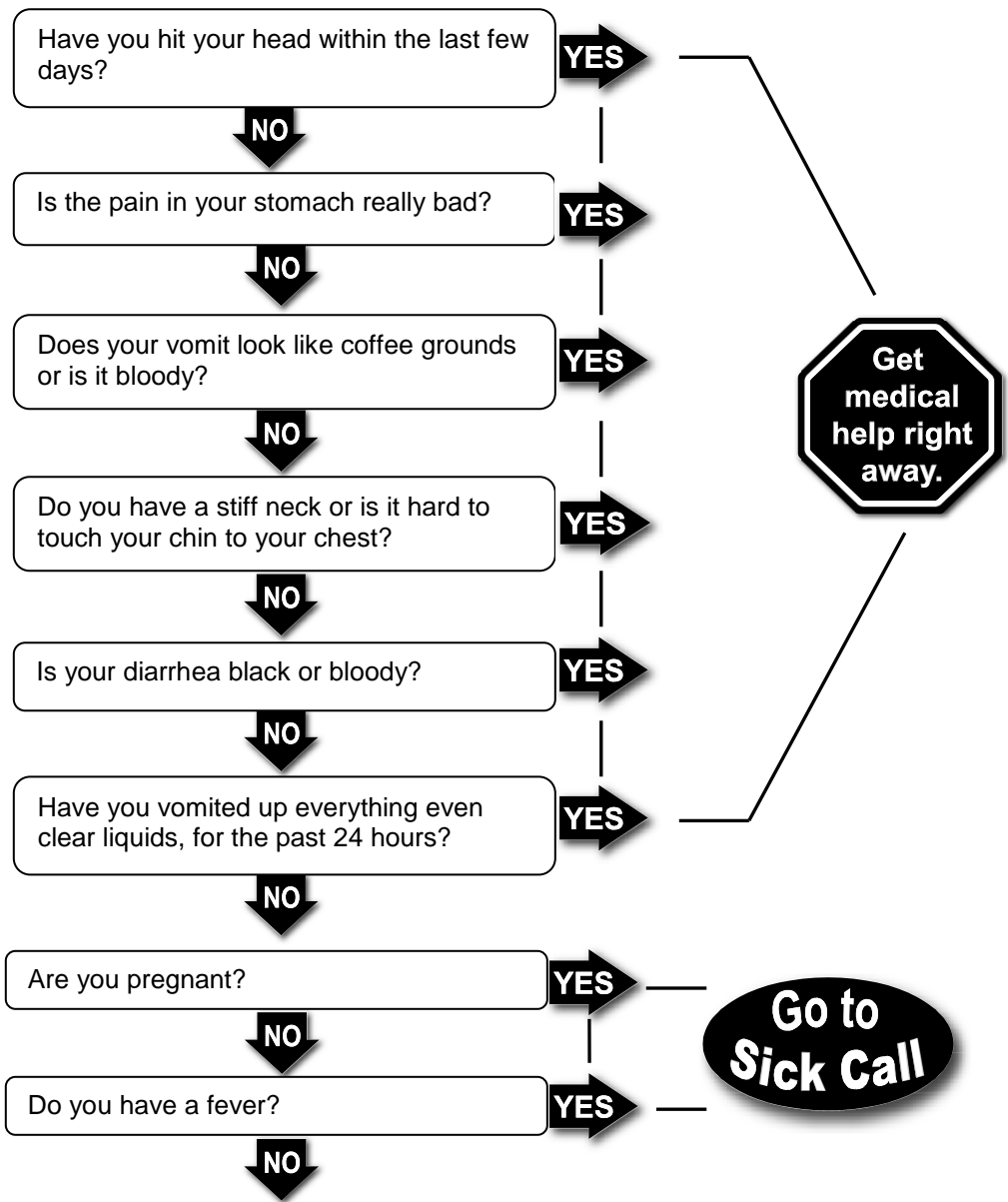


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

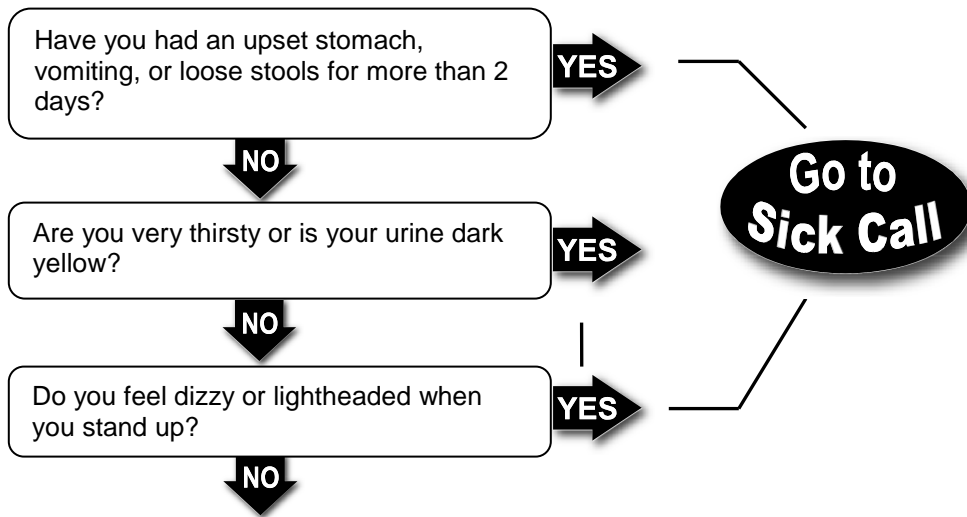
1. Start at the top of the diagram.
2. Answer each symptom evaluation question in order by following the appropriate YES or NO arrow.
3. If you answer NO to all questions it is probably appropriate for you to use self-care measures.
4. You are the best judge of your own health. If you are having trouble performing your duties or have a symptom that is not listed, see a healthcare provider.

## Self-care Instructions for Nausea, Vomiting, or Diarrhea

Nausea is the feeling that you are about to throw up. Vomiting is when you actually throw up. The most common cause of nausea and vomiting in young adults is a virus. When a virus is the cause of the illness, you may also have diarrhea (frequent, loose stools). This mix of symptoms is often called a “stomach flu.” Use this symptom evaluation chart if you have nausea, vomiting, or diarrhea.



## Nausea, Vomiting, or Diarrhea continued



Use self-care measures:

- Drink plenty of clear fluids such as water, sports drinks, or broth to avoid dehydration. Take small, frequent sips.
- Rest as much as you can.
- Anti-diarrheal medication can be used to control loose stools, but the best treatment is to let diarrhea run its course. Medicine might even make the problem last longer.
- Solid foods should be avoided until you are feeling better. Start with small meals and plain, bland foods like toast or oatmeal.

**Go to sick call if the nausea, vomiting, or diarrhea last longer than 2 days, or if you cannot perform your duties. Use the chart if you get any of the symptoms listed.**