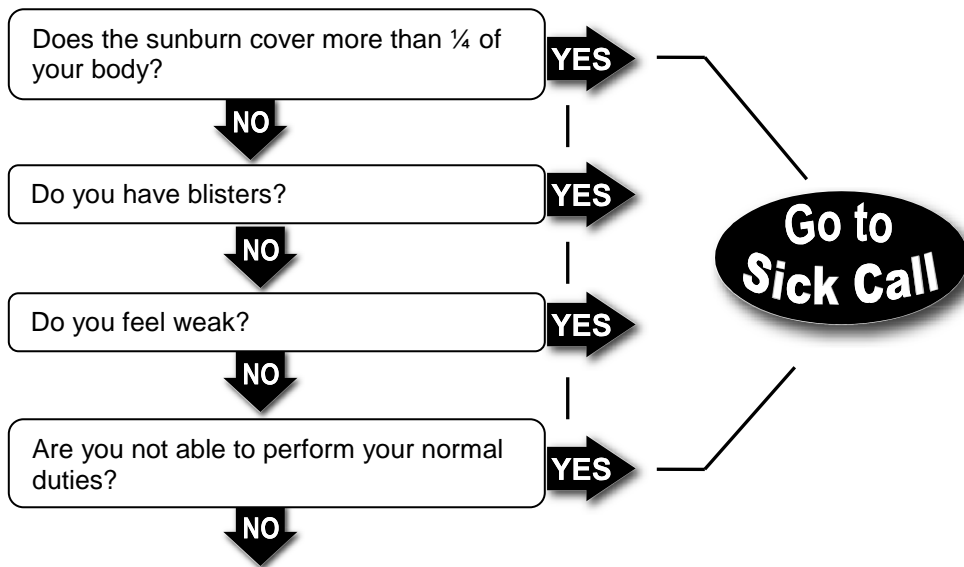


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 Sunburn

You've just spent time in the sun and now your skin is red, slightly swollen, and painful. Mild sunburn can usually be taken care of with self-care measures. More severe sunburn needs medical treatment. If you have sunburn, use this symptom evaluation chart.



Use self-care measures:

- Apply calamine lotion to the sunburned area as directed.
- Take aspirin, acetaminophen, or ibuprofen as directed for pain.

Go to sick call if the symptoms do not clear up in 2 to 3 days. Follow the chart if you get any of the symptoms listed.