

## Influenza-Like Symptoms

The CDC defines Influenza-like Symptoms as:

- Fever ( $\geq 100^\circ$  F)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms. See the chart below for the differences between a cold and the flu.

Key Differences Between a Cold and the Flu		
Symptoms	Cold	Flu
Fever	Rare	Yes ( $\geq 100^\circ$ F)
Headache	Rare	Yes—sudden onset, can be severe
Aches and Pains	Mild	Yes—often severe
Extreme Exhaustion	Never	Yes—may last for weeks or more
Stuffy Nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort	Mild	Common, may be severe
Cough	Common-hacking	Often, sometimes may be due to pneumonia with delayed onset