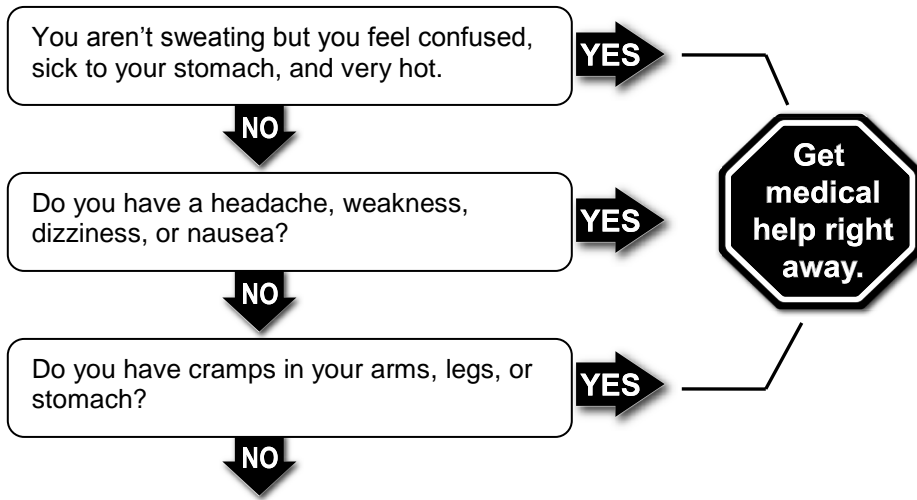


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Hot Weather Symptoms

Working or playing outside in hot weather can lead to heat-related injuries. Mild symptoms can usually be taken care of with self-care measures but more severe symptoms need medical treatment. If you have been outside in the heat and don't feel well, use this symptom evaluation chart.



Use self-care measures:

- Notify your chain of command.
- Move into the shade or a cool area.
- Loosen your clothing.
- Drink at least one canteen of cool water. Take small, frequent sips.
- Pour water on your exposed skin and fan yourself.

Get medical help if the symptoms do not clear in 30 minutes.