

# INFORMATION ABOUT INFLUENZA

## SYMPTOMS

The symptoms of influenza can be the same or similar to the [symptoms of COVID-19](#). Influenza symptoms are:

- fever (a temperature of 38°C or higher)
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- stomach upset, vomiting or diarrhoea.

If you do catch flu, while you're unwell, it's important that you stay away from work or school. Look after yourself and your family – rest and fluids are especially important.

It's also important to seek medical advice early if you are concerned, and especially if there are any danger signs, even if you have been seen before.

## DANGER SIGNS

Seek urgent medical advice if you have:

- a high fever that doesn't come down, especially if you are pregnant
- chills or severe shaking
- difficulty breathing or chest pain
- purple or bluish discolouration of your lips, skin, fingers or toes
- seizures or convulsions
- signs of other serious conditions, such as [meningococcal disease](#) (which may include severe headache, sleepiness, vomiting, stiff neck, dislike of bright lights, and sometimes a rash).

Look out for signs of dehydration such as dizziness when standing, and not passing urine regularly.

If a person you are caring for is less responsive than normal, unusually quiet, or confused, you should call a doctor urgently.

## DANGER SIGNS FOR BABIES AND YOUNG CHILDREN

Call a doctor if your baby or child's breathing is fast or noisy or if they are wheezing or grunting. Check if the area below the ribs sucks inward (instead of expanding as normal) as they breathe in.

You should get help if your baby or child is:

- very pale
- drowsy or difficult to wake
- severely irritable, not wanting to be held
- limp or unable to move
- if a baby has dry nappies or no tears when they are crying, it means they are dehydrated. It is important to contact a doctor
- if they have signs of other serious conditions, such as [meningococcal disease](#) (which may include severe headache, stiff neck, dislike of bright lights, and sometimes a rash, but in very young children are often non-specific such as sleepiness and vomiting).

If you have any worries about yourself or someone you are caring for, call Healthline ([0800 611 116](tel:0800 611 116)) for advice or see a doctor, even if you have called or been seen before.

Further information about influenza:

- [Flu \(influenza\) vaccines | Ministry of Health NZ](#)
- [Influenza | Ministry of Health NZ](#)