



COUNTY OF ORANGE HEALTH CARE AGENCY

FOLLOW-UP INSTRUCTIONS FOR POSTAL WORKERS

You have been given antibiotics for a possible anthrax exposure. It is important to take your medicine as prescribed. For more information about anthrax, see <http://www.bt.cdc.gov/agent/anthrax/basics/factsheets.asp>

- Take your first dose of antibiotic as soon as possible.
- If you have been instructed to call your health care provider, do so as quickly as possible. This medicine may have an effect on other medicines you take.
- If the environmental tests are positive, you will be notified by your employer regarding further recommendations for additional antibiotics and vaccination. Call this number in 3 days for further instructions: **1-800 EMERGEN**. In addition, USPS Human Resources will contact you with additional information.
- **If you feel you are experiencing any of the following symptoms, go to the nearest emergency room or urgent care center: fever (temperature greater than 100.4°F), cough, difficulty breathing, fatigue, muscle aches, nausea, vomiting or diarrhea, new sores on arms, face or hands. Inform the physician of your possible exposure to anthrax at your worksite.**
- Read the drug information sheets. These sheets contain general drug information about the antibiotic you received. For further information, contact your health care provider or pharmacist.
- If you are experiencing any side effects, call your health care provider.
- If you have been prescribed Ciprofloxacin and experience pain or swelling of tendons, **call your health care provider immediately**. Ciprofloxacin has been associated with inflammation and rupture of tendons.
- If you have been prescribed Doxycycline, it is best to take on an empty stomach with a full glass of water. If you get an upset stomach or indigestion, take it with some food or milk.
- **Females:** oral birth control or birth control patches may not work as well when using Doxycycline, you should use an additional form of birth control such as a condom.
- If you have questions, please call the **Health Referral Line 1-800-564-8448** between hours of 8:00 a.m. to 5:00 p.m.