



**It's cold and flu season.  
Are you prepared?**

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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