

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