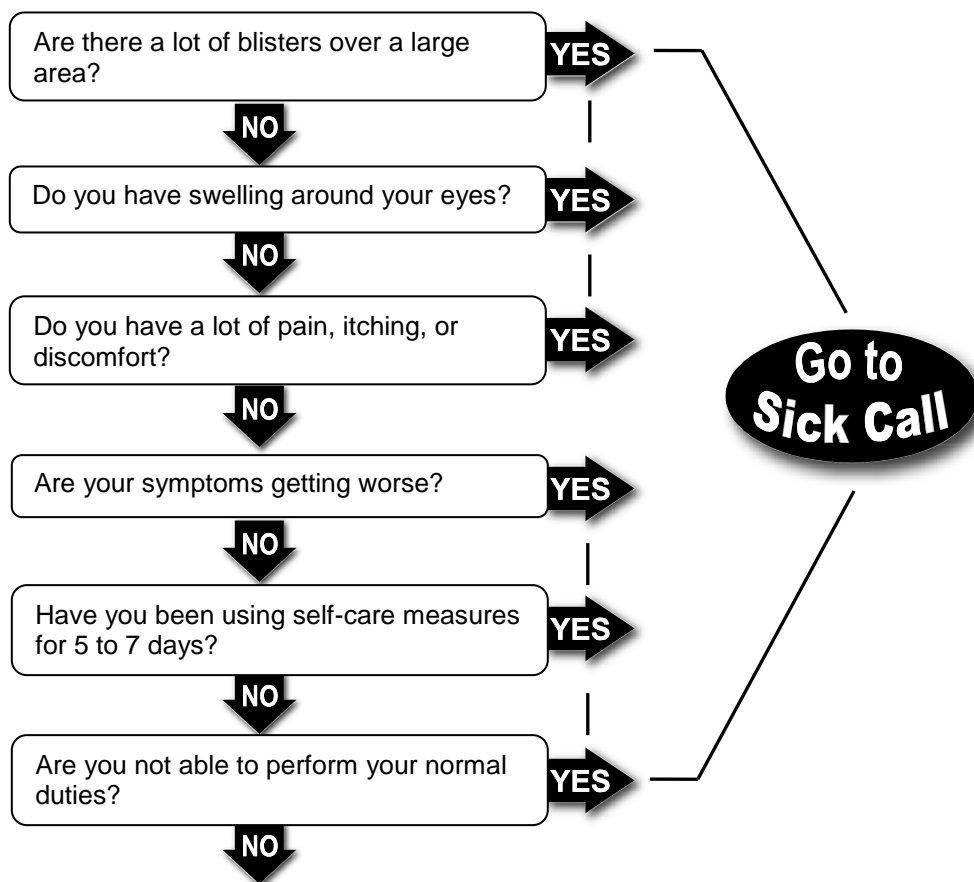


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Rash from Poison Ivy/Oak/Sumac

The oil in the leaves of poison ivy can give you a rash. Symptoms include itching, redness, slight swelling, and blisters. These appear 24 to 48 hours after contact with the plant's oil. Blisters can break and ooze fluid. However, fluid from broken blisters cannot spread the rash. The only way to get poison ivy is to get poison ivy oil on your skin. Keep in mind that the oil from the leaves can get onto your clothing or shoes. Be sure to undress carefully and wash your skin and your clothing if you know you've come in contact with poison ivy. If you think you have a rash from poison ivy, poison oak, or poison sumac, use this symptom evaluation chart.



Use self-care measures:

- Apply calamine lotion or hydrocortisone cream as directed.
- Take aspirin, acetaminophen, or ibuprofen as directed for pain.

Go to sick call if the symptoms do not clear up in 5 to 7 days. Follow the chart if you get any of the symptoms listed.