

A Cold or the Flu?



How do you tell the difference?

	Flu	Cold
Onset	Sudden	Gradual
Fever	Characteristic, high (over 101°F); lasting 3 to 4 days	Rare
Cough	Dry; can become severe	Hacking
Headache	Prominent	Rare
Myalgia (muscle aches and pains)	Usual; often severe	Slight
Tiredness and weakness	Can last up to 2 to 3 weeks	Very mild
Extreme exhaustion	Early and prominent	Never
Chest discomfort	Common	Mild to moderate
Stuffy nose	Sometimes	Common
Sneezing	Sometimes	Usual
Sore throat	Sometimes	Common

-- Adapted from the National Institute of Allergy and Infectious Diseases