

Cold vs. Flu

Know the Difference

Symptoms	Cold	Flu
Fever	Rare	Usual – can be 100 to 102° or higher, lasting 3–4 days
Chills	Uncommon	Common
Muscle Aches and Pains	Uncommon or mild	Common – can be severe
Headache	Uncommon	Common - can come on suddenly and be severe
Feeling Tired and Weak	Sometimes - usually mild; you don't feel tired.	Common – can be moderate to severe; can last for 2-3 weeks. You can feel extreme tiredness that occurs suddenly
Coughing	Common - mild to moderate hacking	Common - can become severe and last for several weeks
Sneezing	Common	Sometimes
Stuffy Nose	Common	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort	Sometimes – can be mild to moderate	Common – can be severe