

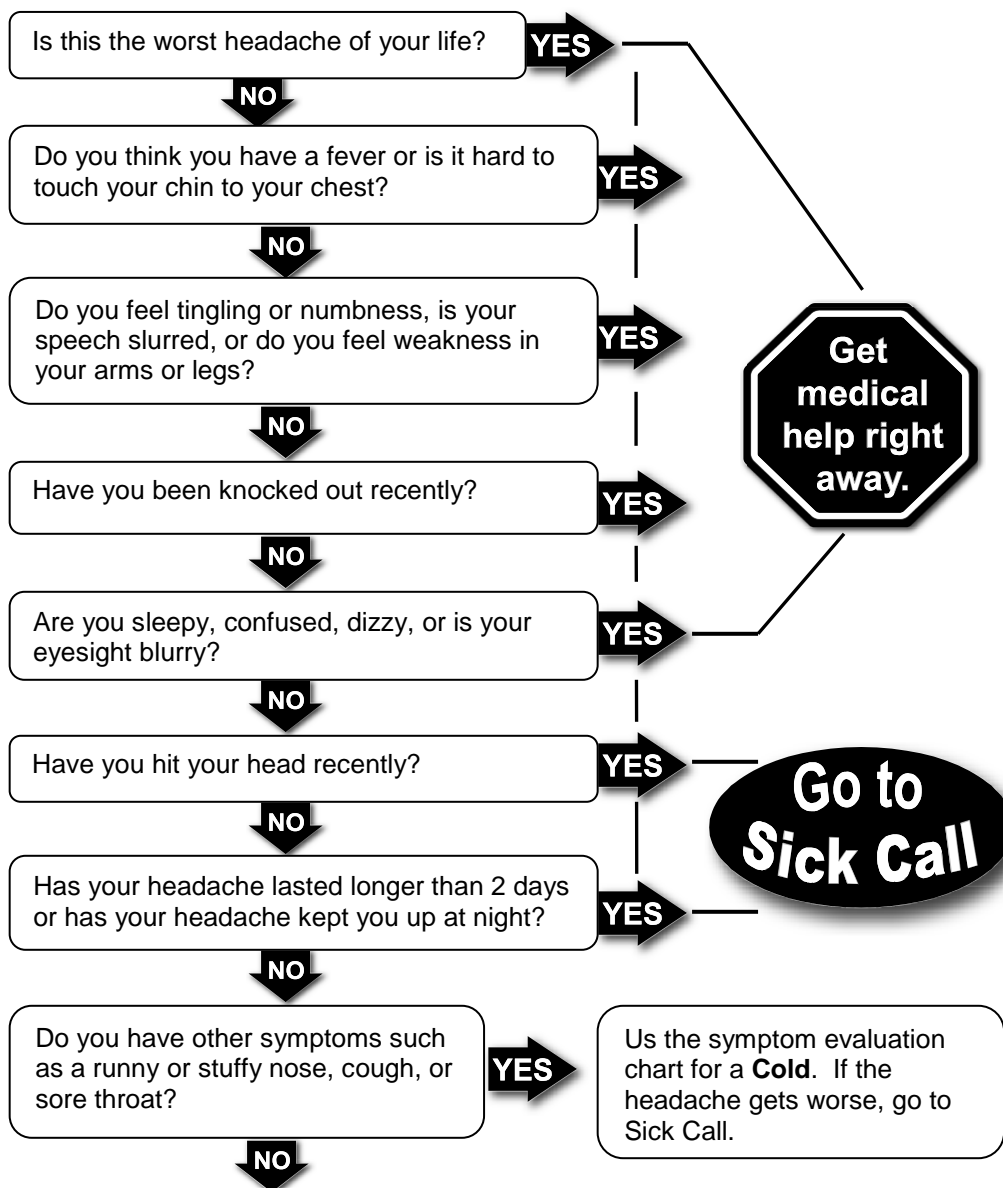
These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 a Headache

Headache is one of the most common medical complaints. Most headaches are not part of any disease or medical problem. Causes of headaches include stress, not getting enough sleep, skipping meals, or drinking alcohol. A healthy lifestyle that includes adequate sleep, a healthy diet, and stress management is one of the best ways to avoid getting headaches.

Headaches can be dull and throbbing or sharp and stabbing. If you have a pain in your head, use this symptom evaluation chart.



Headache – continued

Use self-care measures:

- Massage the base of your head with your thumbs, starting under your ears and working back and then up to your temples.
- Apply heat to the back of your upper neck.
- Take a warm shower.
- Take an over-the-counter pain reliever such as acetaminophen, ibuprofen, or aspirin as directed.

Go to sick call if your headache lasts longer than 2 days or if you are having trouble performing your duties. Follow the chart if you get any of the symptoms listed.