

## *How Long Does Flu Last*



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### **How Long Does Flu Last**

Flu symptoms usually start within one to four days after infection. Unlike a common cold, the effects of an influenza virus infection can come on very suddenly. The first signs of the flu are often a fever or chills, accompanied by headache, sore throat, dry cough, runny nose, muscle aches, and fatigue.

### **How Long Does a Cold or the Flu Last? | Everyday Health**

As harsh as the flu can be, the good news is that most people feel much better within one to two weeks. Most healthy adults become contagious the day before symptoms develop (which makes it trickier to prevent from spreading). They remain infectious for up to five to seven days after symptoms appear.

### **How Long Does the Flu Last and What Is It, Exactly?**

Flu duration. According to the Centers for Disease Control and Prevention (CDC), an uncomplicated influenza infection will last from three to seven days in most people, including children, although a cough and feelings of weakness or fatigue can last for two weeks or longer.

### **How Long Does the Flu Last? - healthline.com**

Typical Flu Duration. The flu typically lasts for as few as three days to as many as two weeks. If you act quickly, though, you may be able to shorten the length of time you're sick by taking an antiviral medication such as Tamiflu (oseltamivir) or Relenza (zanamivir). For these drugs to work, they need to be started within 48 hours...

### **How Long Does the Flu Last Before You Get Better?**

For most healthy people, the flu is an uncomfortable but short-term illness that resolves itself as the immune system fights it off. Symptoms usually appear from one to four days after exposure to the virus, and they last five to seven days. For people who've had a flu shot, the symptoms may last a shorter amount...

### **How long does the flu last? - Harvard Health**

Here's what you need to know going into the 2018-2019 flu season. How long does the influenza virus last? You can be sick with the flu for one to four days before you begin to experience symptoms.

### **How Long Does the Flu Last and How Long Is It Contagious?**

How long the flu will last depends on the individual. However, there is a common duration for the flu. Despite all the talk about how tough the flu can be, there is some good news.

### **How Long Does the Flu Last - Redorbit**

As noted above, in most cases the flu lasts three to five days. While you're in the throes of the virus, it's important to listen to your body. If you feel exhausted and weak, rest in bed and stay well hydrated. Take over-the-counter medications such as cold-and-flu remedies or simple acetaminophen or ibuprofen.

### **How Long Does the Flu Last? - University Health News**

How Long Does Flu Normally Last? After you're exposed to the virus, you may start feeling sick one to four days later, with symptoms persisting for at least five to seven days before you start feeling better. 9 Milder indicators, such as discomfort and colds, may persist for a few days or more, for less than two weeks. 10 In some cases, the infection may last for a longer period, especially ...

### **How Long Does the Flu Last? - Mercola.com**

How Long Does Flu Last? The average case of the flu lasts for around a week but symptoms can linger for up to two weeks. The worst symptoms usually end in three or four days but some effects, like pain and fatigue, can last for a few more days.

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