

How do you know you have influenza?

Seasonal Influenza:

- Sudden onset of fever over 38°C (100.4°F)
- Headache
- Aching muscles
- Exhaustion and feeling weak
- Loss of appetite
- Sore throat
- Runny or stuffy nose
- Dry cough

Pandemic Influenza:

While the first symptoms of pandemic influenza might be similar to seasonal flu symptoms, how the symptoms develop will depend on the nature of the specific virus. It is likely that most people will recover without needing medical attention, but the following symptoms may help you decide if you need to seek medical help:

- Shortness of breath while resting or doing very little work
- Persistent fever for 4 or 5 days
- Painful or difficult breathing
- Coughing up a lot of phlegm or bloody sputum
- Wheezing
- You are feeling better and then you develop a new fever or worsening cough with sputum
- You feel very drowsy and others have difficulty waking you up or note you seem confused or disorientated

Bear in mind that in a pandemic, medical services will be overwhelmed and some might even be closed. So it is important for you and your family to prepare for at-home care if the worst should happen.