

What is the difference between influenza, a cold, or stomach upset?

Description/Symptoms	Respiratory Infection		Gastrointestinal Infection
	Influenza	Common Cold	Stomach Upset
Virus Involved	Influenza A or B Note: H1N1 influenza virus is a type of influenza A	Many different kinds of viruses such as rhinovirus, coronavirus, adenovirus, etc	Norovirus (Norwalk-like viruses) is the most common
Fever	Usually high with sudden onset and lasts three to four days	Sometimes	Rarely
Headache	Usually, can be severe	Rarely	Sometimes
Chills, aches, pain	Usually and often severe	Rarely	Common
Loss of appetite	Sometimes	Sometimes	Frequently - usually nausea, vomiting and diarrhea occur as well
Cough	Usually	Sometimes	Rarely
Sore Throat	Sometimes	Sometimes	Rarely
Sniffles or Sneezes	Sometimes	Usually	Rarely
Extreme tiredness	Usually - Tiredness may last two or three weeks or more	Rarely	Sometimes
Involves whole body	Usually	Never	Stomach and bowel only
Symptoms appear quickly	Yes	More gradual	Yes
Complications	Pneumonia, Kidney failure, swelling of the brain and death	Sinus infection or ear infection	Dehydration
Vaccine	Yearly vaccine covers two influenza A strains and one influenza B strain Vaccine for H1N1 influenza will be available late fall	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.