

The Flu

Signs and Symptoms of Influenza (Flu)

Is it a Cold or the Flu?

Symptoms	Common Cold	Seasonal & H1N1 Flu
Fever	Rare	High
Headache	Rare	Prominent
General Aches and Pains	Slight	Unusual often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuff Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Usual
Chest Discomfort	Mild	Common, can be severe
Cough	Moderate hacking cough	Can be severe dry cough
Vomiting or Diarrhea	Never	Sometimes
Complications	Sinus and ear pressure	Pneumonia
Treatment	None	Anti-viral medication
Prevention	None	Vaccine

If you believe you have the flu and are worried about the symptoms, call your healthcare provider.

Emergency Warning Signs

If you become ill and have any of these symptoms or signs, seek emergency medical care immediately.

Concerns in Children

Concerns in Adults

Fast breathing or trouble breathing	Difficulty breathing or shortness of breath
Not drinking enough fluids	Not drinking enough fluids
Severe or persistent vomiting	Severe or persistent vomiting
Flu-like symptoms improve but then return with fever Or worse cough	Flu-like symptoms improve but then return with fever Or worse cough
Not easily waking up or interacting	Confusion
Irritability and not wanting to be held	Sudden dizziness
Bluish or gray skin color	Pain or pressure in the chest or abdomen