

INFLUENZA SYMPTOMS SHEET

What are the symptoms?

Symptoms of influenza include:

- sudden fever of 38° C (100.4°F) or higher.
- dry cough.
- aching body, especially head, lower back and legs.
- extreme weakness and tiredness.

Other symptoms can include:

- chills.
- aching behind the eyes.
- loss of appetite.
- sore throat.
- runny or stuffy nose.

For people older than 75 with influenza, the temperature may be lower, for example 37.2°C (99°F). They may also experience vomiting, diarrhea or stomach pain.

Fever usually goes down and the person starts to feel better in 3 to 5 days. Tiredness and cough can continue for several weeks.

Influenza symptoms are different from those of a cold or gastroenteritis (“stomach flu”).

Is it influenza, a cold or “stomach flu”?

Symptoms/ Description	Influenza	Common Cold	Stomach Flu
Fever	Usually high	Sometimes	Rare
Chills, aches, pain	Frequent	Slight	Common
Loss of appetite	Sometimes	Sometimes	Common
Cough	Usual	Sometimes	Rare
Sore throat	Sometimes	Sometimes	Rare
Sniffles or sneezes	Sometimes	Common	Rare
Involves whole body	Often	Never	Stomach / bowel only
Symptoms appear quickly	Always	More gradual	Fairly quickly
Extreme tiredness	Common	Rare	Sometimes
Complications	Pneumonia; can be life threatening	Sinus infection Ear infection	Dehydration