



## Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Characteristic, high (102-104°F); lasts 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
<b>Complications</b>	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
<b>Prevention</b>	None	Annual vaccination; antiviral medicines—see your doctor
<b>Treatment</b>	Only temporary relief of symptoms	Antiviral medicines—see your doctor

