



What is the flu and its symptoms?

Influenza, or the flu, is a disease caused by a virus, which can spread easily from person to person. In fact, 5% to 20% of Americans get the flu each year.

While the flu is considered a respiratory disease, it can—and often does—affect the whole body. People tend to experience flu-like symptoms differently, but common symptoms include:

- High fever, around 101 to 103
- Severe body aches and pains
- Cough, which can become severe, and a sore throat
- Lethargy or extreme exhaustion and fatigue, which can last for several weeks
- Headache
- Runny or stuffy nose and sneezing
- Vomiting and diarrhea

The good news is the fever and body aches have a shorter life span, usually 3 to 5 days. However, the cough and fatigue can last for as long as 2 weeks or more.

The tricky thing with the flu is it can disguise itself as other medical problems, which is why it is very important to talk to your doctor to get properly diagnosed.

Find a location near you.

[Urgent care →](#)

[Emergency care →](#)



[VISIT OUR BLOG](#)



[FIND A DOCTOR](#)



[FIND A LOCATION](#)

stay **connected**



Banner Health
2901 N Central Ave, Phoenix, AZ 85012

[Your Profile](#) | [Unsubscribe](#) | [Privacy](#)