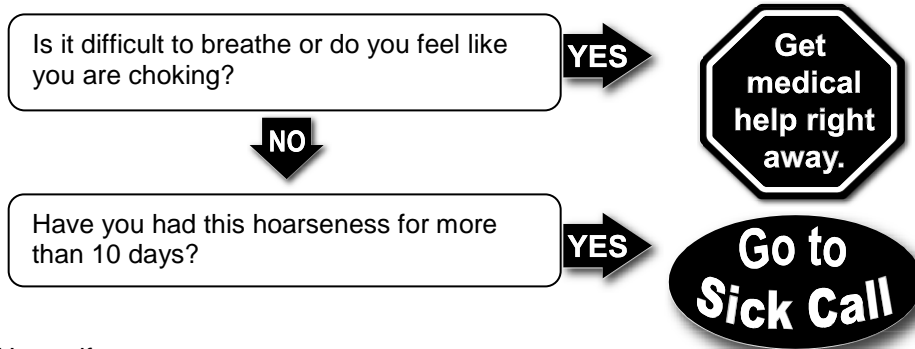


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Hoarseness

A hoarse, scratchy voice is usually caused by a sore throat from a cold or flu. However, there can be other causes. If you have a hoarse voice or have lost your voice, use this symptom evaluation chart.



Use self-care measures:

- If you smoke, quit.
- Rest your voice. If you must speak, speak normally. Trying to whisper is harder on your voice.
- Drinking water or sucking on hard candy may sooth your throat.
- Gargle with salt water: 1/4 teaspoon of salt in 1 cup warm water 3 times a day.

Go to sick call if you don't get better in 1 week. Follow the chart if you get any of the symptoms listed.