



Just a cold? Not with hypertension.

Managing your high blood pressure is always important, and it gets trickier during cold and flu season.

Some over-the-counter (OTC) medicines, like the ones you would take when you have a cold, can raise your blood pressure or keep your blood pressure medicine from working the way it should.

That means having and treating a seasonal virus can be extra dangerous with hypertension. So use these tips to stay safe, understand your risks and take care of your health.

**Learn more about
over-the-counter (OTC)
medications and hypertension:**

WellSpan.org/HBPMeds



Lower your risk.



Follow these tips to stay safe and avoid complications.

Stay up to date with your prescriptions.

One of the most important things you can do is **keep taking your prescribed heart medication**, all season through. Even if you're sick, consistency is the key to keeping your blood pressure well controlled.

Read labels on cold and flu meds.

The ingredients in many cold and flu medicines can affect your blood pressure or interact with the prescriptions you take. Always read labels carefully – in particular, **watch out for decongestants, sodium and pain medicine (NSAIDs)** like ibuprofen and naproxen. Check with your doctor before you take anything new.

Get safe, quality care – anywhere.

If you have cold and flu symptoms, don't wait to get care. **WellSpan Virtual On-Demand Care** is like an urgent care right on your phone, computer or tablet. Start a visit anytime, anywhere, without catching more of what's going around.

Learn more about over-the-counter (OTC) medications and hypertension:

[WellSpan.org/HBPMeds](https://www.wellspan.org/HBPMeds)

