



# Is it a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Characteristics, 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; oseltamivir (antiviral drugs)
Treatment	Only temporary relief of symptoms	Oseltamivir within 24-48 hours after onset of symptoms



*Adapted from the National Institute of Allergy and Infectious Diseases*



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