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 |

