



FACT SHEET



Is It a Cold or the Flu?



| Symptoms | Cold | Flu |
|------------------------|--------------------|--|
| Fever | Rare | Yes, often high (102 to 104° F) Last three days |
| Headache | Rare | Yes, sudden and can be severe |
| Aches and Pains | Mild | Usual, often severe |
| Tiredness and weakness | Mild | Yes, sudden and can last two-to-three weeks |
| Extreme Weakness | Never | Yes |
| Stuffy nose | Common | Sometimes |
| Sneezing | Common | Sometimes |
| Sore Throat | Common | Sometimes |
| Chest pain, cough | Mild hacking cough | Common, can be severe |

It is not easy to identify the flu from other infections on the basis of symptoms alone. A doctor's exam is needed to tell whether you have developed the flu. If you develop flu-like symptoms and are worried about your illness you should call your doctor.