

BRONCHITIS:

Signs, Symptoms, Prevention and Care



Acute bronchitis, also known as the common chest cold, is usually caused by a virus. Bacteria can sometimes cause acute bronchitis, but even in these cases antibiotics may not be recommended. Bacteria are the cause of acute bronchitis in perhaps 10% of cases.* Being under the weather isn't ideal for anyone, but the information below may help you get back on your feet and feeling better.

SIGNS AND SYMPTOMS

- Coughing with or without mucus production
- Soreness in the chest
- Fatigue
- Mild headache and body aches
- Watery eyes
- Sore throat

Need to speak with a medical professional?

Call our 24/7 Nurse Line at **1-888-258-3432**. **Visit** provider.fepblue.org to find a Preferred doctor or download the fepblue app. **Download** the Teladoc® app, call **1-855-636-1579**, or visit fepblue.org/telehealth.

Questions about benefits?

Refer to your Blue Cross and Blue Shield Service Benefit Plan brochure or call customer service at **1-800-333-2227**.

*Source: National Institute of Health

The information in this email is not meant to replace the advice of your doctor or any other healthcare professional. Please talk to your doctor about any specific health concerns.

Blue Cross and Blue Shield of Florida, Inc., DBA Florida Blue, administers the Blue Cross and Blue Shield Service Benefit Plan for the United States Office of Personnel Management, as authorized by the Federal Employees Health Benefits law. Florida Blue is an Independent Licensee of the Blue Cross Blue Shield Association. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

5/23

CARE



- Stay hydrated
- Rest
- Use a humidifier or steam therapy
- Ask your doctor or pharmacist about over-the-counter medicines
- Consume nutrient-dense foods



- **No** alcohol and tobacco use
- **No** vigorous physical activity
- **No** antibiotics*

*Antibiotics are only needed for treating certain infections caused by bacteria. Unnecessary antibiotics won't help you and may cause harm.

PREVENTION



Wash your hands often with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol



Stay up to date with all recommended vaccines



Don't smoke and avoid secondhand smoke, chemicals, dust, or air pollution



Cover your mouth and nose when coughing or sneezing



Keep your distance from others when you are sick

*Source: National Institute of Health

The information in this email is not meant to replace the advice of your doctor or any other healthcare professional. Please talk to your doctor about any specific health concerns.

Blue Cross and Blue Shield of Florida, Inc., DBA Florida Blue, administers the Blue Cross and Blue Shield Service Benefit Plan for the United States Office of Personnel Management, as authorized by the Federal Employees Health Benefits law. Florida Blue is an Independent Licensee of the Blue Cross Blue Shield Association. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

5/23