

Virtual Healthcare Assistant

Describe your symptoms or ask a medical question, and this assistant will provide relevant advice.

Enter your query here:

what is the symptoms of flu?

Healthcare Assistant Response:

The symptoms of the flu (influenza) can vary from person to person, but here are the common ones:

Typical symptoms:

1. **Fever:** A high temperature, usually above 102°F (39°C).
2. **Chills:** Feeling cold, even if your body temperature is normal.
3. **Cough:** A dry, hacking cough or a productive cough that brings up mucus.
4. **Sore throat:** Pain or discomfort in the throat.
5. **Runny or stuffy nose:** Congestion or a runny nose.
6. **Headache:** A headache can range from mild to severe.
7. **Fatigue:** Feeling extremely tired or exhausted.
8. **Muscle or body aches:** Pain or discomfort in the muscles, back, arms, or legs.
9. **Diarrhea and vomiting:** More common in children than adults.

Less common symptoms:

1. **Ear pain:** Pain or discomfort in the ears.
2. **Sore eyes:** Redness or inflammation of the eyes.

3. **Loss of appetite:** Feeling less hungry or interested in food.
4. **Sweating:** Profuse sweating.
5. **Wheezing:** A high-pitched whistling sound while breathing.

Severe symptoms:

1. **Difficulty breathing:** If you experience shortness of breath or difficulty breathing.
2. **Chest pain:** Pain or pressure in the chest.
3. **Severe headache:** A severe, persistent headache.
4. **Confusion or disorientation:** If you feel confused or disoriented.
5. **Severe fatigue:** If you're unable to get out of bed or perform daily activities.

When to seek medical attention:

If you experience any of the following, seek medical attention:

- Severe symptoms, such as difficulty breathing or chest pain.
- Symptoms last longer than 7-10 days.
- You have a weakened immune system or underlying medical conditions.
- You're over 65 years old or under 2 years old.
- You're pregnant or have a high-risk pregnancy.

Remember, if you're unsure about your symptoms or their severity, always consult a healthcare professional for guidance.

