

## Self-care Quiz

Directions: Fill in the circle with your answer for each question.

1. **Self-care is taking care of your own health for treatment of minor health problems.**  
 True                       False                       Don't know
2. **I can get up to 5 self-care medications for minor health symptoms that I might have.**  
 True                       False                       Don't know
3. **Ibuprofen tablets are available through self-care.**  
 True                       False                       Don't know
4. **To use the Self-care program, I have to fill out a "green sheet."**  
 True                       False                       Don't know
5. **If I answer "yes" to a question on a symptom evaluation chart, I must use sick call.**  
 True                       False                       Don't know
6. **I can share self-care medications with my battle buddies.**  
 True                       False                       Don't know
7. **Information about over-the-counter (OTC) medications is located in the Soldier Health Maintenance Manual.**  
 True                       False                       Don't know
8. **The pharmacist can answer questions that I may have about OTC medications.**  
 Yes                       No                       Don't know
9. **If I have severe pain and vomiting, I should:**  
 get medical help right away.  
 use the Self-care program.  
 Don't know
10. **If I have a symptom that is not in the book, I should use:**  
 the Self-care program.  
 sick call.  
 Don't know