

Cold or Flu?



Cold

Symptoms

Flu

Rare

Fever

Characteristic, high (101-104°F); lasts 3 to 4 days

Rare

Headache

Prominent

Slight

General aches, pains

Usual; often severe

Quite Mild

Fatigue, weakness

Can last 2 to 3 weeks

Never

Extreme exhaustion

Early and prominent

Common

Stuffy nose

Sometimes

Usual

Sneezing

Sometimes

Common

Sore throat

Sometimes

Mild to moderate, hacking cough

Chest discomfort, cough

Common; can become severe

Sinus congestion or earache

Complications

Bronchitis, pneumonia; can be life threatening

Respiratory hygiene

Prevention

Annual vaccination; antiviral medicines; respiratory hygiene

Over-the-counter medication for temporary symptom relief; antibiotics do not work

Treatment

Antiviral medicines — see your doctor; antibiotics do not work