



Is it a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Uncommon	Common; a temperature of 100° or higher for 3 to 4 days is associated with the flu
Headache	Uncommon	Very common; sudden onset
General aches, pains	Mild	Common; often severe
Fatigue, weakness	Mild	Often extreme; can last 2 to 3 weeks
Extreme Exhaustion	Never	Very common at first; sudden onset
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate, hacking cough	Common; can become severe
Complications	Sinus congestion, earache, asthma	Bronchitis, pneumonia; can be life threatening
Prevention	Wash your hands; cover your cough; avoid close contact with anyone with a cold	Annual vaccination; wash your hands; cover your cough
Treatment	Over-the-counter medication for temporary symptom relief	See your doctor