

Anthrax: How do I get help?

You may have been exposed to airborne anthrax. **It can be deadly if left untreated.** It is important to take medicine within 48 hours. Here is some important information:

Where do I get medication? *At a Point of Distribution (POD)*

- PODs are being set up to give out free medicine by [insert date/time].
- Facilities such as schools, sports facilities and auditoriums will serve as PODs. In most cases, PODs will be within a few miles distance. [NOTE: Insert specific sites here.]
- Dial 2-1-1 or go to www.healthvermont.gov for more information about your closest POD.
- Watch TV or listen to your local radio station for frequent updates and information about POD sites.

How do I get medication? *By sending 1 adult per household to a POD.*

- Send 1 adult for each family. This person can pick up enough medicine for all family members.
- Bring a list of allergies and/or medical conditions for each family member.
- Bring a list with weight and age of each child in your house so that the right amount of medication can be given to you.
- The POD will be staffed by volunteers. Translators will be available for the deaf and for people who do not speak English.
- Written instructions will also be available in: English, French, Russian, Serbo-Croatian, Spanish and Vietnamese.
- All sites are wheelchair accessible.
- Everyone will receive a 10-day supply of medicine and must begin taking it immediately.

What medicine will I get? *Ciprofloxacin or Doxycycline*

- Most people will get Doxycycline. You will get Ciprofloxacin if you are pregnant, breastfeeding, have certain medical conditions, or allergic to Doxycycline.

Both medications are effective and are approved by the Food and Drug Administration (FDA).