



## IS IT COLD OR FLU?

<b>SYMPTOMS</b>	<b>COLD</b>	<b>FLU</b>
Fever	Possible	Characteristic, High (102-104 F), Lasts 3-4 days
Headache	Rare	Prominent
Aches, Pains	Slight	Often Severe
Fatigue, Weakness	Quite Mild	Can last 2-3 wks
Extreme exhaustion	Never	Early & Prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate	Common: hacking cough can become severe
Complication	Sinus congestion	Pneumonia (can be life threatening)