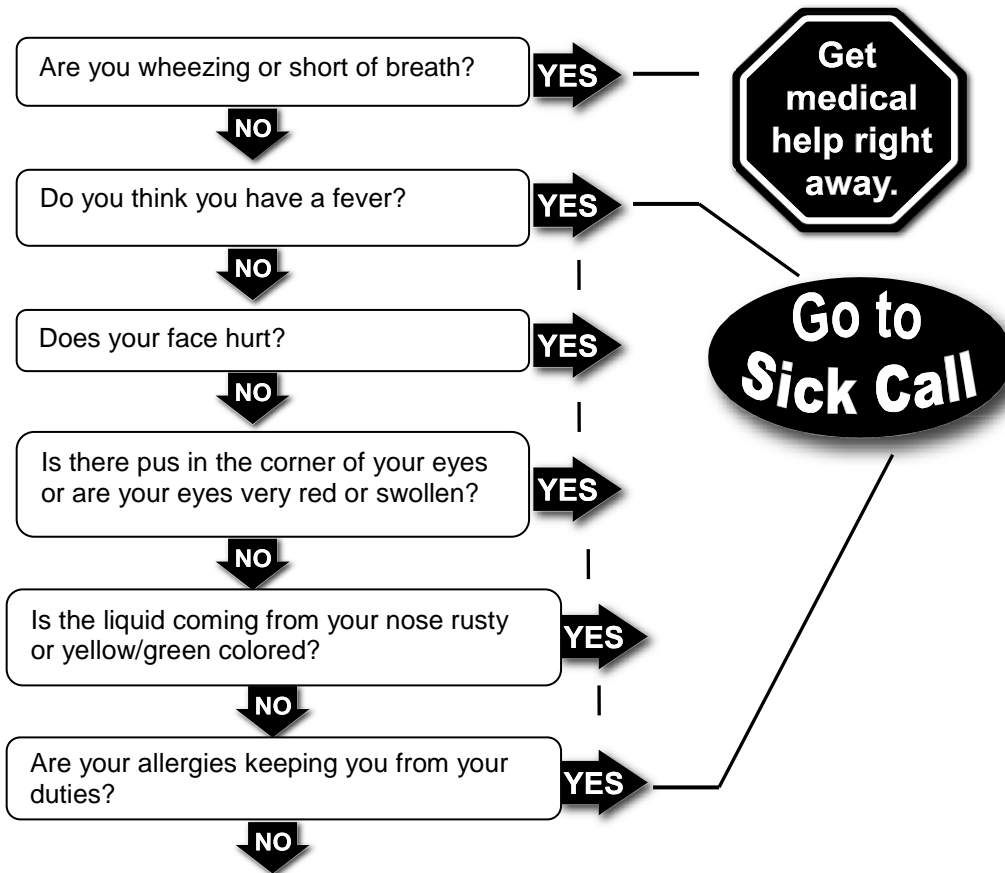


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Hay Fever or Allergies

Allergies and hay fever are very common. If you have allergies or hay fever, you may get itchy or watery eyes or a runny or stuffy nose with sneezing. If you have hay fever, it is usually worse in the spring. If you are having allergy symptoms, use this symptom evaluation chart.



Use self-care measures:

- Use an over-the-counter antihistamine for your runny nose as directed. If you have a stuffy nose, use an over-the-counter decongestant as directed.
- Use eye drops for itchy or watery eyes as directed.

Follow the chart if you get any of the symptoms listed.