

## A Common Cold Can Be Contagious for Longer Than You Think

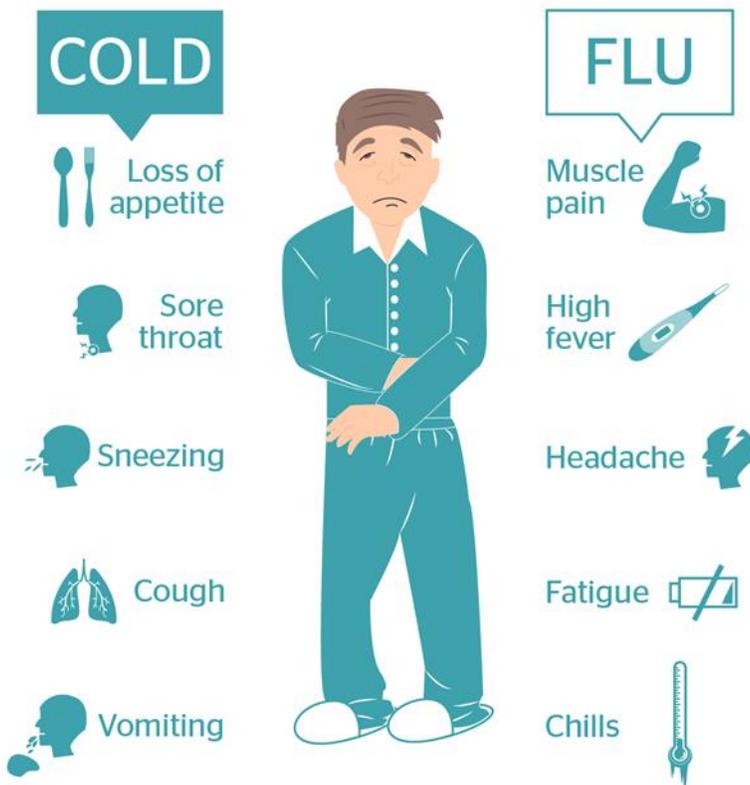
Source: Zywave

The winter months are commonly associated with decreasing temperatures and increasing cases of the common cold. Typically, symptoms of the common cold come on gradually, and may start with a sore throat or irritated sinuses.

According to Healthline, when you have a cold, you're contagious approximately one to two days before symptoms start and can continue to be contagious for up to seven days after you've become sick. Unfortunately, many people can't stay home for that long of a time to fully recover. Consider the following suggestions to help avoid becoming ill or passing on a cold to a co-worker, friend or family member:

- Wash your hands with warm water and soap often.
- Avoid touching your eyes, mouth and nose.
- Sanitize commonly touched surfaces.
- Always cough and sneeze into your elbow—not your hands—to prevent spreading germs.

## IS IT A COLD OR THE FLU?



The infographic features a central illustration of a man in a teal shirt and pants, looking unwell with his arms crossed. To his left, under a teal box labeled 'COLD', are icons and text for: Loss of appetite (fork and spoon), Sore throat (head profile with red throat), Sneezing (head profile with lines), Cough (lungs), and Vomiting (head profile with vomit). To his right, under a teal box labeled 'FLU', are icons and text for: Muscle pain (arm with gear), High fever (thermometer), Headache (head with lightning bolt), Fatigue (battery icon with slash), and Chills (shivering person icon).

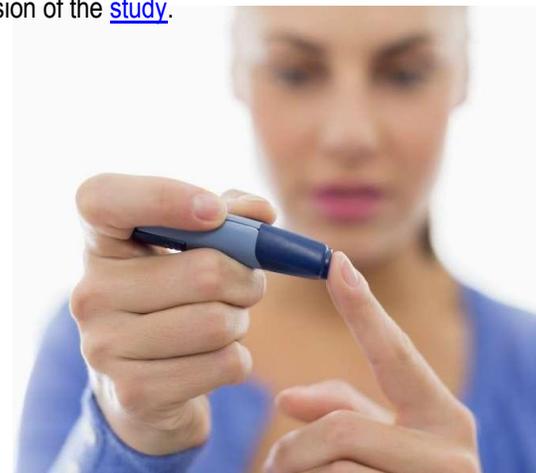
## Chronic Conditions That Can Cause Cancer

New research suggests that nearly 6 percent of cancers (792,600 cancer cases) can be at least partly attributed to obesity and diabetes. The [study](#), which was published online on The Lancet Diabetes & Endocrinology website, states that diabetes and a high body mass index (greater than 25) are both associated with a higher risk of certain cancers and are increasing in prevalence.

Fortunately, Type 2 diabetes and obesity can be prevented with proper lifestyle changes, which include the following:

- Avoiding tobacco
- Exercising regularly
- Maintaining a healthy weight
- Eating a healthy diet and limiting your intake of unhealthy foods
- Managing your stress
- Regularly checking your cholesterol and blood pressure
- Visiting your doctor for routine preventive care

Implementing the above prevention tips can help you remain healthy and avoid developing chronic conditions like obesity and Type 2 diabetes, which, in turn, can help lower your risk of certain cancers. For more information, please review the full-text version of the [study](#).



## Two Major Employee Benefits Changes

On Dec. 22, 2017, the IRS issued a notice that delays the furnishing deadline for 2017 Affordable Care Act (ACA) reporting and President Donald Trump signed the tax reform bill, called the Tax Cuts and Jobs Act, into law, eliminating the individual mandate penalty beginning in 2019. This article briefly summarizes the implications of both of these actions.

### IRS Delays Furnishing Deadline

The IRS' Notice 2018-06 extends the following:

- The due date for furnishing forms under Sections 6055 and 6056 for 2017 for 30 days, from Jan. 31, 2018, to March 2, 2018
- The good-faith transition relief from penalties related to 2017 information reporting under Sections 6055 and 6056

However, Notice 2018-06 does not extend the due date for filing forms with the IRS for 2017. The due date for filing with the IRS under Sections 6055 and 6056 remains Feb. 28, 2018 (April 2, 2018, if filing electronically).

### Repeal of the Individual Mandate Penalty

The Tax Cuts and Jobs Act makes significant changes to the federal tax code. The bill does not impact the majority of the ACA tax provisions. However, it does reduce the ACA's individual shared responsibility (or individual mandate) penalty to zero, effective beginning in 2019.

Individuals continue to be required to comply with the mandate (or pay a penalty) for 2017 and 2018. A failure to obtain acceptable health insurance coverage for these years may still result in a penalty for the individual.

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## DOL Civil Penalties Increase for 2018

On Jan. 2, 2018, the Department of Labor (DOL) published a final rule that sets forth its annual inflation adjustments to civil monetary penalties. The DOL is required to adjust these penalties for inflation no later than Jan. 15 each year.

In order to compute the 2018 annual adjustment, the DOL multiplied the most recent penalty amount for each applicable penalty by the multiplier, 1.02041, and rounded to the nearest dollar.

The increased penalty levels apply to any penalties assessed after the effective date of this rule. Accordingly, for penalties assessed after Jan. 2, 2018, whose associated violations occurred after Nov. 2, 2015, the higher penalty amounts outlined in this rule will apply.

Calculated penalty amounts for specific violations can be viewed [here](#).



### Did You Know?

The Tax Cuts and Jobs Act, signed into effect late December, creates a new tax credit for wages paid by employers in 2018 and 2019 to employees while on family and medical leave, as defined by the Family and Medical Leave Act (FMLA).

The tax credit will range from 12.5 percent to 25 percent of the cost of each hour of paid leave, depending on how much of a worker's regular earnings the benefit replaces. Any leave besides FMLA leave or leave paid for or mandated by a state or local government may not be taken into account for purposes of the credit.