

Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual, high (100-102°F, occasionally higher); lasts 3-4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2-3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Prevention	Wash hands often with soap and water; avoid close contact with anyone with a cold	Annual vaccination; antiviral medicines - see your doctor
Treatment	Antihistamines; decongestants; nonsteroidal anti-inflammatory medicines	Antiviral medicines - see your doctor
Complications	Sinus congestion; middle ear infection; asthma	Bronchitis, pneumonia; can worsen chronic conditions; can be life-threatening