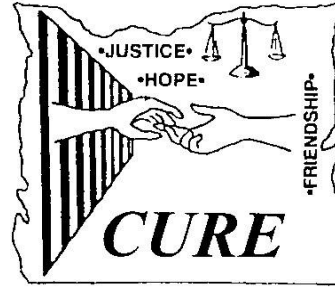


You should be seen by medical staff immediately if you have:

- Chest pains
- Left-side chest / arm numbness
- Stomach pain that wraps around your back
- Breathing changes that cause you to have to raise your shoulders to help you breathe or cause your nostrils to widen to inhale
- A headache that is the worst you could have
- Persistent vomiting or diarrhea
- High fever and chills
- Bleeding
- Anything serious

Request a future appointment if you have:

- Shortness of breath
- Unusual, severe headaches
- Blurred vision
- Severe, recurring or long lasting stomach pain
- Lumps in any part of your body
- Changes in a wart or mole
- Constant thirst
- Rapid weight lose
- Frequent urination
- Failure to heal



Call us:
Portland: (503) 844-9145

Write us:
PO Box 80193
Portland, OR 97280

Email us:
oregoncure@gmail.com
admin@oregoncure.org

Visit our websites:
Oregon CURE
www.oregoncure.org
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www.internationalcure.org

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Oregon **CURE**

Citizens United for the Rehabilitation of Errants

What You Can Do to Ensure The Best Possible Health Care While You Are in Prison

The Department of Corrections Health Care staff can provide you with adequate health care if you follow some guidelines:

- Learn about maintaining good health habits and do everything you can to stay healthy.
- Eat well
- Drink plenty of fluids
- Get regular exercise
- Get enough rest
- Wash your hands and face frequently

Updated February 2023

Common Cold and the Flu:

Most people in the community don't get treated by a doctor for colds, flu, viruses or occasional headaches. They rely on over the counter remedies. You will need to do the same while you are in prison.

Colds and the flu are caused by viruses, which are not helped by antibiotics.

Beginning symptoms of a cold or the flu may be treated with over the counter medications, increased intake of clear fluids, healthy diets and rest.

If vomiting and /or diarrhea continue and fluids are not taken, dehydration (loss of normal level of fluid in the body) may occur. Symptoms include weakness, becoming fatigued easily, thirst and fever. Contact housing staff for medical care and describe your symptoms.

Complications from viral/post-viral infections may occur which result in sinus/lung infections or other ailments. You should request medical care for continuing symptoms such as:

- Fever
- Night sweats
- Nasal/throat drainage
- Ringing and pressure in the ears
- Severe throat pain
- Continued fatigue

When you need to write a kyte for medical care:

Don't diagnose your condition. Instead describe your symptoms and how long you've had them.

Pain:

What: sharp/dull/achy
Where: lower back/abdomen/head
When: after a bowel movement/ urinating/ after eating/ all the time
How long: how long have you had this pain (days, weeks, months)?
Other symptoms: swelling/ warmth/ blurred vision/ dizziness/ light-headedness

Discharge or Drainage:

Where: open sore/ ear/ nose/ throat/ rectum/ vagina/ penis/ breast nipple
Color: white/ yellow/ black/ greenish/ reddish
Consistency: thick/ watery/ milky/ clots/ stringy
How often?
How Long?
Other symptoms: itching/ burning/ odor/ rash/ pain/ swelling

Skin Rashes

Appearance: bumpy/ weepy
Color: red/ white/ black
Where:
Other symptoms: itchy/ burning/ oozing/ swelling

Write respectfully, even if irritable from your illness. You will get better medical treatment from DOC staff.

Always take the medication as prescribed. If you have questions or concerns about the medicine, or how to take it, be sure to ask.

If you need ongoing medication, be sure to request a refill at least one week before running out. Also, match the new prescription with your old one to make sure they're the same. If they are not, ask to make sure the new one is correct.

Some medications (digitalis, Coumadin, lithium) need to be maintained at a certain level in the blood. Therefore, they may require periodic blood tests and the doses may need to be adjusted after the test.

Attend and be on time for all medical appointments. If you can, engage a health care navigator to accompany you.

Keep a log of all you requests that would include what you requested, when you made the request, date of the response, dates of any appointments with medical personnel, what was done or prescribed and any issues discussed. Also include a list of current meds you have taken/ used in the past and especially anything you're allergic to and what happened: rash, hives, etc.