State of North Carolina

ROY COOPER
GOVERNOR

SELF-CARE AWARENESS MONTH

2019

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, Self-Care Awareness Month reminds individuals and families to pay attention to their health; and

WHEREAS, self-care is a lifelong, daily habit of healthy lifestyle choices; self-care encompasses good hygiene practices, awareness of bodily changes, a healthy diet, regular exercise, symptom monitoring, and the prevention of infection and illness; and

WHEREAS, self-care also requires knowing when it is appropriate to self-treat conditions and when to seek professional assistance from a health care practitioner; and

WHEREAS, today, consumers have access to a wide range of over-the-counter medications either developed as new, nonprescription medications or reclassified from existing prescription medicines; the United States Food and Drug Administration permits the sale of over-the-counter nonprescription medicine for treating pain and minor health conditions, including colds and allergies; and

WHEREAS, some reports estimate that every dollar spent on these over-the-counter medicines saves our national health care system as much as $7, providing $102 billion in value to the United States health care system annually; and

WHEREAS, self-care can reduce unnecessary visits to health care practitioners, saving consumers and government money while allowing doctors and nurses to spend more time with patients who require their special expertise;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim February, 2019, as **"SELF-CARE AWARENESS MONTH"** in North Carolina, and commend its observance to all citizens.

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Roy Cooper
Governor

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this first day of February in the year of our Lord two thousand and nineteen and of the Independence of the United States of America the two hundred and forty-second.