

Family Guide to Home Care ANTHRAX

An intentional release of **Anthrax** will result in many people becoming sick. If hospitals become overcrowded, the sick may need to be cared for at home. This information may help: If you or any member of your family has any of the following symptoms, go to the nearest hospital or treatment center NOW.

Flu-like symptoms, sore throat, fever, muscle aches, cough, chest discomfort, shortness of breath, tiredness

If you have been exposed or suspect exposure to **Anthrax**, go NOW to a public health dispensing site for **preventive care**.

Use Everyday Sanitation Techniques

Anthrax can be very serious. Using “common sense” sanitation techniques can lessen your chance of exposure.

- Wash hands frequently, especially after eating or drinking, after using the bathroom facilities, and before and after EVERY contact with those who are sick.
- Wash hands of those who are sick, especially after helping them use bathroom facilities, and before and after eating and drinking.
- Wash hands after EVERY contact with animals.
- Wash bed linens and clothing of those who are sick, frequently.
- Wash in a solution of 10 percent bleach and hot, soapy water.

- Use a 10 percent household bleach solution or standard hospital grade disinfectants for cleaning surfaces. Contact time should be 30 minutes.
- **Disinfect bathroom and kitchen areas daily.**

Care for Those Who Are Sick

Be sure the sick person takes any medication **Exactly** as prescribed. Follow all instruction **Carefully**. If an allergic reaction occurs, consult a health care professional immediately. See that those who are sick get lots of fluids (like water and juice).

Seek Help

If the person is having trouble breathing, go the closest hospital or treatment center NOW.

Take Care of Yourself

You will not be able to care for others if you do not also care for yourself.

- Get plenty of rest, drink lots of liquids, maintain a healthy diet.
- If you are taking an antibiotic, take your temperature every morning and afternoon. If you develop a fever or have flu-like symptoms, seek medical care immediately.

Where to Get More Information

- Stay tuned to local media for ongoing updates
- Centers for Disease Control and Prevention

Public Response Hotline

888.246.2675 (English)

888.246.2857 (Español)

888.874.2646 (TTY)

- Texas Department of State Health Services Web site
www.dshs.state.tx.us
- Centers for Disease Control and Prevention Web site
www.cdc.gov
- Northeast Texas Public Health District web site:
www.healthpreparedness.org