

Flu symptoms¹

Many of the symptoms of flu are similar to those of the common cold; symptoms of a cold appear gradually, are not severe and affect just your nose and throat. **Flu symptoms are more severe, causing fever and aching muscles, with flu you will not be able to do your usual activities.**

Seasonal flu can give you any of these symptoms:

- sudden fever (a temperature of 38°C/100.4°F or above)
- dry, chesty cough
- headache
- tiredness
- chills
- aching muscles
- limb or joint pain
- diarrhoea or stomach upset
- sore throat
- runny or blocked nose
- sneezing
- loss of appetite, difficulty sleeping

Babies and small children with flu may also appear drowsy, unresponsive and floppy.

Flu symptoms will usually peak after two to three days and you should begin to feel much better within five to eight days. A cough and general tiredness may last for two to three weeks.

The information provided reflects the current NHS Choices recommendations.¹ If you have any health concerns please consult your doctor, nurse or pharmacist for further information.

Reference:

1. NHS Choices, Seasonal Flu Symptoms. <http://www.nhs.uk/Conditions/Flu/Pages/Symptoms.aspx?url=Pages/What-is-it.aspx> Accessed 13 February 2013.
PREV0041 Date of preparation May 2013