



## Flu Symptoms (Seasonal and Novel H1N1)

- High fever (102-104°) lasts for 3-4 days
- Painful headache
- General aches and pains, sometimes severe
- Tired and weak—can last up to 2-3 weeks
- Extremely tired starting early in the illness
- Stuffy nose—sometimes
- Sneezing—sometimes
- Sore throat—usually
- Chest discomfort is very common and can be severe
- Dry cough, can be severe
- Vomiting or diarrhea, more common with the Novel H1N1 Flu and less common with Seasonal Flu
- Complications—pneumonia, can be life threatening

### Emergency Warning Signs

If you become ill and experience any of the following symptoms or signs, seek emergency medical care immediately.

#### Concerns in Children

Fast breathing or trouble breathing  
Not drinking enough fluids  
Severe or persistent vomiting  
Flu-like symptoms improve but then return with fever or worse cough  
Not waking up or responding to caregiver  
Irritability and not wanting to be held  
Bluish or gray skin color

#### Concerns in Adults

Difficulty breathing or shortness of breath  
Not drinking enough fluids  
Severe or persistent vomiting  
Flu-like symptoms improve but then return with fever or worse cough  
Confusion  
Sudden dizziness  
Pain or pressure in the chest or stomach



**For more information or vaccine locations, please call the Flu Hotline at 602-372-3996 or 1-877-764-2670 or go to [www.WeArePublicHealth.org](http://www.WeArePublicHealth.org)**