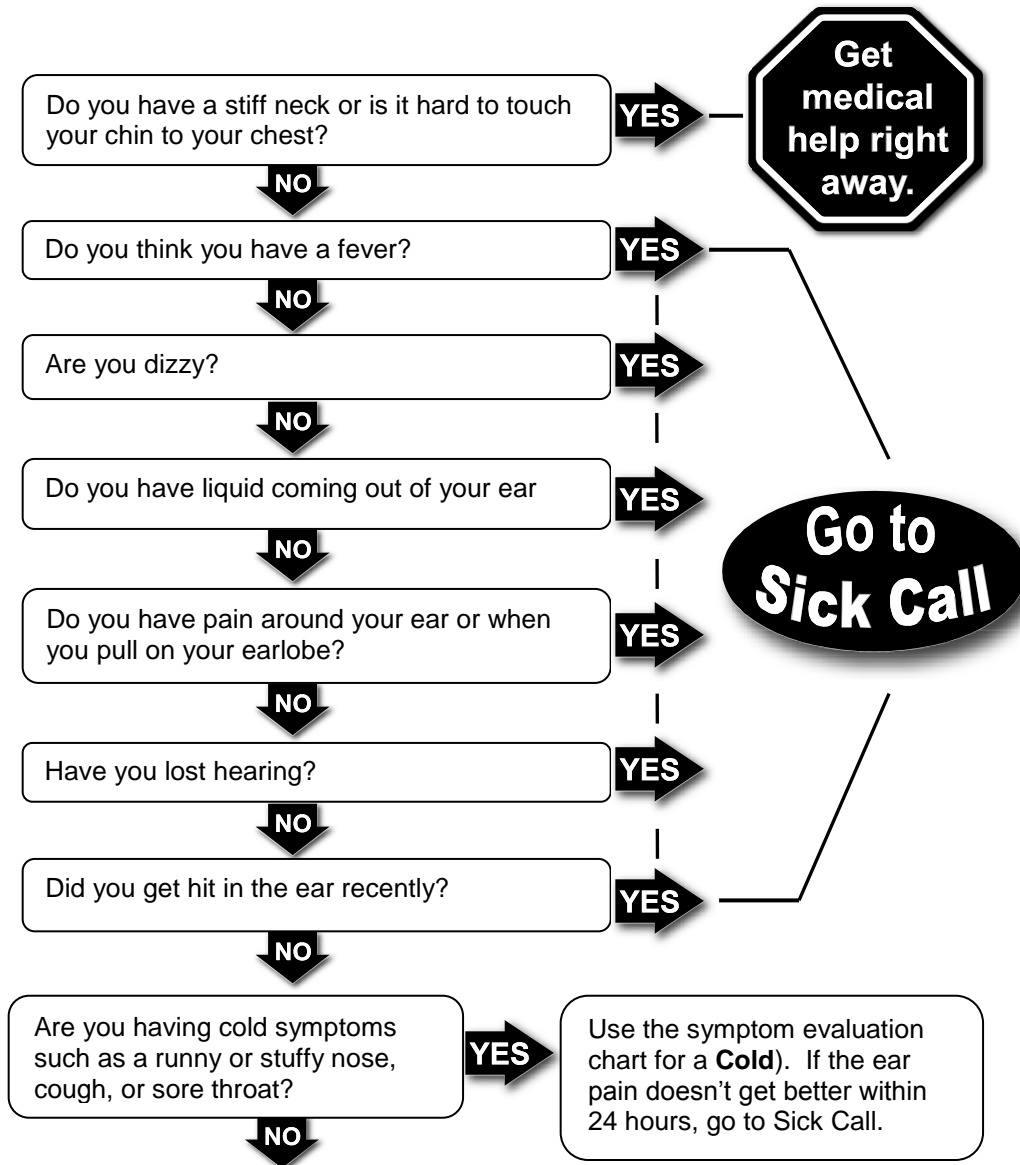


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Ear Pain

Ear pain can be dull and throbbing or sharp and stabbing. An earache can have many causes but is most common in people with colds or allergies. If you are having pain in or around your ear, use this symptom evaluation chart.



Use self-care measures:

- Put a warm, wrung-out washcloth next to your ear. Repeat as needed to help the pain.
- Take an over-the-counter pain reliever such as acetaminophen, ibuprofen, or aspirin as directed.
- Use an over-the-counter decongestant as directed.

Go to sick call if the ear pain doesn't get better within 24 hours or the pain keeps you from your duties or activities. Follow the chart if you get any of the symptoms listed.