

Airborne anthrax: What should I do if I think I was exposed?

- **Anthrax can be treated** and cannot be spread from person to person.

- **Dial 2-1-1 or check www.healthvermont.gov** to find out more information and directions to your closest Point of Distribution (POD). There you will get free medicine to treat anthrax.

- **Designate 1 person per household** to go to the POD and pick up medicine for you and your family. There is enough medication for everyone who needs it.

- **Take medication within 48 hours** of exposure for most effective treatment.

- **Watch for symptoms.** Symptoms may not show for at least 7 days. Symptoms include: Sore throat, mild fever, and muscle aches.