

Is it a Cold or the Flu?



SYMPTOMS	COLD	FLU
Fever	Rare	Usual; high (100° F to 102°F); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Sometimes	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2-3 weeks
Extreme Exhaustion	Never	Usual; especially at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common, can become severe
Prevention	Wash your hands often. Avoid close contact with anyone with a cold.	Annual vaccination
Complications	Sinus congestion, middle ear infection, asthma	Bronchitis, pneumonia; can be life threatening

Contact your healthcare provider if you develop serious symptoms such as: chest pain, sudden dizziness, shortness of breath, persistent fever, major headaches, disorientation, severe vomiting, painful swallowing, persistent and unrelenting cough or congestion.

Information from the National Institutes of Health and National Institute of Allergy & Infectious Diseases

www.myliferesource.com

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