



Is It a Cold or the 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	Treatment	Antiviral medicines – see your doctor

800.472.2180



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