

# Is it a **COLD** or the **FLU**?



**Knowing the  
difference  
between a cold  
and the flu  
can speed up  
recovery**

Symptoms	...of a Cold	...of the Flu
Fever	Rare	Usually present. Higher than 100° F is associated with the flu
Chills	Mild	Moderate to severe
Headache	Uncommon	Common
Body Aches, Pains	Slight	Usual; Often severe
Fatigue, Weakness	Fairly mild	Moderate to severe
Runny/Stuffy Nose	Common	Sometimes
Sneezing	Yes	No
Sore Throat	Common	Common
Chest Discomfort	Mild to moderate	Often severe
Cough	Hacking, productive (mucus producing)	Non-productive (non-mucus producing)
Treatment	Antihistamines, Decongestants, Pain relievers	Antiviral medications—see your doctor
Prevention	Wash your hands often with soap and water; Avoid close contact with anyone with a cold	Wash your hands often with soap and water; Annual vaccination; Antiviral medications — see your doctor
Complications	Sinus infection, Ear infection, Asthma, Bronchitis	Sinus infection, Bronchitis, Pneumonia; Can worsen chronic conditions; Can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children, and pregnant women

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