

A Proclamation by the Governor

WHEREAS, self-care is a lifelong personal commitment to making healthy lifestyle choices, developing good hygiene practices, taking steps to prevent infection and illness, monitoring signs and symptoms of changes in health, and knowing when to consult a healthcare practitioner; and

WHEREAS, the U.S. Food and Drug Administration deems over-the-counter (OTC) medicines safe and effective for the self-care treatment of minor acute and chronic health conditions and symptoms such as pain, the common cold, allergies and other conditions that impact large segments of the population; and

WHEREAS, OTC medicines are either developed as new, non-prescription medicines or from existing prescription medicines, and are self-care products purchased in pharmacies, supermarkets, retail stores, and online; and

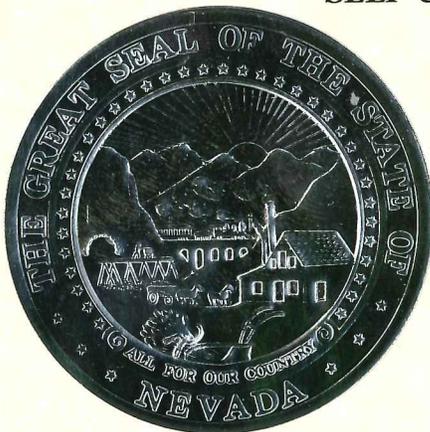
WHEREAS, every dollar spent on OTC medicines saves the United States healthcare system \$6-7 dollars each year, totaling \$102 billion in annual savings, easing the burden on healthcare practitioners by eliminating unnecessary medical examinations; and

WHEREAS, Nevada's families and communities benefit when citizens practice appropriate self-care, avoiding unnecessary visits to healthcare providers and facilities, and adopting daily healthy living habits; and

WHEREAS, the State of Nevada recognizes the importance of increasing awareness of self-care, supports increased consumer empowerment through the development of new, non-prescription medicines, and encourages healthcare practitioners, public health leaders, and community stakeholders to support a healthier and stronger citizenry by communicating the important health and wellness benefits of self-care;

NOW, THEREFORE, I, BRIAN SANDOVAL, GOVERNOR OF THE STATE OF NEVADA, do hereby proclaim the month of February, 2016, as

SELF-CARE MONTH IN NEVADA



In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Nevada to be affixed at the State Capitol in Carson City, this 9th day of February, 2016.

By the Governor: _____ Governor

Barbara K. Cegavske
Secretary of State

By *Wayne T. Holsinger*
Deputy