

# Managing Your Health: After a Flu Diagnosis

## Your Guide to Recovery, Prevention, and Staying Strong

### Understanding the Flu

The flu, or influenza, is a contagious respiratory illness that can lead to complications, especially in older adults. While recovery may take several days or even weeks, managing symptoms effectively and taking preventive steps can help you regain your health and reduce the risk of future illness.

### Steps to Take After a Flu Diagnosis

#### 1. Follow Your Doctor's Care Plan

- **Medications:** Take any prescribed medications exactly as directed. This may help to lessen the severity and duration of the flu. Over-the-counter medications can also help manage symptoms like fever, congestion, and cough. Talk with your doctor before taking any over-the-counter products.
- **Rest and Hydrate:** Your body needs time to recover, so rest as much as possible and drink plenty of fluids to stay hydrated. Warm teas, soups, and water can soothe your throat and keep you hydrated.

#### 2. Monitor Symptoms Closely

- **Track Temperature:** A temperature of 100 or higher is considered a fever. A persistent fever could signal a secondary infection. If it continues or worsens, contact your doctor.
- **Watch for Complications:** The flu can sometimes lead to pneumonia or other complications. If you experience chest pain, difficulty breathing, or new symptoms, contact your provider promptly. Let's tell them how to message doctor on MKO

#### 3. Reduce Spread of Germs

- **Stay Home:** Limit your contact with others to avoid spreading the flu. Stay home until your fever has been gone for at least 24 hours without medication.
- **Practice Good Hygiene:** Cover your mouth and nose when coughing or sneezing, and wash your hands frequently to prevent spreading germs.

#### 4. Ease Flu Symptoms

- **Manage Cough and Congestion:** Use a humidifier or take a warm shower to relieve congestion. Cough drops and throat lozenges can help with a sore throat.
- **Get Comfortable:** Dress warmly, use extra blankets if you have chills, and adjust your sleep position if congestion interferes with your rest. Small, frequent meals may also help maintain energy if you don't feel like eating.

## 5. Resume Activities Gradually

- **Rest First, Move Later:** Focus on getting plenty of rest during the worst of your symptoms, then ease back into activity as you start to feel better. Gradually adding in appropriate movement can help maintain circulation without straining your body.
- **Reintroduce Normal Activities Slowly:** Once you feel ready, gradually return to daily tasks without overdoing it. Recovery from the flu can take time, so listen to your body and rest as needed.

## Preventing Future Flu Infections

Protecting yourself from future flu infections can help you stay healthier year-round:

- **Get an Annual Flu Shot:** The flu vaccine is one of the best ways to reduce your risk of flu each year. Ask your doctor or pharmacist about receiving the flu shot annually, ideally in early fall.
- **Stay Up-to-Date on Other Vaccines:** Older adults may also benefit from other vaccines, like the pneumonia vaccine, which can prevent complications if you contract the flu.
- **Practice Everyday Prevention:** Frequent handwashing, avoiding close contact with sick individuals, and cleaning frequently touched surfaces like door handles can lower your exposure to the flu virus.

## Building Resilience After the Flu

The flu can be hard on your immune system, so building resilience after your recovery is important:

- **Eat Nutritious Foods:** Focus on a balanced diet rich in fruits, vegetables, lean proteins, and whole grains to give your body the nutrients it needs for a stronger immune system.
- **Stay Active:** Light exercise, when approved by your doctor, can help boost immunity and improve overall health.
- **Sleep Well:** Quality sleep is essential for immune health. Aim for 7-8 hours per night to support your body's natural defenses.

## Stay Informed and Prepared

Understanding the flu and how to manage it can help you feel more in control of your health. Take preventive measures, follow your recovery plan, and reach out to health care professionals if you need extra support. These steps can help keep you resilient and ready for each flu season.

These guides are for reference purposes only. Always consult with your medical provider for personalized advice and recommendations regarding your specific health condition.

Call the Concierge team at 713-442-4878 (TTY: 711). From October 1 through March 31, hours are 8 am to 8 pm, seven days a week. From April 1 through September 30, hours are 8 am to 8 pm, Monday through Friday. Messaging services are used on weekends, after hours, and on federal holidays. KelseyCare Advantage, a product of KS Plan Administrators, LLC, is an HMO and POS Medicare Advantage plan with a Medicare contract. Enrollment in KelseyCare Advantage depends on contract renewal. © 2025 KelseyCare Advantage. All rights reserved. H0332\_FLYDISST-FLU25\_C