

Know the Difference between Cold and Flu Symptoms

<u>Symptom</u>	<u>Cold</u>	<u>Flu</u>
Fever	Fever is rare with a cold, less than 102°F.	Fever is usually present with the flu (up to 80% of cases). A temperature over 100°F or higher for 3 to 5 days is associated with the flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Runny and Stuffy nose is commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu and can last after other symptoms go away
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.

Headache	A headache is fairly uncommon with a cold..	A headache is very common with the flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is common with 2009 A (H1N1) but not seasonal flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

Sometimes Diarrhea and Vomiting are present with Seasonal flu in children but is also present in adults with 2009 A (H1N1) infections