

“What are the symptoms of influenza?”

The symptoms of influenza are very nonspecific.

- ✧ If you don't have a fever, you probably don't have influenza.
- ✧ The fever is high, at least 100°F but usually more.
- ✧ The onset of fever is typically sudden.
- ✧ The fever is accompanied by a bad headache and muscle aches.
- ✧ There is profound fatigue.
- ✧ There may be sore throat or cough.
- ✧ Occasionally, especially in children, there may be nausea and vomiting.

Although people with influenza feel terrible, most people recover fully.