

Symptoms and Emergency Warning Signs

The symptoms of flu can include:

- Fever (although not everyone with flu has a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Tiredness
- Sometimes diarrhea and vomiting

Emergency warning signs that indicate a person should get medical care right away include:

- In children:
 - Fast breathing or trouble breathing
 - Bluish skin color
 - Not drinking enough fluids
 - Not waking up or not interacting
 - Being so irritable that the child does not want to be held
 - Flu-like symptoms that improve but then return with fever and worse cough
 - Fever with rash
- In addition to the signs above, get medical help right away for any infant who has any of these signs:
 - Being unable to eat
 - Has trouble breathing
 - Has no tears when crying
 - Has significantly fewer wet diapers than normal
- In adults:
 - Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
 - Flu-like symptoms that improve but then return with fever and worse cough

Are there medicines to treat the flu?

Yes. There are drugs your doctor may prescribe for treating the flu called “antivirals.” These drugs can make you better faster and may also prevent serious complications.

How long should I stay home if I’m sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, school, travel, shopping, social events, and public gatherings.

What should I do while I’m sick?

Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others.