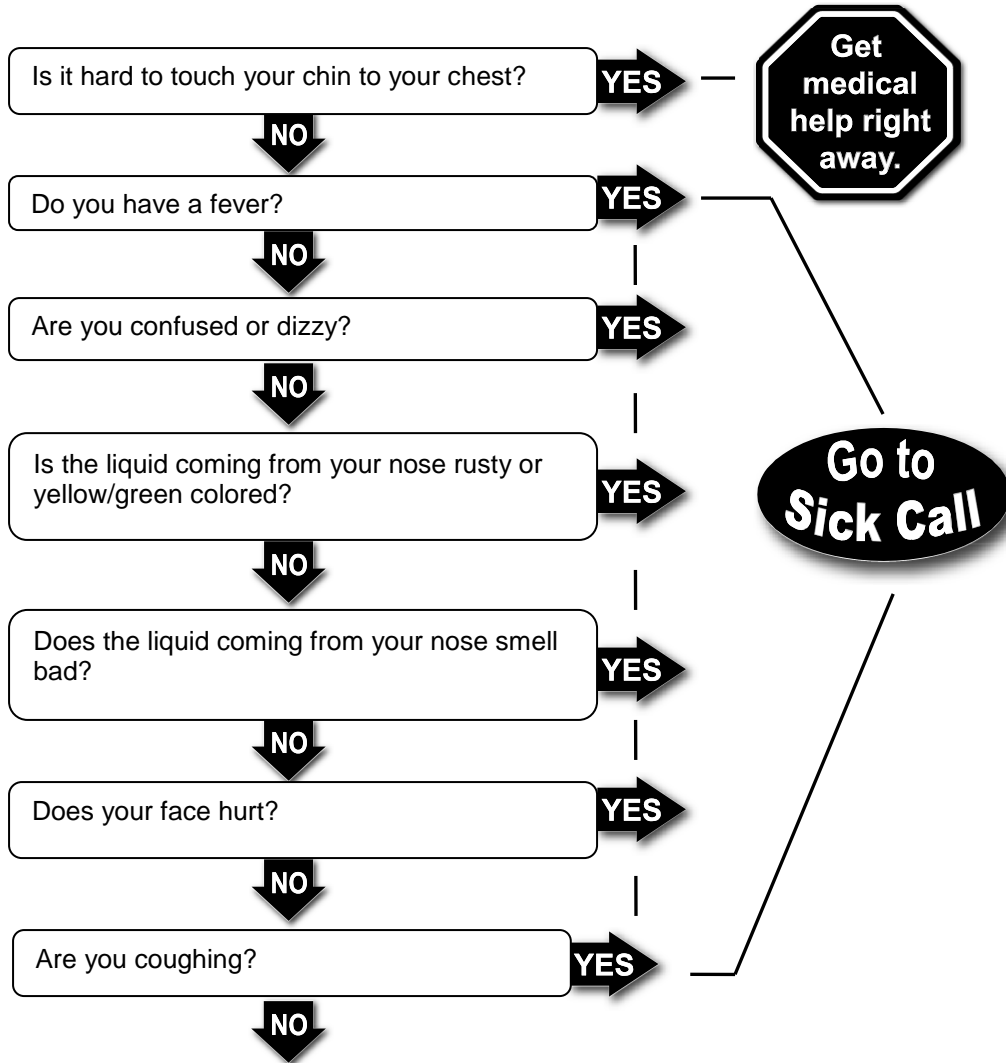


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Nose or Sinus Problems

The passages that lead from your nose into your head are called sinuses. Sinus problems can be caused by a cold, allergies, or an infection. Sinus problems can cause pain around your eyes and in your head, a stuffy nose, or a runny nose. Sinus problems can also cause a sore throat or cough as mucus from your nose drips down the back of your throat. If you have a problem with your nose or sinuses, use this symptom evaluation chart.



Use self-care measures:

- Drink plenty of liquids.
- Take a hot shower when possible and breathe the steam.
- Put a warm, wrung-out washcloth over your eyes and cheeks to help the pain.
- Use an over-the-counter pain reliever such as ibuprofen, acetaminophen, or aspirin as directed.
- If you have a runny or stuffy nose, use an over-the-counter decongestant as directed.

Go to sick call if you don't start to get better within 3 days. Follow the chart if you get any of the symptoms listed.