

## Is it a Cold, Flu or Norovirus?

The following chart describes symptoms associated with each virus. Note that Norovirus (also called Norwalk Virus) 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.

<b>SYMPTOM</b>	<b>COLD</b>	<b>INFLUENZA (FLU)</b>	<b>NOROVIRUS (NORWALK VIRUS)</b>
<b>FEVER</b>	Rare	Usual, high (39°-40°C), sudden onset, lasts 3-4 days	Occasional
<b>HEADACHE</b>	Rare	Usual, can be sudden	Yes, may be reported
<b>GENERAL ACHES AND PAINS</b>	Generally mild	Usual, often severe	Occasional
<b>FATIGUE (MALAISE)</b>	Generally mild	Usual, severe, may last 2-3 weeks	Common
<b>RUNNY STUFFY NOSE</b>	Common	Common	None
<b>SNEEZING</b>	Common	Sometimes	None
<b>SORE THROAT</b>	Common	Common	None
<b>NAUSEA AND VOMITING</b>	None	Uncommon; can occur with children	Common
<b>DIARRHEA</b>	None	Uncommon; can occur with children	Common
<b>CHEST DISCOMFORT, COUGH</b>	Sometimes, mild	Usual, can be moderate to severe. Cough may last for weeks	None
<b>COMPLICATIONS</b>	Can lead to sinus congestion or earache	Can lead to pneumonia & respiratory failure, can be life-threatening	Can lead to severe dehydration