

## Is it a Cold or is it the Flu?

Symptoms	Cold		Flu	
<b>Fever</b>	Rare in adults, but can be as high as 102°F in infants and small children		Usually 102°F, can go to 104°F, lasts 3–4 days	
<b>Headache</b>	Rare		Can be severe	
<b>General Aches, Pains</b>	Mild		Usual; often severe	
<b>Fatigue, Weakness</b>	Mild		Can last up to 2–3 weeks	
<b>Extreme Exhaustion</b>	Never		Sudden onset, can be severe	
<b>Stuffy Nose</b>	Often		Sometimes	
<b>Sneezing</b>	Often		Sometimes	
<b>Sore Throat</b>	Common		Sometimes	
<b>Chest Discomfort, Cough</b>	Mild to moderate; hacking cough		Usual; can become severe	
<b>Complications</b>	Sinus congestion or ear-ache		Bronchitis, pneumonia; can be life-threatening	