

Flu symptoms & What to do

This information is provided by the U.S. Department of Veterans Affairs (VA) for veterans, their families, friends, volunteers, and employees. It describes common symptoms of influenza (flu) and how to decide when to stay at home or when to seek medical care.

Flu symptoms

- Body aches • Cough • Fever (usually high) • Headache
- Sore throat • Tiredness (can be extreme)
- Nausea • Vomiting and diarrhea (more in children than adults)

What to do:

- Rest • Drink fluids • Stay home

Take fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)

When to call the doctor



If person...

- Is unable to drink enough fluids (and has dark urine)
- Feels dizzy while standing
- Has a fever longer than 3-5 days
- Feels better then gets a fever again

When to seek medical care fast!



If person is...

- Coughing blood
- Short of breath or wheezing
- Having chest pain when breathing
- Having chest pain and was diagnosed with heart disease
- Unable to walk, sit up or move normally (if person is elderly, a friend or relative may spot this)



Inland Empire Health Plan