

## **Influenza**

Influenza, commonly known as "the flu," is a highly contagious viral infection of the respiratory tract. Although the flu affects both sexes and all age groups, kids tend to get it more often than adults. The illness even has its own season — from November to April, with most cases occurring between late December and early March.

The flu is often confused with the common cold, but flu symptoms are usually more severe than the typical sneezing and stuffiness of a cold.

Symptoms of the flu may include:

- fever
- chills
- headache
- muscle aches
- dizziness
- loss of appetite
- tiredness
- cough
- sore throat
- runny nose
- nausea or vomiting
- weakness
- ear pain
- diarrhea