Influenza Symptoms

Symptoms of flu typically start 1 to 4 days after infection. You can spread the flu to others before your symptoms start, and for another 3 to 4 days after your symptoms appear.

Uncomplicated influenza illness is characterized by the sudden onset of the following signs and symptoms:

- Fever
- Muscle aches
- Headache
- Malaise - a vague feeling of bodily discomfort
- Nonproductive cough
- Sore throat
- Runny nose

Among children, otitis media (middle ear infections), nausea, and vomiting are also commonly reported with influenza illness.

Influena illness typically resolves after 3 to 7 days for the majority of persons, although cough and malaise may persist for more than 2 weeks.

Office of Environment, Safety and Health
POC: Claudia Beach, 301-903-9826 or Claudia.Beach@eh.doe.gov