

Influenza (The Flu) Is:

The flu is a respiratory infection caused by the influenza virus.

SYMPTOMS OF THE FLU:

- Sudden onset of high fever lasting 3-5 days
- Headache and muscle pain that is often severe
- Cough with or without sore throat, runny or stuffy nose
- Extreme tiredness lasting 2-3 weeks or more
- Can cause pneumonia, kidney failure, meningitis, death



Influenza (The Flu) Is Not:

The flu is not the stomach flu or a common cold. These are illnesses caused by viruses or bacteria other than influenza.

SYMPTOMS OF THE STOMACH FLU:

- Stomach cramps/muscle aches
- Tiredness and weakness
- Mild fever
- Nausea, vomiting and diarrhea
- Can cause dehydration

SYMPTOMS OF THE COMMON COLD:

- Sore throat and cough
- Runny or stuffy nose
- Mild headache and/or fever
- Can cause sinus or ear infections



**Northwestern
Health Unit**

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