

My Care

What You Need To Know



Permafold® Topics

1. Colds & Flu
2. Coughs
3. Diarrhea
4. Exams & Tests
5. Headaches
6. Pain Relief
7. Heartburn
8. Low Back Pain
9. Sore Throats
10. Vomiting



Reviewed and Approved by the Senior Medical Advisory Board

This Permafold® is not meant to take the place of expert medical care or treatment. Follow your doctor's or health care provider's advice.

1. Colds & Flu

Cold Symptoms

- Runny or stuffy nose. Sneezing.
- Scratchy throat. Mild, hacking cough.
- Mild fever and body aches, if any.

Flu Symptoms

- Fever (can be high). Chills.
- Severe muscle aches. Fatigue and weakness.
- Cough that can become severe.
- Headache.
- Sore throat (sometimes).

Prevention

- Get an annual flu vaccine as advised by your doctor.
- Wash your hands often. Keep them away from your nose, eyes, and mouth. Try not to touch people or their things when they have a cold or the flu.
- Eat well. Get enough sleep. Do regular exercise.

Self-Care

- Rest if you have a fever.
- Drink lots of liquids.
- Eat chicken soup. It may help clear out mucus.
- Take an OTC* medicine for pain and/or fever. (See "Pain Relief," topic 6.)
- Use an OTC* saline nasal spray, such as Ocean® brand. Use as directed on the label.
- Use a cool-mist vaporizer or humidifier.
- When cold or flu symptoms start, take echinacea, zinc lozenges, etc. as advised by your doctor.

* Over-the-counter. Do not give OTC medicines for colds, coughs, and/or the flu to children under 4 years old. For older children, follow their doctor's advice.



Call Doctor For:

- Quick breathing, trouble breathing, or wheezing.
- Antiviral medicine when flu symptoms start.
- Fever for more than 3 days.
- A sore throat that is very red or has white spots.
- A cough with yellow, green, or gray mucus.
- Pain or swelling over the sinuses.
- Flu symptoms that get worse or having the flu more than a week and not feeling better using self-care.

Get Medical Care Now For:

- Stiff neck, high fever, headache that lasts, no energy, and nausea or vomiting.
- Confusion. Feeling lightheaded.
- Shortness of breath that keeps getting worse.

2. Coughs

Symptoms

A cough can be dry or one that brings up mucus.

Prevention

- Don't smoke. Avoid secondhand smoke.
- Follow "Prevention" in "Colds & Flu." (See topic 1.)



Self-Care

For Coughs With Mucus

- Drink plenty of liquids.
- Use a cool-mist vaporizer or humidifier.
- Sit in the bathroom while hot water runs in the shower.
- Take an OTC* cough medicine with quiafenisen.

For Dry Coughs

- Drink plenty of liquids, such as hot tea.
- Suck on cough drops or hard candy (if over age 5 years).
- Make your own cough medicine. Mix 1 part lemon juice and 2 parts honey. Take 1 teaspoon 4 to 5 times a day (if over age 1 year).
- Take an OTC* cough medicine with dextromethorphan.



Call Doctor For:

- A cough in a baby less than 6 months old.
- A cough in a baby or small child that sounds like a seal's bark (high and whistling).
- Chest pain only with coughing.
- A cough with mucus of any color.
- A cough with weight loss, feeling tired, and sweating a lot at night.
- Wheezing, shortness of breath, fast breathing, and swelling of the abdomen, legs, and ankles.
- A cough that lasts more than 2 weeks and doesn't get better.



Get Medical Care Fast For:

- Coughing up true red blood.
- A cough persists after an episode of choking.

3. Diarrhea

Symptoms

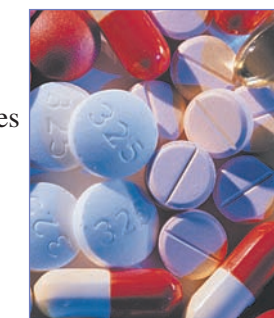
- Loose or watery stools occur often.
- Cramping pain in the abdomen.

Self-Care

- If vomiting, treat for this first. (See topic 10.)
- Follow a normal diet if there are no signs of dehydration (dry skin and mouth, sunken eyes, little or no urine). If these signs occur, stop solid foods. Give clear fluids (not too hot or cold), such as Kool-Aid and sport drinks, like Gatorade®. For children under 2 years old, give OTC* mixtures, such as Pedialyte®, as advised by their doctor.
- Avoid giving high "simple" sugar drinks, such as apple and grape juices; regular colas; and gelatin.
- Don't give just clear liquids for more than 24 hours.
- Start eating normal meals within 12 hours, but avoid fatty and fried foods.
- Adults can try an OTC* medicine, such as Imodium A-D®. Wait at least 12 hours to take this.

Call Doctor For:

- Diarrhea that has lasted 48 or more hours.
- Diarrhea more than 8 times a day in an infant or a chronically ill elderly adult.
- Diarrhea that started only after taking medicine(s).



Get Medical Care Fast For:

- Little or no urine, being very thirsty, dry skin and mouth, sunken eyes, and confusion.
- Severe abdominal or rectal pain or blood in the stool.

4. Exams & Tests*

Exam / Test	Ages 18–40	Ages 40–50	Ages 50+
Dental Checkup	Every 6-12 months		
Physical Exam	Every 2-4 years (every 5 years up to age 29)		Every 1-2 years
Blood Pressure	Every office visit; at least every 2 years		
Vision Exam	Every 2-4 years (every 5 years up to age 29)		Every 1-2 years age 65+
Cholesterol Blood Test	Starting at age 35 (men); 45 (women at increased risk for coronary artery disease) or as advised		
Pap Test	W	At least every 3 years until age 65. As advised after age 65.	
Chlamydia Screening	O	Discuss with doctor	
Mammogram	M		Every 1-2 years as advised
Breast Exam by Doctor or Nurse	E	Every 3 years	Every year
Osteoporosis Screening	N	Starting at age 65 (60 if at increased risk for fractures) as often as advised	
Prostate Cancer Screening**	M		Discuss with doctor
Abdominal Aortic Aneurysm Screening	E	One-time screening for men ages 65-75 who have ever smoked	
Colorectal Screening			Ages 50-75

* Adults should also be screened for alcohol misuse, depression, obesity, and tobacco use. If you are at an increased risk for an illness, tests may need to be done sooner or more often. Extra tests, such as screening for diabetes or glaucoma, may also be needed. Follow your doctor's advice for tests and exams.

** African American men and men with a family history of prostate cancer should discuss screening for this starting at age 45.

5. Headaches

Symptoms

- Tension headache – Pain or pressure in the scalp, temples, or back of the head. Tightness in the neck and shoulders.
- Sinus headache – Pain behind the forehead and eyes. Sinus congestion. Fever.
- Migraine headache – Severe throbbing pain that usually starts on one side of the head. Nausea or vomiting. Light and noise bother you. Blind spots or flashing lights, may occur before the headache starts.



Prevention

- Keep track of when you get headaches. If you find the cause, try to stay away from it. Common headache triggers are: Alcohol; caffeine (or withdrawal from it); MSG (a flavor enhancer); skipping meals; smoke; and bright lights.
- Exercise at least 2 or 3 times a week.

Self-Care

- Take an OTC* medicine for pain. Take it right away. (See topic 6.)
- Massage the back of your neck with your thumbs. Work from the ears toward the center of the back of your head. Also, rub gently along the sides of your eyes. Gently rub your shoulders, neck, and jaw. Get a massage.
- Take a warm bath or shower.
- Place a cold or warm washcloth, whichever feels better, over the area that aches. Or, put an ice pack on the back or top of your head.

* Over-the-counter. Do not give OTC medicines for colds, coughs, and/or the flu to children under 4 years old. For older children, follow their doctor's advice.

- Rest in a quiet, dark room with your eyes closed.
- Relax. Think of a calm, happy place. Breathe slowly and deeply.

Call Doctor For:

- Headaches that occur at the same time of day, week, or month.
- A headache that started after taking newly prescribed or OTC* medicine.

Get Medical Care Fast For:

- A serious head injury or passing out.
- A headache with pain in one eye, blurred or double vision, slurring of speech, confusion, personality change, or a problem in moving the arms or legs.
- A severe headache that lasts, a stiff neck, seizure, lethargy, or red or purple rash that doesn't fade when the skin is pressed.

6. Pain Relief

- Acetaminophen, aspirin, ibuprofen, ketoprofen, and naproxen sodium are OTC* medicines that relieve pain and lower fever. Except for acetaminophen, all reduce swelling, too.
- Ask your doctor or health care provider which OTC* products are right for you to take.
- Read labels on OTC* pain relievers before you take them. Heed the warnings on the labels. If you have questions, ask your doctor or pharmacist.
- Don't give aspirin or any medicine that has salicylates, such as Pepto Bismol®, to anyone under 19 years of age, due to its link to Reye's Syndrome.



7. Heartburn

Symptoms

Pain or a burning feeling behind the breastbone that comes after eating, bending over, or lying down. Belching and a burning feeling in the throat.

Prevention

Avoid heartburn triggers: Aspirin, ibuprofen, naproxen sodium; eating too much or too fast; having garlic, onions, peppermint, tomatoes, citrus fruits, coffee, or alcohol, etc.

Self-Care

- Eat small meals. Sit straight while eating. Don't eat or drink 2 to 3 hours before bedtime.
- Lose weight if you are overweight. Don't wear clothes that fit tight.
- If heartburn bothers you at night, raise the head of the bed 6 inches.
- Don't take baking soda.
- Don't smoke. If you smoke, quit.
- If you take aspirin, ibuprofen, naproxen, or arthritis medicines, take them with food.
- If needed, take antacids, such as Tums®. If these don't bring relief, take an OTC* acid controller, such as Pepcid AC®. **{Note:}** Read labels before taking these. If you have questions or are taking other medicines, check with your doctor first. }

Call Doctor For:

- A hard time swallowing with heartburn symptoms.
- Heartburn that comes often.

Get Medical Care Fast For:

- Chest pain or discomfort with: Sweating, shortness of breath, nausea, uneven pulse, or feeling faint.
- Vomiting blood or what looks like coffee grounds.
- Stools that are tarlike, maroon, or bloody.



8. Low Back Pain

Symptoms

Back pain can be sharp, dull, acute, or chronic. Swelling in the back area may also occur.

Prevention

- Use proper lifting: Bend at the knees, not at the waist. Hold the object close to your body. Lift slowly. Let your legs carry the weight.
- Sleep on a firm mattress. Practice good posture.
- Walk, swim, etc. Do exercises that stretch and strengthen muscles in the back and abdomen. Lose weight if you need to.

Self-Care

- Take an OTC* medicine for pain and swelling, if needed. (See "Pain Relief," topic 6.)
- For the first 48 hours, apply a cold pack, 5 to 10 minutes at a time. Do this several times a day. After 48 hours, apply heat (hot water bottle, etc.). Do this for 5 to 10 minutes, several times a day.
- Do your regular activities as much as you can. Stop an activity if it makes the pain worse.

Call Doctor For:

- Pain that goes down the legs below the knee.
- Pain that is very bad, or has lasted 5 or more days.
- Pain that worsens when you move, cough, lift, etc.
- Pain, burning, or itching when you pass urine. Bloody or cloudy urine.
- Burning pain and skin rash on one side of your back.

Get Medical Care Fast For:

- A neck, spine, back, or other serious injury or fall, or if the pain was sudden with a "cracking" sound.
- New onset of loss of bladder or bowel control.
- Vomiting with chest pain or shortness of breath.



9. Sore Throats

Symptoms

Mild to severe throat pain with or without swollen neck glands. The inside of the throat and/or tonsils can be bright red or have white spots.

Prevention

- Don't smoke. Avoid secondhand smoke.
- Stay away from persons who have a sore throat.

Self-Care

- Mix ¼ teaspoon of salt in 1 cup of warm water. Gargle every few hours with this (if over age 6).
- Drink warm liquids, such as tea with lemon (with or without honey), and soup.
- For strep throat, eat and drink cold foods and liquids, such as frozen yogurt, popsicles, etc.
- Don't smoke. Don't eat spicy foods.
- Suck on a piece of hard candy or medicated lozenge. (Do not give to children under 5 years old.)
- Take an OTC* medicine for pain and/or fever. (See "Pain Relief," topic 6.)
- Sore throat with: Fever; swollen, enlarged neck glands; headache; earache; bad breath; skin rash; abdominal pain; vomiting; or dark urine.
- Bright color or white spots in the back of the throat or on the tonsils.
- A mild sore throat that lasts for more than 2 weeks.

Call Doctor For:



10. Vomiting

Symptoms

Vomiting is throwing up the stomach's contents.

Self-Care

- Don't eat solid foods. Don't drink milk.
- Drink clear liquids, such as water and sport drinks. Take small sips. Drink 1 to 2 ounces at a time. Suck on ice chips if nothing else will stay down.
- Gradually return to your regular diet. Wait about 8 hours from the last time you vomited to eat solid foods. Start with dry toast, crackers, rice, and other foods easy to digest.
- Don't smoke, drink alcohol, or take aspirin.



Call Doctor For:

- Very bad stomach pain.
 - Yellow color of the skin or the whites of the eyes.
 - Vomiting for more than 12 hours (2 to 6 hours in a small child) without getting better.
- ### Get Medical Care Fast For:
- Vomiting with: A stiff neck; seizure; severe headache that lasts; or lethargy.
 - Vomiting after a head injury.
 - Vomiting blood or what looks like coffee grounds.
 - Little or no urine, dry skin and mouth, sunken eyes, and/or confusion after vomiting.

For Free Health Information, go to:

HealthyLearn™
www.HealthyLearn.com