



HR0691

LRB102 25750 LAW 35070 r

1

HOUSE RESOLUTION

2           WHEREAS, Self-care is the lifelong daily habit of healthy  
3 choices for overall wellness, including good hygiene  
4 practices, healthy diet, regular exercise, and personal  
5 healthcare for prevention, diagnosis, treatment, and  
6 management of infections, injuries, and illness, as well as  
7 knowing when to seek assistance from healthcare professionals;  
8 and

9           WHEREAS, Self-care is a cornerstone of helping to reduce  
10 the overall cost of healthcare in Illinois and the country;  
11 and

12           WHEREAS, Self-care includes making responsible use of  
13 over-the-counter and prescription medications, dietary  
14 supplements, and medical devices; and

15           WHEREAS, The United States Food and Drug Administration  
16 deems over-the-counter medicine safe and effective for the  
17 self-care treatment of minor, acute, and chronic health  
18 conditions and symptoms, such as pain, the common cold, and  
19 allergies, which impact large segments of the population; and

20           WHEREAS, According to an Information Resources, Inc.  
21 study, every dollar spent on over-the-counter medicines saves

1 the healthcare system more than \$7, resulting in more than  
2 \$146 billion in annual savings; and

3 WHEREAS, Over-the-counter medical devices, including  
4 bandages, menstrual products, face masks, and at-home test  
5 kits, used for the purposes of prevention, testing, and  
6 treatment are well-accepted, cost-saving elements of the  
7 healthcare system; and

8 WHEREAS, Consumption of vitamin and mineral supplements  
9 can fill critical nutrient gaps, particularly for lower income  
10 families that may experience food insecurities in Illinois;  
11 and

12 WHEREAS, Illinois benefits when its citizens practice  
13 appropriate self-care, do not overburden the healthcare system  
14 by making unnecessary visits to healthcare professionals, and  
15 are empowered by higher self-esteem, improved health, and  
16 overall wellness; and

17 WHEREAS, The availability of self-care can help improve  
18 personal and public health, save personal and public treasury,  
19 and strengthen the sustainability of the broader healthcare  
20 system; and

21 WHEREAS, Exemptions from sales taxes for over-the-counter

1 medicines, dietary supplements, and consumer medical devices  
2 benefit Illinois residents because when affordability of  
3 consumer healthcare products increases then more people will  
4 seek treatment for their ailments before they become more  
5 serious; therefore, be it

6 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE  
7 HUNDRED SECOND GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that  
8 we declare the month of February 2022 as Self-Care Awareness  
9 Month in the State of Illinois; and be it further

10 RESOLVED, That we encourage consumers, healthcare  
11 practitioners, policymakers, and regulators to communicate the  
12 benefits of self-care by recognizing Self-Care Awareness  
13 Month.