

## Do's & Don'ts

For Managing  
High Blood Pressure During

❄️ Cold & Flu Season ❄️

# BLOOD PRESSURE FACTS: COLD & FLU MEDICINE

COLDS AND FLU BRING SPECIAL CONSIDERATIONS FOR PEOPLE WITH HIGH BLOOD PRESSURE, ESPECIALLY THOSE ON BLOOD PRESSURE MEDICATION.

TO PREVENT FLU, START BY GETTING YOUR FLU SHOT. BUT IF YOU DO GET SICK, MAKE SURE YOU READ THE LABELS ON OVER-THE-COUNTER MEDICINES SUCH AS DECONGESTANTS. LOOK FOR WARNINGS FOR THOSE WITH HIGH BLOOD PRESSURE.

A DECONGESTANT SHOULD BE USED FOR THE SHORTEST AMOUNT OF TIME POSSIBLE AND NEVER BY SOMEONE WITH SEVERE OR UNCONTROLLED HIGH BLOOD PRESSURE.

TO LEARN MORE ABOUT WHAT YOU SHOULD DO, VISIT [HEART--DOT--ORG--SLASH--H-B-P](http://heart-dot-org-slash-h-b-p).