

# Resolution

ENROLLED HOUSE  
RESOLUTION NO. 1024

By: Marti and Roe

A Resolution proclaiming May 2019 as Self-Care Awareness Month.

WHEREAS, the observance of Self-Care Awareness Month in May 2019 reminds citizens 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, it 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 unlimited access to their community pharmacists, America's most accessible health care providers, who guide, inform and educate consumers on a daily basis; and

WHEREAS, today, consumers have access to a wide range of over-the-counter (OTC) medications, which may have been developed as such or which may have previously required prescription; and

WHEREAS, the United States Food and Drug Administration permits the sale of OTC medicine for the treatment of pain and minor health conditions, including colds and allergies; and

WHEREAS, according to a Booz & Company study, every dollar spent on OTC medicines saved the health care system as much as Seven Dollars (\$7.00), resulting in One Hundred Two Billion Dollars (\$102,000,000,000.00) in annual savings; 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 expertise.

NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE 1ST SESSION OF THE 57TH OKLAHOMA LEGISLATURE:

THAT May be designated as "Self-Care Awareness Month".

Adopted by the House of Representatives the 16th day of May, 2019.

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Presiding Officer of the House of  
Representatives

OFFICE OF THE SECRETARY OF STATE

Received by the Office of the Secretary of State this \_\_\_\_\_  
day of \_\_\_\_\_, 20 \_\_\_\_\_, at \_\_\_\_\_ o'clock \_\_\_\_\_ M.

By: \_\_\_\_\_