



Is it a cold, or is it the flu?
 What's the difference?

Cold - A viral infection of the nose and throat. Symptoms: coughing and sore throat.

Influenza - A more severe viral infection. Symptoms: sudden onset of fever, cough, chills, and aches and pains throughout the body.

Symptoms	Cold	Influenza
Tiredness/Weakness	Very Mild	Can last 2 to 3 weeks
Fever	Rare	Can be high >101°F, and last 3-4 days
Chest Discomfort	Mild to moderate	Common
Stuffy Nose	Common	Sometimes
Aches and Pains	Slight	Usual, often severe
Headache	Rare	Prominent
Sneezing	Usual	Sometimes
Extreme Exhaustion	Never	Early and prominent
Sore Throat	Common	Sometimes
Cough	Hacking, can become severe	Non-productive

Antibiotics work only on bacterial infections, not the "common cold" or influenza.

The "common cold" is a virus and has no cure. Some treatments only deal with specific symptoms, not the total problem. Antivirals and vaccines are used to treat influenza.