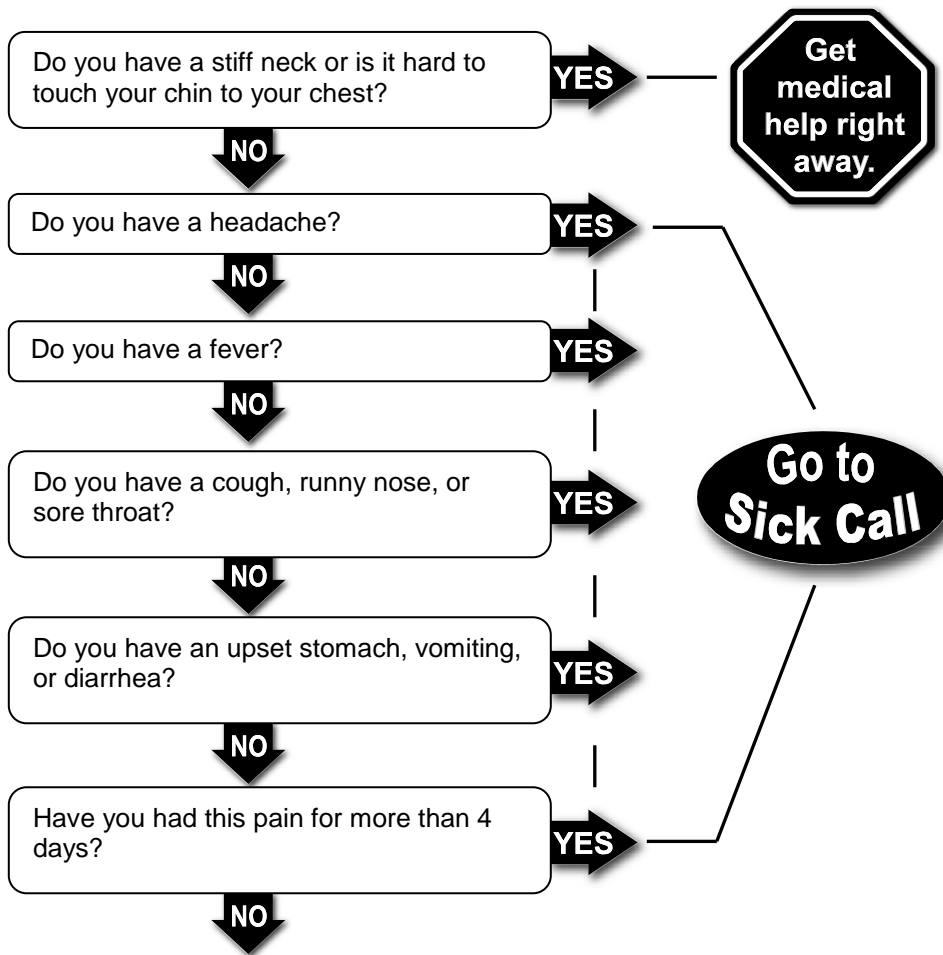


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Muscle Aches

General body aches are usually part of an illness like a cold or the flu. You may feel just plain bad, with aching arms, legs, back, and a headache. On the other hand, using your muscles a lot can also cause muscle aches. If you ache all over, use this symptom evaluation chart.



Use self-care measures:

- Use an over-the-counter pain reliever such as ibuprofen, acetaminophen, or aspirin as directed.
- Put a warm, wrung-out washcloth or towel over the sore area to help the pain.

Go to sick call if the pain lasts longer than 4 days, or if you are having trouble performing your duties. Follow the chart if you get any of the symptoms listed.