

Is it a Cold or the Flu?

Symptoms

Cold



Flu



Fever	Rare	Yes, often high (102 – 104°F); lasts 3-5 days
Headache	Rare	Yes, sudden and can be severe
Aches/pains	Mild	Usual, often severe
Fatigue/ weakness	Mild	Yes, sudden and can last 2-3 weeks
Extreme exhaustion	Never	Yes
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort/ cough	Mild, hacking cough	Common, can be severe

