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 Urinary Symptoms**

Urogenital symptoms are commonly a sign of a urinary tract infection which can lead to serious medical problems if left untreated. A urinary tract infection (UTI) is an infection involving the kidneys, ureters, bladder, or urethra. These are the structures that urine passes through before being eliminated from the body.

A burning, painful feeling when urinating
Frequency or hesitancy when urinating (not being able to urinate easily or completely)

**YES**

Get a self-testing diagnosis kit from the OTC Pharmacy

**OR** if you are having:

A burning, painful feeling when urinating
Frequency or hesitancy when urinating (not being able to urinate easily or completely)

**AND**

Fever
Cloudy/rust colored, bad smelling or bloody urine
Back pain or lower abdominal tenderness
Nausea, vomiting or generally feeling ill

**YES**

Get medical help right away.