

A Cold or the Flu?



How do you tell the difference?

Cold	Symptoms	Flu
Rare	Fever	Characteristic, high (100 degrees to 103 degrees F); lasts 3-4 days.
Rare	Headache	Prominent
Slight	General aches, Pains	Usual; often severe
Quite mild	Fatigue, Weakness	Can last up to 2-3 weeks
Never	Extreme Exhaustion	Early and prominent
Common	Stuffy Nose	Sometimes
Usual	Sneezing	Sometimes
Common	Sore Throat	Sometimes
Mild to Moderate; Hacking Cough	Chest Discomfort, Cough	Common; can become severe
Sinus congestion or earache	Complications	Bronchitis, pneumonia; can be life-threatening
None	Prevention	Annual vaccination; anti-viral drug
Only temporary relief of symptoms	Treatment	Anti-viral drug within 24-48 hours after onset of symptoms