

Is it a **C** or the **COLD** **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
Complications	Sinus congestion or earache	Bronchitis, Pneumonia; can be life-threatening
Prevention	None	Annual vaccination; antiviral medicines---see your doctor
Treatment	Only temporary relief of symptoms	Antiviral medicines---see your doctor

