

## Is it a cold or the flu?

Symptoms	Cold	Flu
Fever	Rare	Usually; may be high (102°F -104°F) lasts 3-4 days
Headache	Rare	Usual
General aches, pains	Slight	Usual; often severe
Fatigue, weakness	Quite mild	Can last up to 2-3 weeks
Exhaustion	Never	Early and severe
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate: hacking cough	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
Prevention	None	Annual vaccination; antiviral drugs
Treatment	Temporary relief of symptoms	Antiviral agents within 48 hours of getting sick