

## **I feel sick. Do I have the flu?**

While flu symptoms can vary from person to person, these are the most common symptoms:

- **Fever of 38 degrees C (100.5 degrees F) and higher that lasts 3 to 4 days**
- **Coughing**
- **Chills**
- **Sore throat**
- **Headache**
- **Nasal congestion**
- **Sneezing**
- **Nausea**
- **Vomiting\*\***
- **Diarrhea\*\***
- **Muscle pain**
- **Joint pain**



Note that symptoms of the **H1N1 flu strain** (sometimes called "swine flu") are substantially the same as those of the "seasonal" flu that goes around every year.

\*\* For seasonal flu, seen mostly in children. For H1N1, common in all age groups.

## **I think it's the flu. Should I make an appointment?**

If you're an otherwise healthy person with no underlying health problems – **probably not.**

If you're otherwise healthy but you've got the flu, a doctor or nurse will give you **treatment advice** that you already know:

- Rest.
- Drink plenty of fluids.
- Take over-the-counter medicine (acetaminophen or ibuprofen) as needed.
- Take over-the-counter cough/cold preparations.
- Wash hands frequently. Avoid touching nose, eyes and mouth.
- Use hand sanitizer.
- Cover mouth when coughing; use tissue; cough into elbow.

**If you've got the flu,** you're very likely going to be in bed for a few days (and you probably won't feel like doing much else).

**Follow the treatment advice above** and limit your contact with others for a few days after your symptoms subside.

**More questions?** See "answers to your questions" on this web page.