

## Recognizing Signs and Symptoms of Influenza in the Elderly

Common Influenza Signs and Symptoms	Influenza Signs and Symptoms in the Elderly
Sudden Onset of Illness	Often with confusion
Fever	Occurs in approximately 70% of patients, <u>but absent in approximately 30%.</u>
Dry cough	Nonproductive, new onset
Headache	Often a key complaint
Fatigue	May be sole complaint
Loss of appetite	May be sole complaint
Chills	Common
Body aches	Common
Gait instability	Common
Change in mental status	Common
Sore throat	Uncommon
Low risk for flu related complications	High risk for flu related complications, like <b>pneumonia</b> , bronchitis

### References

1. Monto A, Gravenstein S, Elliott M, et al. Clinical signs and symptoms predicting influenza infection. *Arch Intern Med* 2000; 160:3243-3247.
2. Bradley S. Prevention of influenza in long-term-care facilities. *Infect Control Hosp Epidemiol* 1999 ;20(9):629-637.