

# Cold & Flu Season Support



The arrival of cold and flu season brings worries about symptoms like fever, chills, body ache, headache, and runny nose. Here's what you should know!

## Cold & Flu Prevention Tips

- Avoid close contact with those who are sick
- Get your flu shot in September or October
- Wash your hands often with soap and water
- Avoid touching your eyes, nose and mouth

## Cold & Flu Health Kit

- Over the counter medications, like Ibuprofen, Tylenol, decongestants, and cough syrup
- Hand sanitizer, tissues, and masks
- Pedialyte, herbal tea, and Vitamin-C



## Download the app

Use the app to request care in just a few taps, review visits, download sick notes, and more.

*You can also visit [firststophealth.com](https://firststophealth.com) or call 888-691-7867*

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## Don't suffer through the sniffles! We're here to help.

Request a First Stop Health Virtual Urgent Care visit. Doctors can help diagnose your symptoms and provide treatment, so you start feeling relief today!