumonia shall be reported for record, but neither of these diseases shall be subject to quarantine or placard. The premises on which either Typhoid Fever, Puerperal Fever, Tuberculosis (Consumption), or Pneumonia have existed, shall be properly disinfected in accordance with the provisions of Chapter 2.

Sec. 5. All persons affected with Scabies or Itch, and those infected with Vermin, shall be excluded from the public schools. All Teachers and Superintendents of schools shall be held personally responsible for the enforcement of this regulation and shall promptly report all cases of this character to the Mayor or Health Officer.

Sec. 6. The Mayor of each City or Town, and the Clerk of each Township, shall designate and detail certain Peace Officers as Sanitary Police.

Sec. 7. Sanitary Police Officers shall visit all quarantined premises within their jurisdiction at least once in every twenty-four (24) hours to see that Quarantine is properly observed, and shall make daily report thereof to the Mayor or Clerk of the Township.

Quarantine.

Rule 5. Section 1. Quarantine shall be established by serving a written notice, signed by the Mayor of the city or town, or the clerk of the township, upon the head of the family or occupants of the premises, and by posting in a conspicuous place upon each building, hall, lodging room, or place wherein exists or is suspected to exist an infectious disease, the following described sign: A yellow card not less than eighteen inches square, having printed thereon in large letters the word "QUARANTINE," followed by the name of the disease and the words: "Notice! No person shall be permitted to enter or leave these premises except as provided by law, while it is quarantined, under the penalty provided by law."

Signed..... Mayor or Township Clerk.

Sample Form for Quarantine Card.

15 in.

QUARANTINE.

(Name of Disease in Large Letters)

Notice.

No person shall be permitted to enter or leave these premises except as provided by law, while it is quarantined, under the penalty provided by law.

Signed.....

Mayor-Township Clerk.

Sec. 2. No person shall enter or elapse quarantined premises, except the attending physician, unless in possession of a written permit signed by the mayor or township clerk.

Sec. 3. Physicians in attendance upon cases of quarantined disease shall cover their clothing with a proper suit or gown before entering the premises, and upon leaving shall disinfect said suit or gown and wash their hands and face with a disinfecting solution.

Isolation.

Rule 6. Section 1. Isolation means the complete separation of the patient, and those attendant upon him, from all other persons upon the premises.

Sec. 2. Every article that has been used on or about the patient, or in the sick room, shall be properly disinfected by immersion in a strong disinfecting solution, before being removed from the sick room.

Sec. 3. When possible, a nurse should be obtained to care for the patient, but where from necessity or choice the parents or other members of the family assume the duties of nurse, the isolation shall apply to them.

Sec. 4. The discharges from the patient's bowels and bladder shall be received in a covered vessel containing an approved disinfectant, and shall remain therein for at least one hour. The discharges may then be buried or turned into a sewer. When such discharges are to be buried, the site selected shall not be less than 150 feet from a well, and a sufficient amount of unslacked lime shall be used to insure the complete destruction of such discharges. All vessels used in the sick room must be kept scrupulously clean and properly disinfected.

Quarantine Period.

Rule 7. Section 1. Quarantine shall be established and maintained in each and every case for the period specially and severally named herein:

Asiatic Cholera, 21 days; Epidemic Cerebrospinal Meningitis, 14 days; Scarlet Fever (Scarletina, Scarlet Rash), 35 days; Smallpox, 40 days; Diphtheria (Membranous Group) (except as provided in Rule 18), 35 days; Leprosy, Continuous confinement to premises.

Sec. 2. The Local Board of Health shall have authority to continue a quarantine beyond the time specified herein when such continuance is deemed necessary to safeguard the public health.

Defacing Quarantine Sign.

Rule 8. If any person shall wilfully or maliciously, or without written authority, remove or deface, or cause to be removed or defaced, any quarantine sign or signal of danger, officially posted upon the quarantined premises, or upon premises subject to placard as provided by regulations of the State Board of Health, he shall be deemed to have violated the regulations of the State Board of Health, and shall be prosecuted accordingly.

Disinfection Before Release of Quarantine.

Rule 9. After the termination of either of the following named diseases: Asiatic Cholera, Bubonic Plague, Epidemic Cerebrospinal Meningitis, Diphtheria, (including Membranous Group), Measles (including German Measles), Scarlet Fever (including Scarletina and Scarlet Rash), Mumps, Smallpox, Chickenpox, Tuberculosis (including Consumption), Typhoid Fever, Typhus Fever, Puerperal Fever, Erysipelas, Pneumonia and Whooping Cough, the Mayor of the city or town, or the Clerk of the township, shall order the premises whereon or wherein the disease occurred, together with all persons, furniture, bedding, clothing, books, and all other articles thereon or therein contained to be properly disinfected under the personal supervision of the Health Officer, and in strict accordance with the regulations prescribed by the State Board of Health. (See Chapter 2, of Disinfection.)

General Requirements for Release of Quarantine.

Rule 10. No order for the release of quarantine shall be made by the mayor, or township clerk until he receives a written report from the attending physician stating the number of persons on the quarantined premises, the number who have been sick with the infectious disease, their names, ages, and when the disease first appeared in each case, and when and how it terminated. If the mayor, or township clerk, shall find that the regulations of the State and Local Boards of Health relative to the period of quarantine have been fully complied with, he shall order the premises and all persons and effects thereon to be disinfected in accordance with the regulations of the State Board of Health. (See Chapter 2 on Disinfection.) When all requirements have been properly complied with, the quarantine may be released. If quarantine regulations have not been fully complied with, or if proper disinfection has not been done, the mayor, or township clerk, shall continue the quarantine for the proper period and until disinfection is completed and certified to by the Health Officer. All disinfecting pro-

vided for in this Chapter shall be done under the personal supervision of the Health Officer and at public expense.

Special Provisions Under Which Quarantine May be Released in Less Than the Prescribed Period.

Rule 11. Section 1. At the termination of any quarantined disease, except Diphtheria, when there are no further exposures thereto, upon the premises, the quarantine may be released, even through the period prescribed in Rule 7 has not elapsed. Provided, that no release from quarantine shall be permitted until the following conditions have been complied with, viz:

Sec. 2. Seventeen days must have elapsed after the date of complete recovery or death of the last case on the premises, to which fact the attending physician must certify in writing.

Sec. 3. The entire body of the patient and all exposed individuals must be bathed in a 1 to 3000 solution of Bichloride of Mercury, or other approved disinfectant, and thoroughly washed with soap and hot water. The clothing and other personal effects must be properly disinfected, as provided in Rule 7, Chapter 2.

Sec. 4. In cases of Smallpox attention to the following additional requirements is imperative: Unvaccinated persons who have been exposed to Smallpox must be vaccinated at once, and kept isolated until it is evident that the vaccination is successful. Or if such exposed person promptly submit to vaccination, he may at the discretion of the Local Board of Health, be permitted to go at large, provided, that he make personal daily report for a period of twenty-one (21) days to his attending physician, or the Health Officer of the Local Board of Health. In either case, the requirements of Section 3 of this Rule relating to disinfection, must be complied with. If the vaccination should fail in the normal period of time (ten days) the isolation, or observation with daily report, must be continued until twenty-one (21) days after the date of exposure, when the person may be released; provided that the requirements of Section 3 of this Rule relative to disinfection, have been complied with. Persons who are able to show satisfactory proof that they have been successfully vaccinated within three years prior to the date of exposure, are subject only to the requirements of Section 3.

Sec. 5. Persons who have once been successfully vaccinated, but not within a period of three years next preceding the date of exposure, must be re-vaccinated, or upon refusal, be dealt with as unvaccinated individuals and subject to the requirements of Section 4 of this Rule.

Release of Nurses From Quarantine.

Rule 12. After proper disinfection, nurses who have been employed to care for the sick may be released from quarantine when their services are no longer required. The order for such release must be made in writing and signed by the Mayor or Township Clerk. In cases quarantined for Diphtheria, at least one culture test of swabings taken from the nose and throat of the nurse as provided for in Section 3 of Rule 18, Chapter 1, must be required before the nurse is released.

Quarantine Premises, Who May Enter or Leave.

Rule 13. No person except the attending physician shall be permitted to enter or leave any premises while the same are under quarantine, except as specially provided for by the regulation of the State Board of Health and in strict accordance therewith.

Infected Letters.

Rule 14. No letters or other articles coming from quarantined premises shall under any circumstances be placed in any post office, letter box or rural delivery. If on account of carelessness or neglect, any such infected article shall have been placed in a postoffice, letter box or rural delivery, all such letters or articles, together with such other articles as have come in contact therewith, shall be detained and immediately disinfected by the Health Officer, without unnecessary delay or removal from the custody of the post master.

Second Hand Clothing, Books, and Traveling Libraries.

Rule 15. Section 1. No person shall publicly sell or offer to sell any second hand clothing, books or other articles, until the same have been properly disinfected.

Sec. 2. Books contained in traveling libraries shall be disinfected before being shipped from one community to another.

Sec. 3. All disinfection provided for in this Rule shall be done under the supervision of the Health Officer.

School Teachers.

Rule 16. School teachers boarding or residing with a family in which any disease, subject to quarantine or placard, is known or suspected to exist, shall immediately remove to premises not so infected, and provided they have not been actually exposed to Diphtheria, Scarlet Fever, or Smallpox, may be allowed to continue their attendance at school. In all cases they shall conform to the requirements of the State Board of Health relative to disinfection.

Superintendents of Schools.

Rule 17. All persons suffering from any disease subject to quarantine or placard, or residing upon premises infected with any such disease, shall be excluded from the public schools. The superintendent, teacher or other official in charge of any school, shall be held personally responsible for the enforcement of this regulation, and under no circumstances shall such superintendent, teacher or official allow any person so excluded to re-enter such

school, except upon the presentation of a written permit, showing that such person has been properly disinfected and regularly released from quarantine. All such permits must be signed by the mayor, or township clerk, and by the Health Officer of the Local Board of Health. This regulation shall also apply to Academies, Seminaries and Colleges.

Laboratory Cultures in Cases of Diphtheria.

Rule 18. Section 1. Where possible laboratory findings shall be used to determine the period of quarantine for each individual case of Diphtheria. Specimens for culture shall be taken by the attending physician from the nose and throat of each suspected patient, and forwarded to the State Board of Health Laboratory for diagnosis. Quarantine and isolation shall be established immediately upon the appearance of suspicious symptoms. In districts where it is not possible for the physician to avail himself of the Laboratory tests, and the clinical symptoms are those of Diphtheria, quarantine shall be established and maintained for the regular period of thirty-five (35) days, provided however, that if antitoxin was administered within the first twenty-four hours from the discovery of the initial symptoms, the quarantine may be released at the expiration of twenty-eight (28) days, provided the patient has made a complete recovery and these facts are certified to by the attending physician.

Sec. 2. Cultures for the release of quarantine shall not be taken until after fourteen (14) days from the date of initial symptoms. When release from quarantine is to be determined by laboratory findings, all infected persons on the premises must show two consecutive negative results from cultures taken synchronously from the nose and throat of each. The second and subsequent cultures for release of quarantine shall not be taken until after the expiration of forty-eight (48) hours after the first or subsequent cultures were obtained.

Sec. 3. All culture examinations for the release of quarantine must be made by a bacteriologist of the State Board of Health, and the reports thereof shall be filed with the Local Board of Health. Before the release of any person or persons quarantined on account of Diphtheria, the rules of this Board relative to disinfection must be fully complied with. (See Chapter 11.)

Sec. 4. The rules and regulations of the State Board of Health pertaining to diagnosis, quarantine and disinfection in cases of Diphtheria, shall apply equally to all cases of Membranous Group.

Leprosy.

Rule 19. All persons affected with leprosy shall be continuously confined upon their home premises. It shall be the duty of the Health Officer of the Local Board of Health to report to the Secretary of the State Board of Health, the name, age, social condition and residence of all persons affected with this disease within the community over which he has jurisdiction, and the Local Board shall keep a record of the particulars required herein.

Pet Animals, Flies and Rodents.

Rule 20. Whenever any premises are quarantined, special attention must be given to all pet animals kept thereon. Cats and dogs shall be excluded from the house, and prevented from running at large. Before the quarantine is raised all such animals shall be thoroughly washed in a disinfecting solution. Special precautions must be taken to destroy all mice and rats. When flies are present all doors and windows shall be securely screened and fresh fly paper placed in each room daily.

Sale of Milk From Infected Premises Prohibited.

Rule 21. When Asiatic Cholera, Epidemic Cerebrospinal Meningitis, Smallpox, Diphtheria (including Membranous Group), Scarlet Fever (including Scarletina and Scarlet Rash), Typhoid Fever, Measles or Tuberculosis exists in any house or dwelling occupied by a dealer or seller of milk or other dairy products, he shall discontinue to give, sell or distribute such products to any person, or to creameries or butter factories, and such milk or dairy products shall not be removed from the infected or quarantined premises until a written permit is granted therefore by the Mayor or Township Clerk, and countersigned by the Health Officer. No person who attends cows, or does the milking, or who has care of milk vessels, or who manufactures or handles butter or other dairy products, or has for sale or distribution butter, milk, or other dairy products, shall be permitted to enter a premises wherein exists any of the diseases named herein, nor shall he come in contact either directly or indirectly with any person who resides in, or upon, or is an occupant of such infected or quarantined place or premises.

Prevention of Tuberculosis.

Rule 22. Section 1. The sputum expectorated by persons affected with Tuberculosis (Consumption), is infectious, and therefore a serious menace to the public health. In order to prevent dissemination of this disease it is hereby ordered by the State Board of Health of Iowa, that spitting upon the public sidewalks, or upon the floors or stairs of any public building or other premises where the public congregates, or upon the floors or steps of any street or railway car, or other public conveyance is hereby prohibited and forbidden.

Sec. 2. The custodian of every public building and the manager of every street or railway car operating in this state, shall cause all cuspidors used therein to be cleaned and disinfected by steam or other approved disinfect-

tant, at least once each day, and shall keep not less than one-half (1/2) pint of a 5 per cent solution of carbolic acid in each cuspidor. (See Standard Sanitation No. 1, Chapter II.)

Sec. 3. All apartments and dwellings occupied by persons affected with Tuberculosis (Consumption), shall be deemed to be infected premises. It shall be the duty of the Local Boards of Health upon the death of any person affected with Tuberculosis, to disinfect the premises occupied by such person in accordance with the rules prescribed by the State Board of Health relative to infectious diseases. Every dwelling, apartment or furnished room occupied and vacated by a person affected with Tuberculosis shall be closed until properly disinfected as provided for in this Rule, and it shall be unlawful for any person either as owner or occupant, to rent or occupy any such premises without first obtaining, from the Health Officer of the Local Board, a certificate showing that the said premises have been properly disinfected as herein provided.

Sec. 4. All Local Boards of Health and Peace Officers are hereby ordered to pay strict attention to the enforcement of the Regulations contained in this Rule.

Persons Affected with Tuberculosis Not to Attend Schools or Engage in Certain Employments.

Rule 23. Section 1. Whenever a principal or superintendent of any school or a county superintendent in any county, or any Health Officer in the State of Iowa, shall have reason to believe that any superintendent, principal, teacher, pupil or employee in any school, public or private, in this state, is affected with Tuberculosis, he shall so inform the Health Officer, whose duty it shall be to procure or cause to be procured by the family physician, a sample of the sputum or other discharges of such supposed infected person, and forward the same to the Laboratory of the State Board of Health at Iowa City for examination. Should such examination reveal the presence of Tubercle bacilli, such superintendent, principal, teacher, pupil or employee, shall be excluded from the schools until such time as Laboratory examination subsequently made, shall fail to reveal the presence of tubercle bacilli. All Laboratory examinations made under this regulation shall be free of expense to the patient.

Sec. 2. The employment of any tubercular person in or about any confectionery, bakery, dairy, meat market, hotel, restaurant, railway train or dining car, theater, library, church, department store, or other place where numbers of persons habitually congregate, is hereby prohibited.

Car Sanitation.

Rule 24. Section 1. All railway passenger cars operated or used in this state, or occupied by passengers while in transit through this state, shall be fitted with water closets and urinals so constructed as to properly disinfect the discharges deposited therein before such discharges are removed or allowed to escape from the car.

Sec. 2. Any manager or agent of a railway company neglecting to comply with the provisions of this Rule or employee or other person allowing such discharges to escape from the proper receptacle without proper disinfection as herein provided, shall be deemed to have violated the rules and regulations of the State Board of Health, and shall be prosecuted accordingly.

Secretary of the State Board of Health Shall Supervise Local Boards.

Rule 25. Section 1. The Secretary of the State Board of Health is the Executive Officer of the Board. He shall have general supervision over all Local Boards in the enforcement of quarantine and the prevention of infectious diseases. When he has reason to believe that the regulations of this Board are not properly enforced by the Local Board of any city, town or township, and that the public health is endangered by reason of such neglect upon the part of any such Local Board, he shall instruct the officials of said Board regarding their duties, and in the event of their failure to conform to such instructions, shall notify the President of the State Board of Health, who may convene the State Board in special session, whereupon the said Board shall, if it deem necessary, immediately assume control within the territorial jurisdiction of such Local Board, and shall continue in control until such time as there is no further danger to the public. All expenses thus incurred by the State Board or its representatives, shall be paid as provided for in Section 252 of the Code as amended by Chapter 107, Acts of the 29th General Assembly.

Sec. 2. The Secretary of the State Board of Health or any member thereof is hereby authorized to enter and leave any and all quarantined premises within the State, when necessary to make an investigation or to enforce the regulations of the State Board of Health.

Local Boards to Keep Record.

Rule 26. The Mayor of each incorporated city or town, and the Clerk of the Township, shall keep a complete record of all cases of contagious or infectious diseases reported within his jurisdiction; said record shall include the name, age, sex, social condition and address of each patient, and the name of the attending physician, and nurse, the date of quarantine and release, the date of disinfection, and the name of the person who disinfected the premises. A copy of said record shall be forwarded to the Secretary of the State Board of Health by the 1st day of August in each year, and shall include all data recorded up to and including June 30th preceding.

Health Officer, Election, Qualifications and Compensation Of.

Rule 27. Every Local Board of Health shall, at its first meeting in