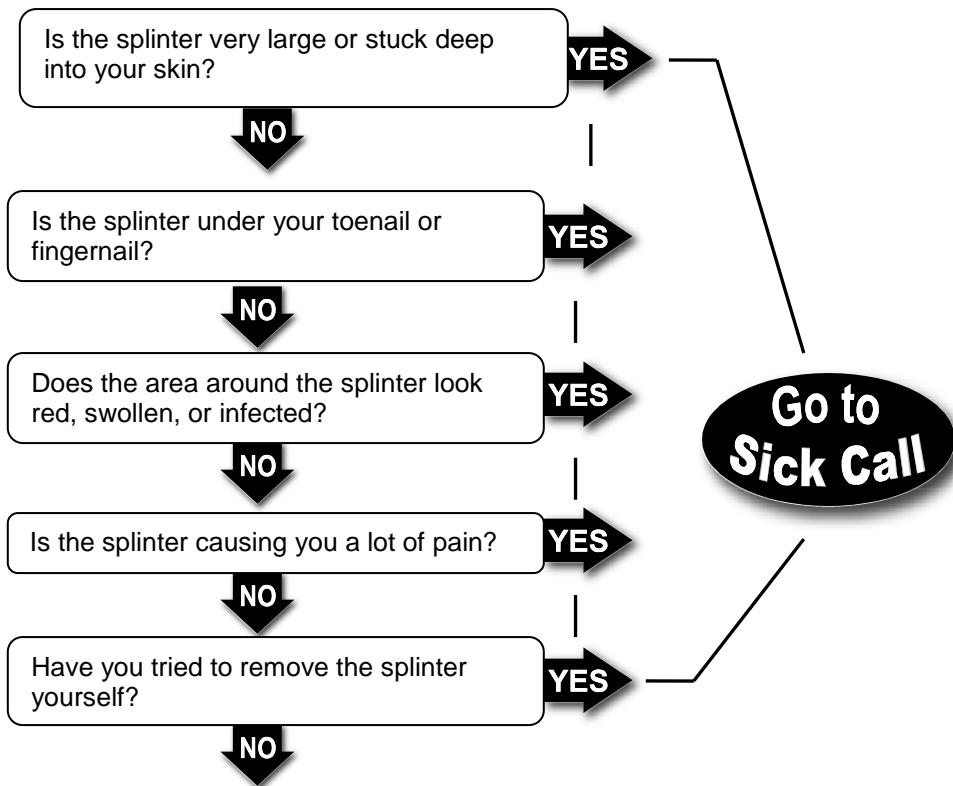


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Splinters

A splinter is a sliver of wood or other material that gets stuck under your skin. Most splinters can be treated with self-care measures. If you have a splinter, use this symptom evaluation chart.



Use self-care measures:

- To avoid infection, keep the area clean.
- Get a pair of tweezers and a needle. Dip the tweezers and needle into rubbing alcohol to clean them.
- Wash your hands.
- Try to grab the splinter with the tweezers. If that doesn't work, lift the splinter with the tip of the needle.
- Don't poke the area too much with the needle – it will just get red and swollen.
- Once the splinter is out, wash the area with soap and water. Use an over-the-counter topical antibiotic and a bandage.
- If a splinter is very small, you may want to wait for it to come out on its own. Keep the area clean.

**Follow the chart if you get any of the symptoms listed.**