

## Symptoms

Symptoms may include persistent exhaustion ('fatigue'), muscle and/or joint pain, sleep disturbance, 'flu-like symptoms such as headache, sore throat, painful lymph nodes, dizziness and/or nausea and problems with memory and concentration.

M.E. affects people in different ways and to [differing degrees](#). It's a very variable illness and your symptoms can change over time.

While it's important to find out more about the [range of symptoms](#) experienced by different people with M.E. - it is also important to know that you may only experience a few of them.

Read past articles on [symptoms](#) in our *InterAction* archive.

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## Related Links

- [Canadian guideline](#)
- [Revised Canadian definition](#)
- [Scottish Good Practice Statement on ME-CFS](#)
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