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HOUSE RESOLUTION

2           WHEREAS, Self-care is a lifelong daily habit of healthy  
3 lifestyle choices, good hygiene practices, prevention of  
4 infection and illness, monitoring for signs and symptoms of  
5 changes in health, knowing when to consult a health care  
6 practitioner, and knowing when it is appropriate to self-treat  
7 conditions; and

8           WHEREAS, The United States Food and Drug Administration  
9 deems over-the-counter (OTC) medicines as safe and effective  
10 for the self-care treatment of minor acute and chronic health  
11 conditions and symptoms such as pain, the common cold,  
12 allergies, and other conditions that impact large segments of  
13 the population; and

14           WHEREAS, Over-the-counter medicines are either developed  
15 as new nonprescription medicines or switched from existing  
16 prescription medicines; and

17           WHEREAS, Over-the-counter nonprescription medicines are  
18 self-care products that consumers purchase in pharmacies,  
19 supermarkets, retail stores, and online; and

20           WHEREAS, Every dollar spent on over-the-counter medicines  
21 saves the United States health care system six to seven dollars

1 each year, totaling \$102 billion in annual savings; and

2 WHEREAS, Nonprescription medicines help to ease the burden  
3 on health care practitioners, eliminating unnecessary medical  
4 examinations that could be avoided with appropriate self-care;  
5 and

6 WHEREAS, Illinois benefits when its citizens practice  
7 appropriate self-care, do not unnecessarily visit health care  
8 practitioners, and are empowered by higher self-esteem,  
9 improved health, and the reduced use of health care services;  
10 and

11 WHEREAS, Illinois encourages its citizens to take  
12 advantage of the availability of self-care to improve personal  
13 and public health, save personal and public treasury, and  
14 strengthen the sustainability of the Illinois health care  
15 system; and

16 WHEREAS, Achieving the potential of self-care is a shared  
17 opportunity for consumers, health care practitioners,  
18 policymakers, and regulators; therefore, be it

19 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE  
20 HUNDREDTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that we  
21 recognize the importance of improving awareness of self-care

1 and the value it represents to the citizens of Illinois; and be  
2 it further

3 RESOLVED, That we support increased consumer empowerment  
4 through the development of new nonprescription medicines and  
5 the appropriate switch of certain prescription medicines to  
6 nonprescription; and be it further

7 RESOLVED, That we acknowledge that over-the-counter  
8 medicines can greatly improve and reduce costs to the public  
9 health system; and be it further

10 RESOLVED, That we encourage consumers, health care  
11 practitioners, policymakers, and regulators to communicate the  
12 benefits of self-care; and be it further

13 RESOLVED, That we recognizes February of 2017 as Self-Care  
14 Month in Illinois.