



# Protect Yourself Against Bioterrorism

*Philip M. Tierno Jr. Ph.D.*

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**How does anthrax spread?**

**Should I avoid opening my mail?**

**Wasn't I vaccinated for smallpox years ago?**

**What exactly is encephalitis?**

**Is my workplace a target for bioterrorism?**

***What precautions can I take to stay healthy and safe?***

## **PROTECT YOURSELF AGAINST BIOTERRORISM**

From fears of full-scale germ warfare to the spread of dangerous and deadly illnesses, we are faced with a new breed of anxiety -- and more questions than ever -- about our safety and well-being in the face of bioterrorism. Dr. Philip M. Tierno, a member of the New York City Mayor's Task Force on Bioterrorism, addresses our fears with the most powerful antidote: information.

Dr. Tierno explains:

- how germs can be used as potential weapons -- and how they can't
- how to distinguish the symptoms of a deadly disease from a run-of-the-mill bug
- how these diseases are treated
- how to assess the level of risk we face in our daily lives
- how to sort fact from myth in the face of frightening new developments
- what you can do to safeguard your family's health

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