



Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Yes, often high (102 to 104 ° F). Lasts three days
Headache	Rare	Yes, sudden and can be severe
Aches and pains	Mild	Usual, often severe
Fatigue and weakness	Mild	Yes, sudden and can last two-to-three weeks
Extreme Exhaustion	Never	Yes
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild hacking cough	Common, can be severe