

Pre-Reading Discussion: Which health problems do you treat at home? How do you treat them? What do you need to treat small health problems? To whom do you talk for help, and when?

Reading Passage Section 4: Self-Care and Non-Emergency Care

To make good health decisions, you need to know:

- the difference between emergency and non-emergency situations, and
- how to treat yourself or your family.

People can often treat small health problems themselves. For example, if you fall and hurt your ankle, you can put ice and a bandage on your ankle.

People often have things at home to treat small **health problems**. You may have bandages, ice packs, heating pads, and **over-the-counter medications** in your home. Over-the-counter medications are medications that you can buy without a prescription. These include pain and fever medications (like aspirin, Tylenol, and Advil), cold and allergy medications, cough medications, and antiseptics. You can ask a pharmacist which over-the-counter medicines to buy and how to use them.



If your problem does not get better or gets worse after you try to treat it yourself, then you should talk to or see a doctor. For example, if your ankle does not get better after you put ice and a bandage on it, then you should call your doctor. The doctor may examine you and do tests. The doctor will tell you what to do to feel better. You should follow all of the doctor's instructions. If you still don't get better, you should call the doctor again.