

A man with a beard and glasses is shown in profile, blowing a large cloud of water droplets. The background is a soft, out-of-focus grey.

55. Self-care and cure

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Self-care is self-administered treatment

- Self-care can mean a **wide variety of means** which with individual can take care of one's health without need for the healthcare system to intervene

Treating mild symptoms
without a doctor



Must know when to
turn to a doctor



Must recognize the
symptoms and know
what causes them

Self-care is self-administered treatment

- Self-care can mean a **wide variety of means** which with individual can take care of one's health without need for the healthcare system to intervene

Remember to rest.

Rest is the most important part of self-care.

Don't go to school/work sick.

Most of the illnesses get better with a few days rest

Healthy life is the best self-care

TO DO LIST OF HEALTHY LIFE

- ✓ Eat diversely and healthy
- ✓ Have a regular sleeping rhythm
- ✓ Rest enough
- ✓ Be with friends and close ones
- ✓ Exercise and be active daily
- ✓ Take care of you hygiene



Drugs treat conditions

**Prescription
drugs**

**Require a
diagnosis and
prescription**



**Bought from
a pharmacy**

**With
prescription**

**Over-the-
counter drugs**

**Meant
for short
term use**

**For conditions
that don't
need doctors
supervision**



**Bought from
a pharmacy**

**Without
prescription**

Homework

- What is the proper way to store drugs at home?
- What drugs should you buy and have at home in case?

