

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 Eye Problems

Eye problems can include pain, burning, itching, redness, clear or yellow discharge, or decreased vision. An object or liquid can get into your eye and injure it. Eye problems must be taken seriously. Your vision depends on it.

**If you have a problem with your eyes or with your vision, get medical help right away.**

**If you get any chemical in your eye, wash it out immediately with water for 15 minutes before or while getting emergency medical help.**

**If your buddy gets an eye injury, call emergency medical services immediately.**

Self-Care: Protect Your Eyes

- Wash your hands frequently.
- Follow eye safety signs and procedures. Know what to do if a hazardous material splashes in your eye.
- Always wear approved eye protection for mechanical, chemical, biological, or radiant energy (such as sunlight, lasers, or welding) hazards. Make sure your eye protection is clean, is in good shape, and has Z87 marked on the side.
- Do not wear contact lenses where there is smoke, dust, or fumes.
- Know where the nearest eyewash station is and how to use it.
- Report eye hazards to your supervisor.