

IS IT A COLD OR THE FLU?

Courtesy National Institute of Allergy and Infectious Diseases

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
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening

PREVENTION

None

Annual vaccination;
antiviral medicines

TREATMENT

Only temporary relief
of symptoms

Antiviral medicines
See your doctor