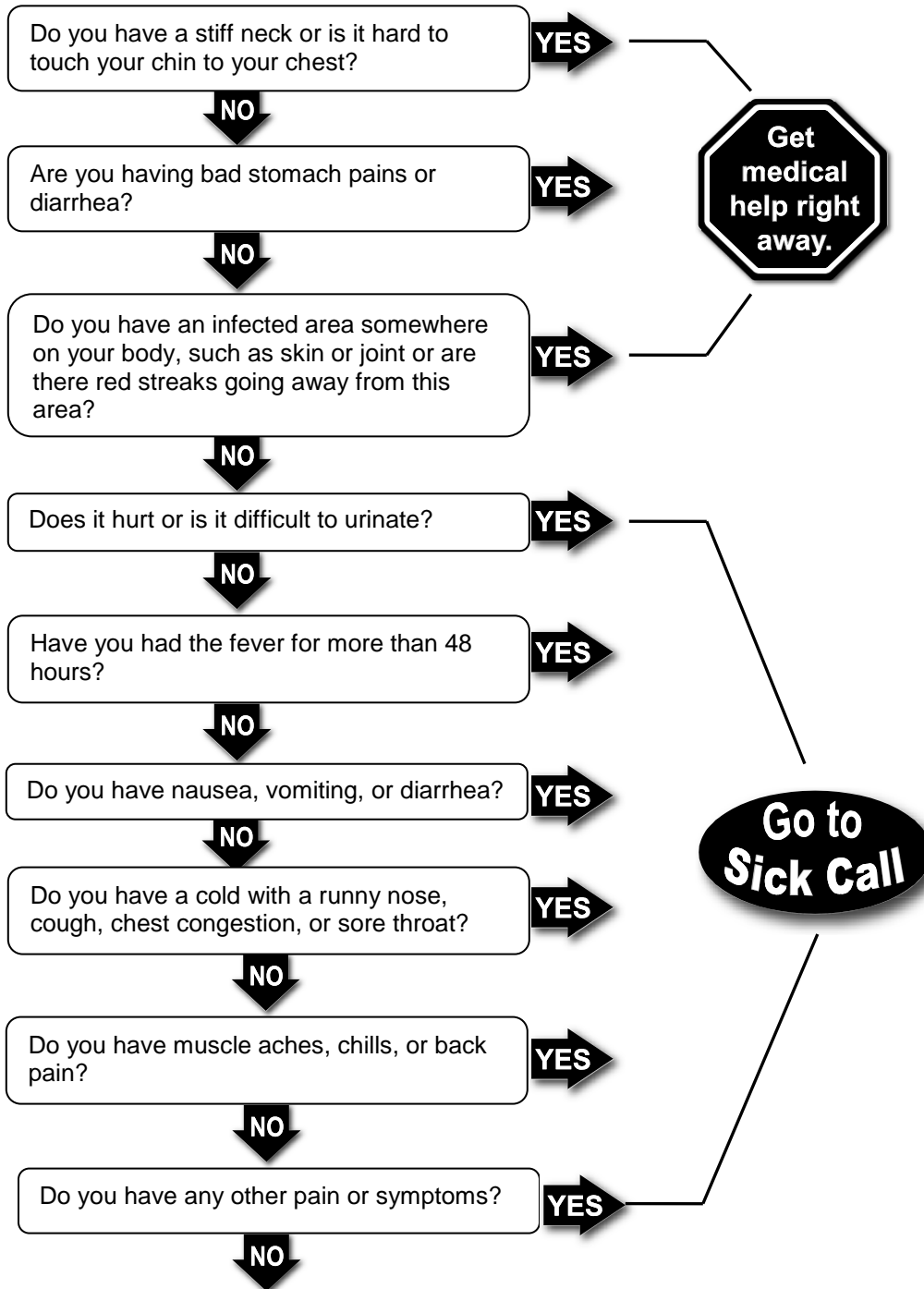


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Fever or Chills

As discussed earlier, a fever is one of the ways the body fights off illness. A fever by itself is usually not serious. However, a fever along with other symptoms could point to a problem. If you are hot and sweaty, or hot and chilled, use this symptom evaluation chart.



Fever or Chills - continued

Use self-care measures:

- Drink plenty of water – at least 1 cup an hour. Caffeine-free drinks like fruit juice or ginger ale can also be used.
- Sponge your body with lukewarm water or put a cold, wrung-out washcloth on your forehead.
- Take an over-the counter fever reducer like acetaminophen as directed.

Go to sick call if the fever last longer than 48 hours. Follow the chart if you get any of the symptoms listed.