

Family Guide to Home Care PLAGUE

An intentional release of PLAGUE will result in many people being hospitalized within a few days. 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.

High fever, headache, weakness, rapidly developing pneumonia, shortness of breath, chest pain, cough that may bring up blood

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

Stay Away From Those Who Are Sick

Avoid as much as possible, people or animals who are sick. Patients with the disease should be isolated and medically supervised for at least the first 72 hours of antibiotic treatment.

Use Everyday Sanitation Techniques

PLAGUE is a serious health threat that is very contagious. 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 after EVERY contact with animals.
- Use a solution of 1 part household bleach to 9 parts water or standard hospital-grade disinfectant for cleaning surfaces. Leave on for 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.

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, follow all instructions and continue to take the medications for the length of time recommended. 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