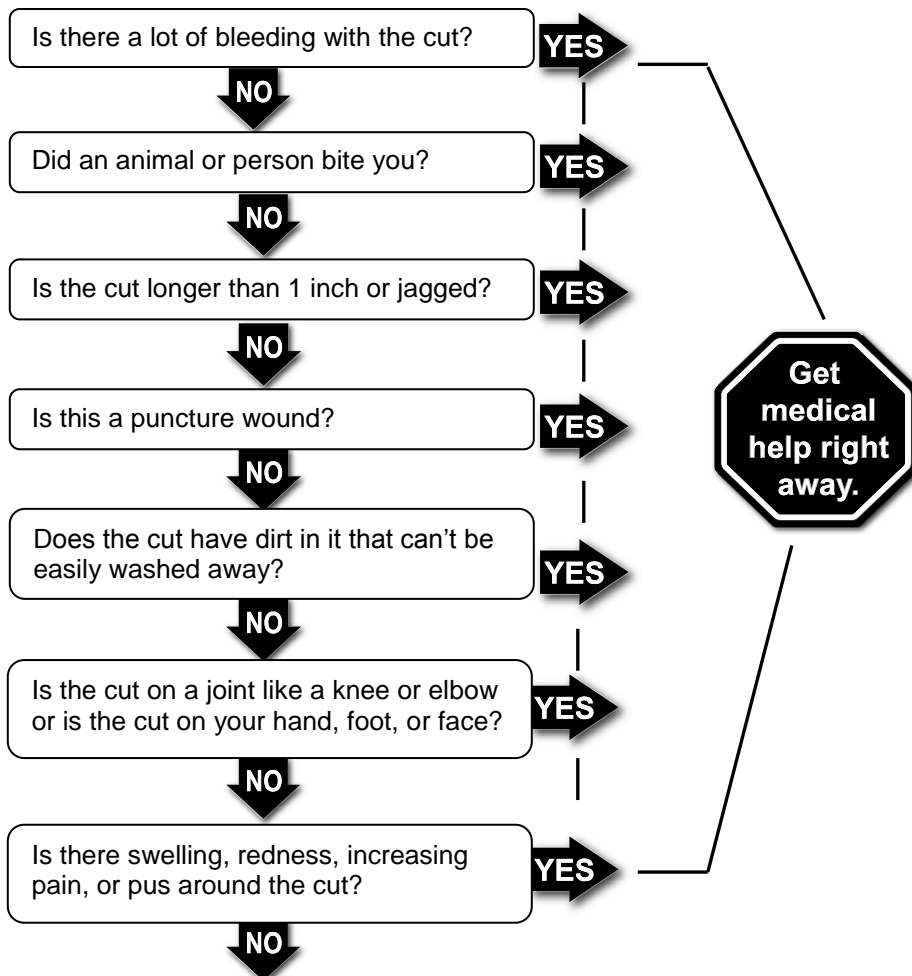


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Cuts, Punctures, or Bites

Puncture wounds are usually caused by sharp, pointed objects like pins, needles, staples, and wires. Puncture wounds have a high risk of infection and should get medical attention. Bites from animals or humans should also get medical attention. A small, shallow cut to the skin can usually be taken care of with self-care measures. However, larger cuts or cuts that look like they might get infected need medical attention. If your skin gets cut, use this symptom evaluation chart.



Use self-care measures:

- Rinse the cut with cool water.
- Wash around the cut with soap and water. Try to avoid getting soap into the cut.
- Apply pressure to the cut until the bleeding has stopped.
- Use tweezers dipped in alcohol to remove any dirt or gravel from the cut.
- Leave the cut uncovered unless it rubs against clothing or will get dirty.
- Apply topical antibiotic as directed.
- If needed, cover the cut with a sterile dressing like a bandage until it begins to heal.
- Take aspirin, acetaminophen, or ibuprofen as directed for pain.

Go to sick call if the cut does not clear up as expected. Follow the chart if you get any of the symptoms listed.