

These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

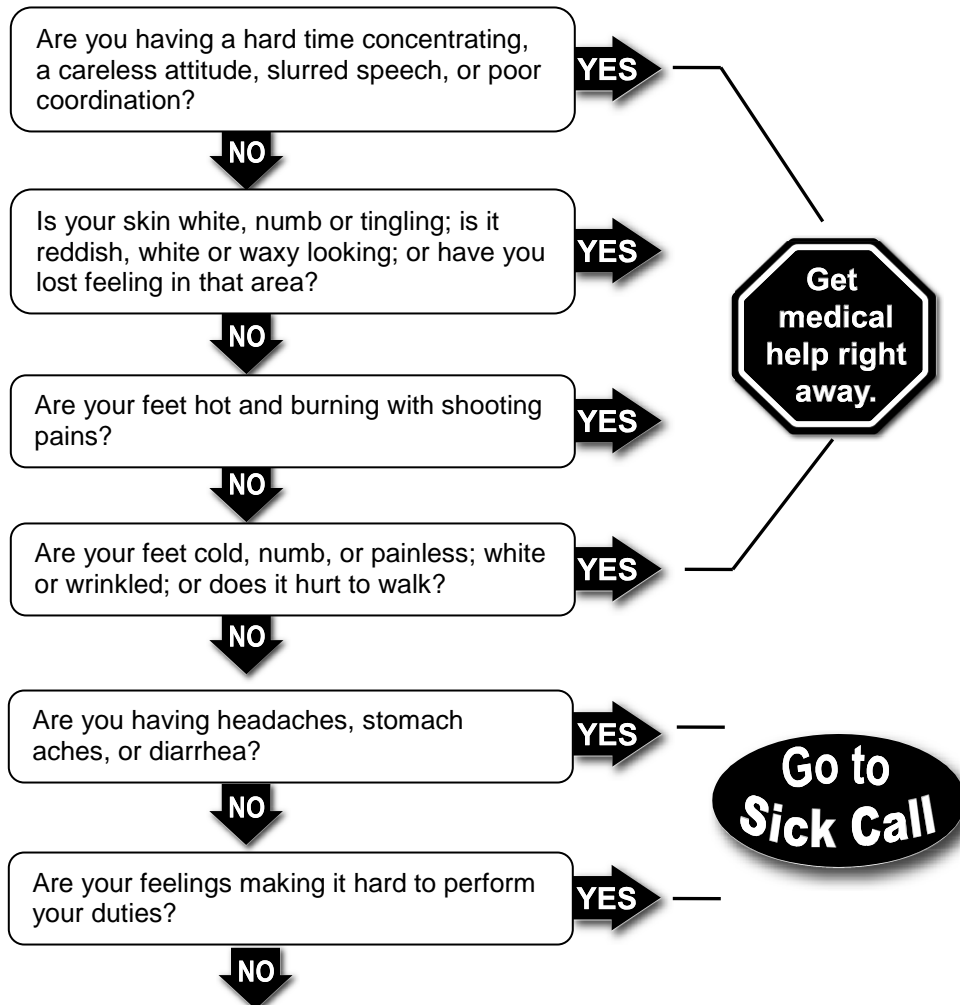
1. Start at the top of the diagram.
2. Answer each symptom evaluation question in order by following the appropriate YES or NO arrow.
3. If you answer NO to all questions it is probably appropriate for you to use self-care measures.
4. You are the best judge of your own health. If you are having trouble performing your duties or have a symptom that is not listed, see a healthcare provider.

Self-care Instructions for Cold Weather Symptoms

Cold weather injuries can range from mild chapped skin to life-threatening hypothermia. To avoid cold weather injuries, you must be prepared. Being prepared means wearing the proper clothing, keeping yourself dry, eating your meals, and getting good blood flow to all parts of your body.

More importantly, you need to understand that cold weather injuries can sneak up on you. Pay attention to the signs and symptoms – redness, tingling skin, numbness, slurred speech, or poor coordination are all signs that you may be getting a cold weather injury.

If you have been out in the cold and think you have a cold weather injury, use this symptom evaluation chart.



Use self-care measures:

- Never rub an area you think might have cold weather injury – you could make the injury worse. If in doubt, get medical help.
- For chapped skin or windburn, use a lotion or cream on the skin and protect the area from the wind. Use petroleum jelly or lip balm on your lips.

If you have been out in the cold and think you have a cold weather injury, get medical help right away.