



SPONSOR: Sen. Poore on behalf of all Senators & Rep. Bentz on
behalf of all Representatives

DELAWARE STATE SENATE
149th GENERAL ASSEMBLY

SENATE CONCURRENT RESOLUTION NO. 42

RECOGNIZING FEBRUARY 2018 AS "SELF-CARE MONTH" IN THE STATE OF DELAWARE.

1 WHEREAS, self-care is a cornerstone of helping to reduce the overall cost of healthcare in Delaware and the
2 country; and

3 WHEREAS over-the-counter medicines save the United States healthcare system \$102 billion annually; and

4 WHEREAS self-care supports good health and helps develop lifelong healthy lifestyle choices, including the
5 following: good hygiene practices, nutritious diet, regular exercise, prevention of infection and illness, avoiding unhealthy
6 choices, monitoring for signs and symptoms of changes in health, knowing when to consult a healthcare practitioner, and
7 knowing when it is appropriate to self-treat conditions; and

8 WHEREAS self-care includes responsible use and disposal of all medications, both prescription and over-the-
9 counter; and

10 WHEREAS self-care products are those that consumers can purchase in pharmacies, supermarkets, retail stores
11 and online; and

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

15 WHEREAS self-care supports a person-centered care model that is one element of a strategy to reduce total
16 healthcare costs.

17 NOW, THEREFORE:

18 BE IT RESOLVED by the Senate of the 149th General Assembly of the State of Delaware, the House of
19 Representatives concurring therein, that February 2018 is recognized as "Self-Care Month" in the State of Delaware.

SYNOPSIS

This Senate Concurrent Resolution recognizes February 2018 as "Self-Care Month."

Author: Senator Poore