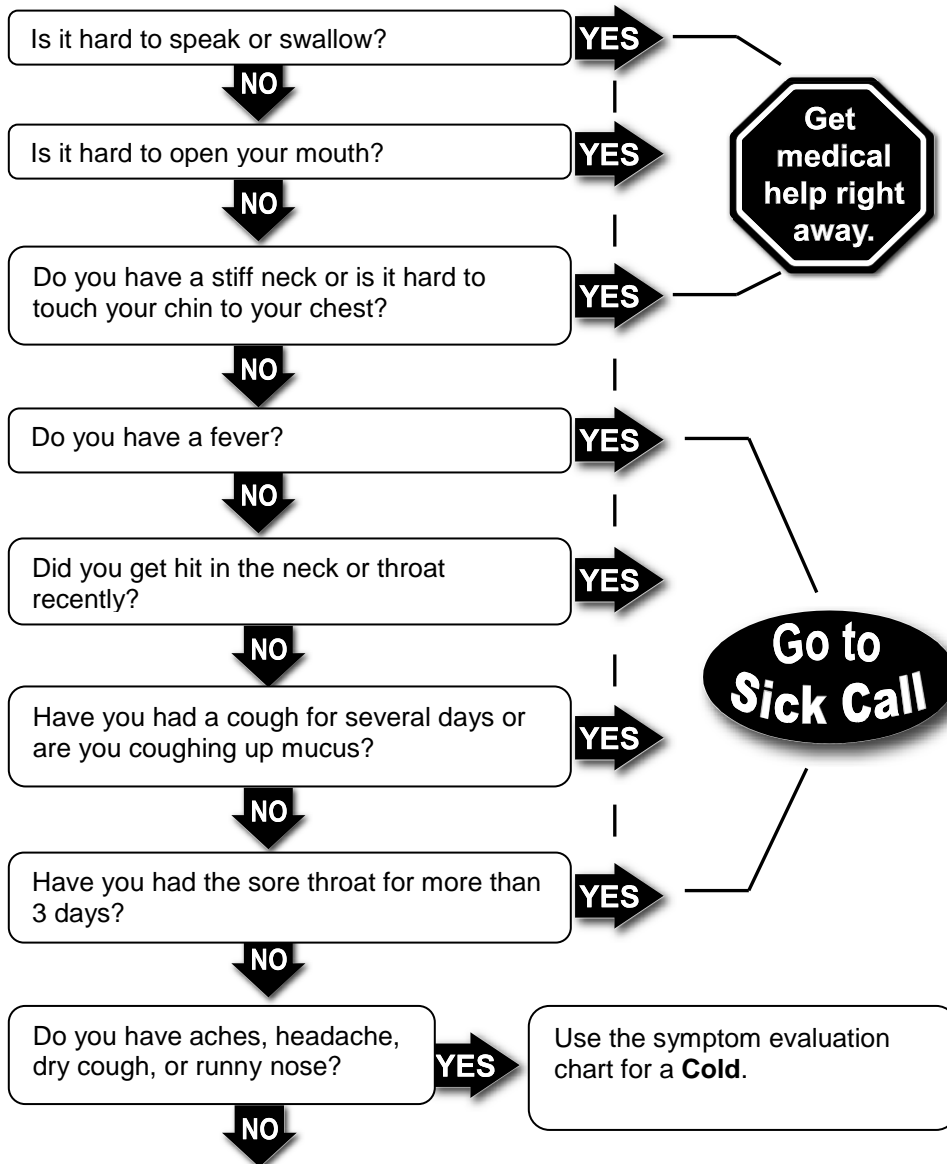


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Sore Throat

When you have a sore throat, your throat hurts and it may be painful to swallow. Sore throats can be caused by many things, including dry air, smoking, or allergies. A sore throat can also be caused by a virus or bacteria. If you have sore throat, use this symptom evaluation chart.



Use self-care measures:

- Gargle with salt water: 1/4 teaspoon of salt in 1 cup warm water 3 times a day.
- Take acetaminophen, ibuprofen, or aspirin and throat lozenges to relieve the pain as directed.

Go to sick call if the sore throat continues for 3 days. Follow the chart if you get any of the symptoms listed.