



# Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100°F to 102°F; occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
<b>Treatment</b>	Antihistamines Decongestant Nonsteroidal anti-inflammatory medicines	Antiviral medicines— see your doctor
<b>Prevention</b>	Wash your hands often Avoid close contact with anyone with a cold	Annual vaccination; antiviral medicines—see your doctor
<b>Complications</b>	Sinus congestion Middle ear infection Asthma	Bronchitis, pneumonia; can be life threatening