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Aug 26 2025 The flu virus triggers bodywide aches and pain by causing inflammation

People can ease flu aches by staying hydrated taking warm showers and using over the counter anti inflammatory drugs such as ibuprofen Advil Motrin or naproxen Aleve Jul 15 2025 The flu's common symptoms of fever body aches and fatigue can leave many confined to bed

Learn more about flu symptoms what you can do to reduce discomfort and when to seek emergency care Dec 19 2025 Overview Flu also called influenza is an infection of the nose throat and lungs which are part of the respiratory system. The flu is caused by a virus

Influenza viruses are different from the stomach flu viruses that cause diarrhea and vomiting. Most people with the flu get better on their own. But sometimes influenza and its complications can be deadly

To help protect against Aug 26 2024 Learn about identifying flu symptoms how the diagnosis works common complications and more Nov 14 2025 To relieve body aches when sick with the flu try taking a warm bath using over the counter OTC pain medications and drinking plenty of fluids

Infections like the flu and COVID 19 cause inflammation which affects muscle tissues and nerves leading to generalized aches and pain

Dehydration which can be caused by vomiting diarrhea or fever can make these aches worse Sep 16 2025 Flu symptoms such as a fever body aches and sore throat often go away within one week without treatment

Drinking plenty of fluids and rest can help Aug 29 2024 Do you know how you might feel with the flu? Learn about the common symptoms treatment options offlu in adults and what you can expect Aug 27 2025 Flu can cause aches and pains throughout the body which may be noticeable in the lower back

The flu can also cause a dry cough. Persistent coughing can cause pain in the upper and lower back Mar 3 2025 Take cold medications with acetaminophen to treat all your symptoms

Cold and flu medicines that contain a pain reliever like acetaminophen will not only relieve your body aches but will also treat all the other symptoms of your flu such as fever and headache

Be sure to check the ingredients list and closely follow the dosing instructions on any cold medication you take to avoid 6 days ago Does the Flu Cause Chest Pain? Understanding the Link The flu can indirectly cause chest pain due to inflammation muscle strain or secondary infections like pneumonia or bronchitis

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