

## Influenza Symptoms

Influenza (also known as the flu) is a contagious **respiratory illness caused by flu viruses**. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually **comes on suddenly**. People who have the flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*\* It's important to note that not everyone with flu will have a fever.*

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