



Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100 F to 102 F; occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 or 3 weeks
Extreme 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
Treatment	Antihistamines Decongestant Nonsteroidal anti-inflammatory medicines	Antiviral medicines-see your doctor
Prevention	Wash you hands often Avoid close contact with ill people	Wash you hands often Avoid close contact with ill people Annual vaccination; antiviral medicines – see your doctor
Complications	Sinus congestion Middle ear infection May cause asthma to get worse temporarily	Bronchitis, pneumonia; can be life threatening

Adapted from U.S. Department of Health and Human Services