

PATIENT ADVOCACY

- DON'T DO SELF-MEDICATION.
- DON'T TAKE ADVICE FROM QUACKS/CHEMISTS.
- ALWAYS CONSULT A PHYSICIAN FOR ANY HEALTH PROBLEM.

FEVER

DO'S	DON'TS
Measure temperature with a thermometer & maintain temperature record	Don't self-medicate.
Take bed rest.	Don't take medicines especially aspirin without doctor's advice.
Do hydrotherapy.	
Consult a physician.	

JAUNDICE

DO'S	DON'TS
Take light food.	Don't follow ojha's advice.
Consult a physician.	Don't take medicines without physician's consultation.

DIARRHEA

DO'S	DON'TS
Take plenty of fluids.	Don't do heavy exercise
Take Oral Rehydrating Solution(ORS).	No prolonged standing.
Take bed rest.	
Take light food--khichri, banana, yellow dal, curd.	
If severe diarrhea occurs or diarrhea lasts for more than two days, then consult a physician.	

HEALTHY LIFESTYLE

DO'S	DON'TS
Maintain healthy weight.	Don't overeat.
Exercise daily.	Don't eat fast food/fried food.
Practice relaxation techniques such as pranayam and meditation.	Don't follow dietary fads.
Maintain hygiene.	Avoid sedentary lifestyle.
Get periodic checkups by a physician.	Don't be angry.
Be happy	Don't harbor negative feelings
Practice safe sex.	Don't do heavy exercise without expert guidance.

SMOKING/ALCOHOL/DRUG ADDICTION

DO'S	DON'TS
If you are a smoker, then stop smoking.	Don't ever start smoking.
If you take alcohol, then try to decrease the quantity and frequency (as recommended by experts).	If you have liver disease, then don't take alcohol at all.
If you consume "drugs", then completely stop it.	Never do "drugs"
Take professional help at a deaddiction Centre in a hospital for addiction of any kind.	