

Is It a Cold or Is It the Flu?



Symptoms	Cold	Flu
Fever	Rare	High (100-102 F) Can last 3-4 days
Headache	Rare	Intense
General Aches, Pains	Slight	Usual Often severe
Fatigue, Weakness	Mild	Intense Can last up to 2-3 weeks
Extreme Exhaustion	Never	Usual Starts early
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Common
Cough	Mild to moderate.	Common Can become severe
Complications	Sinus congestion or earache	Bronchitis, pneumonia You may need to go to a hospital
Prevention	Wash your hands well and avoid sick people	Flu vaccine once a year Wash your hands well and avoid sick people

Retrieved from <http://www.webmd.com/a-to-z-guides/discomfort-15/cold-flu-season/is-it-a-cold-or-flu>