

Health Tips

Make Health Happen

COLD AND FLU

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Cold and flu – what’s the difference?

Colds mostly infect the nose and throat. People with a cold may have a runny or stuffy nose, mild fever, body aches and dry cough.

The flu (short for influenza) is more serious and may make you feel bad all over. The flu often causes the same symptoms as a cold. That can make it hard to tell a cold from the flu. The flu usually lasts between a few days and a week.

Flu symptoms include:

- Chills and shaking
- High fever
- Headache
- Weakness
- Sore throat



A cold and the flu are both caused by viruses. That means antibiotics won't help cure them.

How do you catch the flu?

The flu is spread mainly from person-to-person through coughing or sneezing. The flu virus can be on things like doorknobs, telephones and faucets. You can catch the flu by touching them and then touching your mouth or nose. Holding hands with or kissing a person who has the virus is another way to become infected.

For some people, the flu can lead to more serious health problems like pneumonia. Adults over 50 and kids under five are more likely to develop health problems from the flu. Other people at risk include pregnant women and those with health conditions like asthma, diabetes and heart disease.

How can I avoid the flu?

The best thing you can do is get a flu shot each fall.

Here are some more tips for staying healthy. Check the ones you're already doing:

- Wash hands often.
- Limit close contact with others.
- Avoid touching my mouth, eyes or nose.
- Get plenty of sleep and exercise.
- Manage my stress.
- Eat healthy foods.
- Do not smoke.
- Drink plenty of water each day.

What is one you haven't checked that you can start doing this week?

If you think you have the flu, call your doctor within 24 hours. There may be medication your doctor could prescribe to help you.



Serving Hoosier Healthwise,
Healthy Indiana Plan and Hoosier Care Connect

Helpful phone numbers for Anthem Blue Cross and Blue Shield members only

Member Services and 24/7 NurseLine:

- Hoosier Healthwise and Healthy Indiana Plan - 1-866-408-6131
- Hoosier Care Connect - 1-844 284-1797
- TTY: 711

Call your doctor when ...

- It's time to get your flu shot.
- Flu-like symptoms last longer than one week.
- You have a fever higher than 102 degrees for more than two days.



For more information about seasonal influenza (flu), visit cdc.gov/flu/index.htm.

Call for free translation/Llame para una traducción sin costo:
1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan);
1-844-284-1797 (Hoosier Care Connect); TTY 711.