

Resolution

ENROLLED SENATE
RESOLUTION NO. 6

By: Standridge

A Resolution recognizing May as Self-Care Awareness Month; and directing distribution.

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 healthcare practitioner; and

WHEREAS, today, consumers have unlimited access to their community pharmacists, America's most accessible healthcare providers, that 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 prescriptions; 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 \$7, resulting in \$102 billion 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 SENATE OF THE 1ST SESSION OF THE 57TH OKLAHOMA LEGISLATURE:

THAT the Oklahoma State Senate recognizes May as Self-Care Awareness Month.

THAT a copy of this resolution be distributed to the Consumer Healthcare Products Association (CHPA).

Adopted by the Senate the 16th day of May, 2019.

Presiding Officer of the Senate

OFFICE OF THE SECRETARY OF STATE

Received by the Office of the Secretary of State this _____
day of _____, 20 _____, at _____ o'clock _____ M.
By: _____