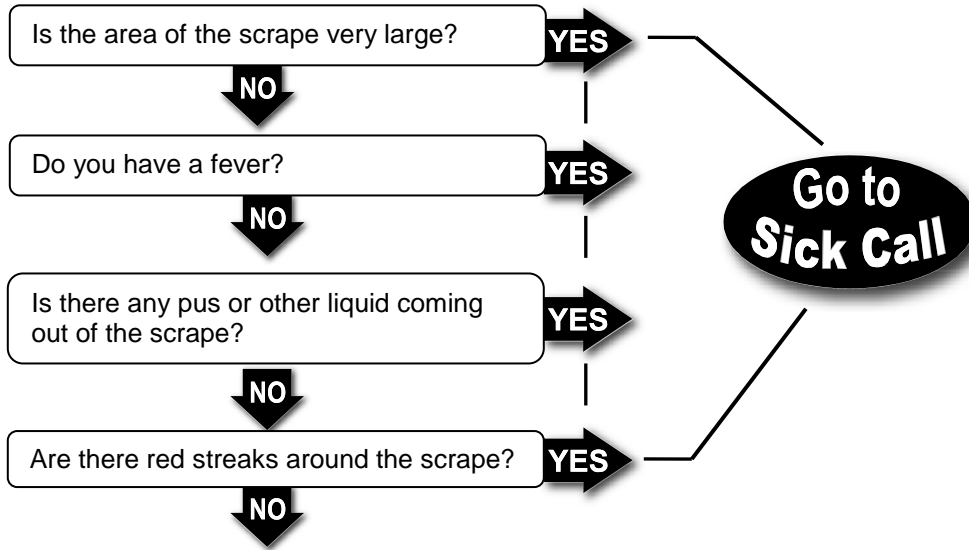


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Scrapes

Scrapes usually happen when you fall and the top layer of the skin on your hand, elbow or knee is rubbed raw. Scrapes are painful but usually heal quickly. If you have scraped your skin, use this symptom evaluation chart.



Use self-care measures:

- Rinse the scrape with cool water.
- Wash around the scrape with soap and water. Try to avoid getting soap on the scrape.
- Use tweezers dipped in alcohol to remove any dirt or gravel from the scrape.
- Apply an over-the-counter topical antibiotic as directed.
- Take aspirin, acetaminophen, or ibuprofen as directed for pain.
- Keep the scrape covered with a sterile dressing like a band aid until it begins to heal.
- An ice pack or cool compress sometimes helps with the pain.

Go to sick call if the scrape does not clear up as expected. Follow the chart if you get any of the symptoms listed.