

# THE FLU: A RESPIRATORY VIRUS

## Typical symptoms

Abrupt onset of fever, chills and fatigue

Headache

Runny nose

Non-productive cough

Sore throat

Sometimes diarrhea and vomiting

## When to see a doctor

Fatigue or inconsolable irritability

Confusion or headache that does not go away

Chest pain, labored breathing and persistent cough

Neck stiffness

Stomach pain, vomiting and dehydration

Back pain or weak legs or feet

Severe muscle pain and/or red urine

