

Take action every day to halt the spread of germs, especially during flu season.

# BE THE ULTIMATE cold- and flu-fighter

## How can I tell the difference between a cold and a flu?

### COLD

- Starts off slow and progressively gets worse
- Sore throat (within 1-2 days)
- Runny nose and/or congestion following sore throat
- Cough that lingers
- Slightly tired, but not overly exhausted
- Runs its course in one week, contagious for the first three days

### FLU

- Symptoms appear simultaneously and are more severe
- High fever (lasts 3-4 days)
- Headache, along with muscle aches and soreness
- Extreme exhaustion and fatigue
- Sore throat and some congestion
- Lasts anywhere between two and five days, and is contagious 48 hours before you notice symptoms

## What can I do to start feeling better?

### COLD REMEDIES

- Sleep, rest, repeat. Listen to your body — when you're sick, rest is best.
- Stay hydrated. Water, juice, clear broth or warm water with lemon and honey can help prevent dehydration.
- Relieve pain. Consider taking the recommended dosage of acetaminophen throughout the day to alleviate aches and pains.
- Combat stuffiness. Check out over-the-counter medication (nasal spray, cough and cold medication) to relieve symptoms.
- Add moisture to the air. Consider a cool-mist vaporizer or humidifier to increase the moisture level in your home.

### FLU REMEDIES

- Sleep, rest, repeat. Listen to your body — when you're sick, rest is best.
- Stay hydrated. Water, juice, clear broth or warm water with lemon and honey can help prevent dehydration.
- Relieve pain. Consider taking the recommended dosage of acetaminophen throughout the day to alleviate aches and pains.
- Ask your doctor for an antiviral. These typically work best when taken within 48 hours of your symptoms.

## When should I go to the doctor?



IF YOU HAVE TROUBLE BREATHING OR CHEST PAIN.



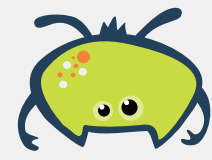
IF YOU'RE PREGNANT.



IF YOUR FEVER WON'T GO AWAY.



IF YOU CAN'T KEEP ANYTHING DOWN.



IF IT HURTS TO SWALLOW.

# TWO EASY WAYS TO GET BETTER, FASTER.



Register for myWellmark® so you can easily find the right care, at the right place, at the right cost.



This virtual visit service connects you with a board-certified physician who can also prescribe certain medications. The best part? You can do this all from the comfort of your home.<sup>1</sup>

<sup>1</sup> Virtual visits are a standard benefit for most Wellmark members — check with your HR department or benefits administrator if you are unsure whether this service is covered through your employer-sponsored health insurance plan.

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注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）  
ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



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