

Should I stock up on antibiotics?

No!

- Antibiotics (such as "cipro") do not provide immunity to anthrax.
- Personal stockpiling of medicines threatens the supply of drugs currently needed to treat sick patients.
- Personal stockpiling increases the chance that drugs will be taken incorrectly, possibly causing harm.
- Personal stockpiling is not necessary. The State and Federal governments have enough supplies stored to deal with a real emergency.

For questions, call your health care provider or the Hawai'i State Department of Health, 586-8352 (v/trs).

<http://www.state.hi.us/doh/anthrax>

To Report Suspected Anthrax call 911

Equal Rights

We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call the programs on the brochure or our departmental Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378, or at 586-4616 (v/tty) within 180 days of a problem.

Benjamin J. Cayetano, Governor
Bruce S. Anderson, Director of Health



State of Hawaii
Department of Health
Recommendations on suspected encounters with

ANTHRAX

What should I know?

- **BE CALM, STAY COOL.** Panic is what terrorists want.
- Of the 17,000,000,000 letters and packages processed by the US Postal Service in the past month, only a few contained anthrax. (Did you know you are more likely to win a magazine sweepstakes than to come into contact with anthrax?)
- Anthrax spores must be rubbed into broken skin, swallowed, or inhaled as a fine mist to cause infection in the skin, stomach, or lungs.
- Disease can be prevented by early treatment with antibiotics prescribed by a physician.
- Anthrax is *not* spread from one person to another person.

ANTHRAX

What should I do?

If you find a letter or package that makes you suspicious, follow these steps:

- A. *Do not open it.*** It is safe to leave it undisturbed while you investigate.
- B. *If the package or envelope has return information, contact the sender to identify the contents..***
- C. *If you cannot find out who sent it,***
 1. Do not shake or empty the contents of any suspicious envelope or package.
 2. Do not try to clean up powders or fluids.
 3. Place the envelope or package in a plastic bag or some other type of container to prevent leakage.
 4. If you do not have any container, then cover the envelope with cloth, paper, or a trash can, and do not remove this cover.
 5. Leave the room and close the door, or section off the area to keep others away.
6. Wash your hands with soap and water to prevent spreading any powder to your face or skin.
7. Call 911. If at work, also notify building security and/or a supervisor.
8. If possible, list all people who were in the room or area when this suspicious letter or package was recognized. Give this list to law enforcement and public health officials.
9. Remove any heavily contaminated clothing and place in a plastic bag that can be sealed. Give the bag to law enforcement officials.
10. Shower with soap and water as soon as possible. Do not use bleach or disinfectant on your skin.
11. Treatment is not necessary until and unless it is known that you have actually been exposed to a disease organism.

Should I take an antibiotic just in case?

No!

If you do not need antibiotics, you should not take them. Taking unnecessary antibiotics can be dangerous.