

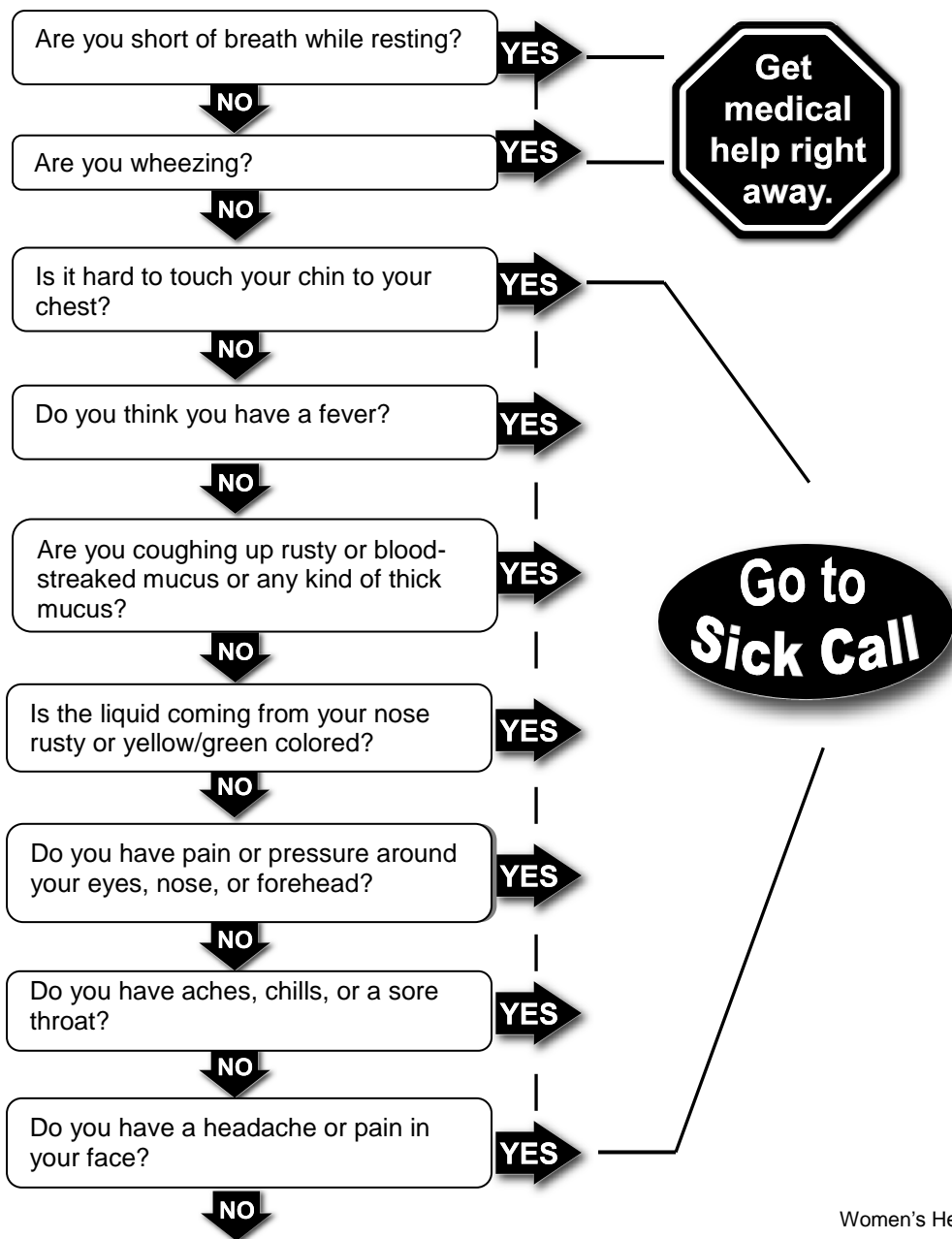
These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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

Colds are caused by germs that enter your body through your eyes, nose, and mouth. The best way to avoid colds is to wash your hands often. It also helps to stand 3 to 5 feet away from someone who is coughing or sneezing or turn your back a little to keep your nose and eyes away from the germs flying through the air.

When you have a cold, you might have a runny nose, cough, sore throat, and maybe even chills and a fever. No medicine will make a cold go away but some medicines will help you to feel better while the cold runs its course. However, cold symptoms might be a sign of other problems such as allergies, the flu, strep throat, or even pneumonia. If you have cold symptoms, use this symptom evaluation chart.



## Cold – continued

Use self-care measures:

- Keep your germs to yourself by covering your mouth and nose when you cough or sneeze or sneezing into your sleeve. Wash your hands often.
- Gargle with salt water: 1/4 teaspoon of salt in 1 cup warm water 3 times a day.
- Drink plenty of fluids. Hot soups can help unclog your nose and soothe your throat.
- Get as much rest as you can.
- Use an over-the-counter pain reliever such as ibuprofen (Motrin® is a registered trademark of Johnson & Johnson, Inc.), acetaminophen, or aspirin for aches as directed. Do you have a headache or pain in your face? Do you have aches, chills, or a sore throat?
- If you have a runny nose or stuffy nose, use an over-the-counter decongestant as directed.
- If you have a sore throat, use over-the-counter throat lozenges as directed.

**Go to sick call if you don't start to get better within the next 3 days, or if cold symptoms are keeping you from your duties. Follow the chart if you get any of the symptoms listed.**