

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.

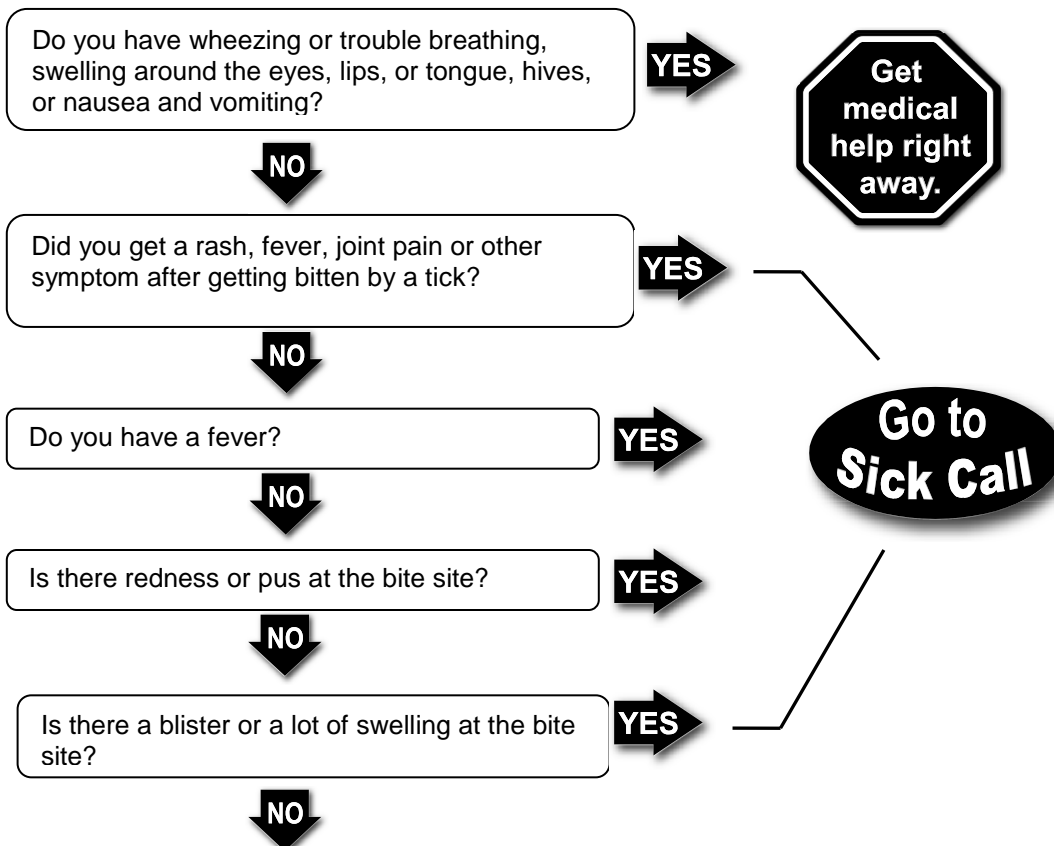
Self-care Instructions for Insect Bites or Stings

Although they may be painful and cause swelling, itching, pain and redness, bug bites or stings may not be serious and self-care measures can be used. However, there are times when bug bites can cause serious medical problems:

Allergy to Bee Sting: A reaction occurs almost immediately after the sting. Symptoms include wheezing or trouble breathing, swelling around the eyes, lips, or tongue, hives, or nausea and vomiting.

Tick Bite: Ticks can carry diseases like Lyme Disease and Rocky Mountain Spotted Fever. Symptoms can occur anywhere from a week after the bite to 2 months later. If you get a rash, fever, joint pain or other symptom after getting bitten by a tick, go to Sick Call.

If you have been stung or bitten by a bug, use this symptom evaluation chart.



Use self-care measures:

- Remove any stinger or mouthparts left at the bite site.
- Apply Calamine Lotion or hydrocortisone cream as directed.
- Apply cold compress or ice pack.
- To reduce itching, use an over-the-counter antihistamine as directed.

Go to sick call if the symptoms do not clear up in 48 hours. Follow the chart if you get any of the symptoms listed.