

SELF-CARE PROCEDURES

INMATE SELF-CARE PROCEDURES, That do not require Health Services Intervention or Supervision

1. Dandruff/Dry Scalp/Mild Scalp Seborrhea (Dandruff shampoos are available from the canteen. Dandruff is a common occurrence and not a medical problem.)
2. Non-cystic acne (Mild soap and acne products are available from the canteen)
3. Simple Herpes (recurrent)
4. Mild sun exposure - sun block, hats (Aspirin, Tylenol and Ibuprofen are available from the canteen. Avoid over-exposure. Beware some medications may cause increased sensitivity to the sun so act accordingly.)
5. Skin care products - lotions, chapstick (Dry skin and chapped lips may be bothersome but are not a serious medical problem. Use non-caffeine drinks, skin care products, lip balm from the canteen.)
6. Analgesic balm
7. Sunglasses
8. Cough drops/lozenges
9. Dental floss is available from the canteen.

INMATE SELF-CARE PROCEDURES, Supervised in the Health Services area

The following procedures **may be** allowed in the clinic areas by inmates with nursing supervision at the discretion of health care staff. Health Services has no obligation to provide you with self-care items.

1. Simple sliver removal.
2. Finger/toenail trim.
3. Callous trimming.
4. Pumice stone - **as institution allows.**
5. Insulin injections.
6. Finger stick - blood sugar testing.
7. Podophyllin application.

Revised: September 2009