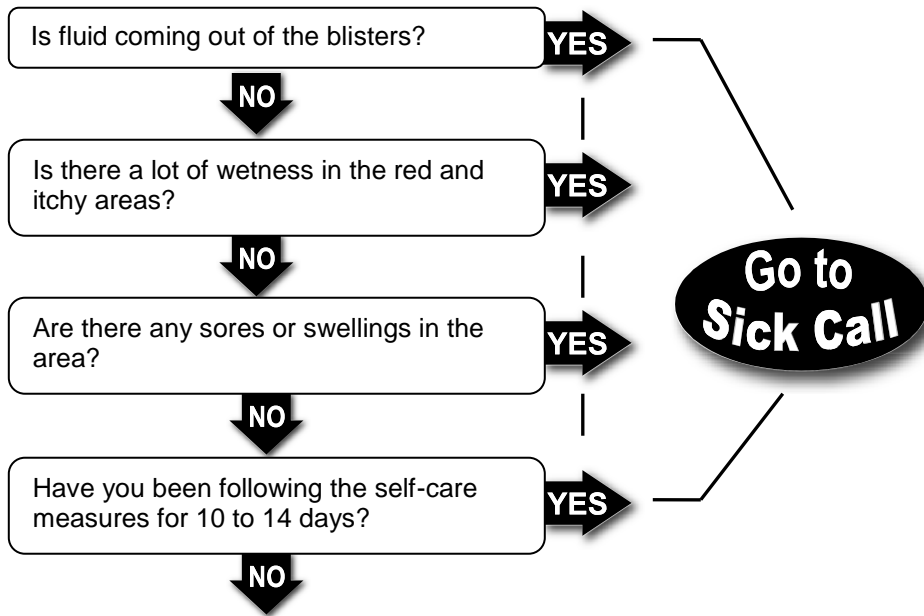


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Jock Itch

Jock itch is a red, itchy rash on the groin and inner thighs. It may also have tiny blisters or dandruff-like scales. Both men and women can get jock itch. Jock itch is made worse by sweating or wearing tight clothing that doesn't breathe. To avoid jock itch, carefully wash and dry your groin area every day. If you think you have jock itch, use this symptom evaluation chart.



Use self-care measures:

- Wash the groin area and inner thighs with mild soap 2 times. Completely dry yourself after washing.
- Wear loose-fitting clothes. Men should wear boxer shorts jockey shorts. Women should wear cotton underpants.
- Apply an over-the-counter antifungal cream as directed.

**Go to sick call if the symptoms have not cleared up in 10 days. Follow the chart if you get any of the symptoms listed.**