TELADOC™

# Know how to fight the cold and flu

It's cold and flu season. Be sure to take extra precautions to avoid getting sick. Fortunately, if you do get sick, you have 24/7/365 access to a U.S. board-certified Teladoc® doctor. **How can you avoid the cold and flu?**

## 1. KNOW THE SYMPTOMS

**COLD** Symptoms include runny nose, sore throat, cough, and congestion. Colds are contagious during the first few days that symptoms appear and typically last about a week.

**FLU** Symptoms are similar to a cold but include fever, headaches, and muscle aches. Flu symptoms typically improve within five days, though you may feel run down for several more.

## 2. PREVENT GETTING SICK

- Avoid close contact with anyone who is sick
- Wash your hands frequently
- Clean surfaces with a germ-killing disinfectant
- Get your annual flu vaccine
- Antiviral medications may also help prevent contracting the flu if you have been exposed

## 3. CALL TELADOC

Even the most careful person can get sick. Fortunately, you have Teladoc. Request a consult anytime you feel under the weather.

With your consent, Teladoc is happy to provide information about your Teladoc consult to your primary care physician.

## Talk to a doctor anytime for free!

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