

## Influenza Symptoms Checklist

**Be on the lookout for the following symptoms of flu in you and others (if two or more symptoms are present, it might be the flu):**

- Fever
- Cough
- Sore throat
- Chills
- Body/muscle aches
- Stiffness of the joints
- Headache
- Fatigue / lethargy
- Lack of appetite
- Runny nose (in some cases)
- Nausea (in some cases)
- Disorientation (in some cases)
- Diarrhea (in some cases)
- Vomiting (in some cases)
- Worsening of an existing chronic condition

**If you have severe symptoms like difficulty breathing, uncontrollable vomiting or being delirious:**

- Get medical attention (e.g., go to a hospital) – the most effective treatment is antiviral medications administered within two days of onset.
- Stay at least 3 feet and preferably 6 feet away from other people.
- Wear a mask when you are close to other people – N95 respirator masks help by filtering out 95% of particles in the air but need to be fitted properly to create a seal and can make breathing difficult – surgical masks aren't nearly as effective and primarily help prevent the wearer from spreading germs but any mask will help remind you to not touch your nose, mouth or eyes unless your hands are clean – for more info: [U.S. Dept of HHS](#)