



Is it Cold, Flu, or Norovirus?

Note that Norovirus (also called “the stomach flu”) causes gastrointestinal symptoms such as nausea, vomiting and diarrhea and should not be called “the flu”.

*****The flu shot will not prevent vomiting and diarrhea*****

Symptom	Cold	Influenza (“flu”)	Norovirus (“stomach flu”)
FEVER	Rare	Usual, High (102-104°F), Sudden onset, last 3-4 days	Occasional
HEADACHE	Rare	Usual, Sudden onset	Yes, may be reported
GENERAL ACHES & PAINS	Generally Mild	Usual, Often Severe	Occasional
FATIGUE	Generally Mild	Usual, Severe, May last 2-3 weeks	Common
RUNNY & STUFFY NOSE	Common	Common	None
SNEEZING	Common	Sometimes	None
SORE THROAT	Common	Common	None
NAUSEA & VOMITING	NONE	Uncommon; can happen with children	Common
DIARRHEA	NONE	Uncommon; can happen with children	Common
CHEST DISCOMFORT & COUGH	Sometimes, Mild	Usual, can be moderate or severe. Cough may last for weeks	None
COMPLICATIONS	Can lead to sinus congestion or earache	Can lead to pneumonia & respiratory failure, can be life-threatening	Can lead to severe dehydration