> The following information about self-care and International Self-Care Day is made available by Consumer Health Products Canada. We encourage you to include this information in your messages to your constituents.

Householder/Ten Percenter Article
Information for constituents

****** 2016 Self-Care Challenge ******

On Self-Care Day (Sunday, July 24th), tell your friends how YOU practice self-care!

1. Think about what self-care means to you. Here are some examples
2. Tell us in a short video **"I practice self-care when I…."**
3. On Sunday, July 24th, follow us on Twitter @CHP_Can **AND** post your video using the #selfcare.

Canadians practice self-care when they manage their health, prevent disease and treat minor ailments such as cough/colds, heartburn, headaches, allergies, and bug bites.

Canadians are good at treating their minor ailments using self-care practices. Research for Consumer Health Products Canada, shows that 77% of Canadians prefer to manage their minor ailments rather than visit a doctor, and when they do, they get the results they are seeking, are more productive, and save the healthcare system resources.

By taking advantage of evidence-based over-the-counter medicines and natural health products in a responsible manner, Canadians can safely manage their own health and the health of their families.

> *If only one in seven Canadians who saw a family doctor in 2014 for a minor ailment practiced self-care instead, enough doctor resources would be freed up to provide primary care for more than 500,000 Canadians who don't have a family doctor.*

Here are three things people can do to practice <u>more</u> self-care:

- Always read and follow the label directions when using over-the-counter medicines and natural health products;
- Discuss your self-care options during your next visit to your doctor, your pharmacist or other trusted health professional;
- Look for government health portals or websites associated with accredited health institutions or professions, when seeking self-care advice online.