

How Do You Know If You Have The Flu?

Description

In recent weeks and months, the knowledge of knowing the symptoms of flu have become a top priority. Since [the pandemic](#) occurred, we have come to know why this is so important. The novel Coronavirus is part of the flu virus family and the symptoms can sometimes seem like they are the same. So you can see the danger in not knowing what the real flu is like and what a cold might be, or allergies or heaven forbid, the virus itself. There can be a number of confusions occurring because you can feel fine for 14 days and then suddenly, your "flu"™ symptoms get worse when they should be getting better. So let's™ look at the clear and distinct signs of flu.



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Where does the flu start?

The flu is primarily a respiratory virus, so you're breathing should immediately be affected right? Well, not all the time. [The flu virus](#) can affect other parts of your body first, such as aching muscles. Your body can feel hot and fatigued, yet you might not be sneezing yet, not have a running nose or watery eyes. The reason for this is, your extremities might be kept warm. So if you're wearing layers such as gloves, a hat or a scarf, it can feel like you just have a fever. However, give it time and you will begin to breathe slower and shallower, as the virus begins to attack your lungs.

The external signs

The clear and present signs of flu are as follows.

- Running nose, which develops into very thick yet still watery mucus that drips from your nose.

- Watery eyes, it can feel like your [eyes are sore](#), sensitive and cannot stop blurring your vision.
- You might also start to cough up throat mucus. If you have the flu, it will be green, while normally, it is beige.

A runny nose is not the same as a dripping nose. A running nose is purely a liquid that runs down your nose, onto your top lip. A dripping nose is, so full of mucus and the virus, that it uncontrollably drops from your nose onto your clothes or the floor.

Allergies can confuse

Another thing that confuses people, is [colds vs allergies](#). As we have talked about, the cold is not as severe as the flu but it can seem like allergies. However, the key difference is a change in body temperature when you have a cold as opposed to allergies. If you have a runny nose, watery nose and a cough, this could be allergies. If you have all of these and a fever, then it's the cold, which is the onset of the flu.

Still unsure?

If you're still unsure, do a little more research. Go online and read more on the subject, but one easy way to know is, when you next go to a pharmacy or supermarket, pick up a flu medicine and it will have all the symptoms on the box along with the chemicals used to fight the virus. Better yet, consider getting a flu shot before flu season kicks in. Search for phrases like [flu shot near me](#) to find a convenient location or connect with a doctor to get your shot.

The flu is a horrible virus and not as light as a cold. You should be able to tell when you have it now, the symptoms will be more severe, you will have less control over your fluids and it will take about 4-5 days to get over it.

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