

Symptoms Chart

Influenza, a cold, and stomach upset are different illnesses

Description	Respiratory Infection		Gastrointestinal Infection
	Influenza	Common Cold	Stomach Upset*
Virus involved	Influenza A or B Note: Pandemic H1N1 influenza virus is a type of influenza A	Many different kinds of viruses such as rhinovirus, adenovirus, etc.	Norovirus (Norwalk-like viruses) is the most common
Fever	Usually high, beginning suddenly and lasting 3–4 days	Sometimes	Rarely
Headache	Usually, can be severe	Rarely	Sometimes
Chills, aches, pain	Usually, and often severe	Rarely	Common
Loss of appetite	Sometimes. Pandemic H1N1 influenza symptoms may also include nausea, vomiting and diarrhea.	Sometimes	Frequently – usually nausea, vomiting and diarrhea occur as well.
Cough	Usually	Sometimes	Rarely
Sore throat	Sometimes	Sometimes	Rarely
Sniffles/sneezes	Sometimes	Usually	Rarely
Extreme fatigue	Usually – tiredness may last 2–3 weeks or more.	Rarely	Sometimes
Involves whole body	Usually	Never	Stomach and bowel only
Symptoms appear quickly	Yes	More gradual	Yes
Possible Complications	Pneumonia, kidney failure, swelling of the brain and death.	Sinus infection or ear infection.	Dehydration (losing more fluid than you take in).
Vaccine	Yearly vaccine provides protection against two influenza A strains and one influenza B strain. (Vaccine for pandemic H1N1 influenza is under development)	No vaccine available	No vaccine available

* **Note:** A stomach upset is sometimes incorrectly called the "stomach flu" – there is no such illness as "stomach flu." As noted in the chart, stomach upsets are caused by viruses and other micro-organisms but not by the influenza virus.