

# Cold/Flu Symptoms

For minor respiratory illness in a patient without shortness of breath or wheezing; must have normal respiratory rate and O<sub>2</sub> sat

### History

- Recent travel
- Duration of symptoms
- Severity of symptoms
- Current influenza/pneumonia vaccination?
- Past medical history
- Medications
- Immunocompromised (e.g., transplant, HIV, diabetes, cancer)
- Sick contact exposure
- Last acetaminophen or ibuprofen

### Signs and Symptoms

- Warm
  - Flushed
  - Sweaty
  - Chills/rigors
- Associated Symptoms (helpful to localize source)**
- Malaise, cough, chest pain, headache, dysuria, abdominal pain, mental status changes, rash, tachycardia

### Differential

- Infection/sepsis
- Cancer/tumors/lymphomas
- Medication or drug reaction
- Connective tissue disease (e.g., arthritis or vasculitis)
- Carbon monoxide poisoning
- Meningitis

