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 Fever or Chills

As discussed earlier, a fever is one of the ways the body fights off illness. A fever by itself is usually not serious. However, a fever along with other symptoms could point to a problem. If you are hot and sweaty, or hot and chilled, use this symptom evaluation chart.

- Do you have a stiff neck or is it hard to touch your chin to your chest? **YES**
- Are you having bad stomach pains or diarrhea? **NO**
- Do you have an infected area somewhere on your body, such as skin or joint or are there red streaks going away from this area? **YES**
- Does it hurt or is it difficult to urinate? **NO**
- Have you had the fever for more than 48 hours? **YES**
- Do you have nausea, vomiting, or diarrhea? **NO**
- Do you have a cold with a runny nose, cough, chest congestion, or sore throat? **YES**
- Do you have muscle aches, chills, or back pain? **NO**
- Do you have any other pain or symptoms? **YES**

Get medical help right away.

Go to Sick Call
Fever or Chills - continued

Use self-care measures:

- Drink plenty of water – at least 1 cup an hour. Caffeine-free drinks like fruit juice or ginger ale can also be used.
- Sponge your body with lukewarm water or put a cold, wrung-out washcloth on your forehead.
- Take an over-the-counter fever reducer like acetaminophen as directed.

*Go to sick call if the fever last longer than 48 hours. Follow the chart if you get any of the symptoms listed.*