IS IT A **Cold** OR THE **Flu**?

SYMPTOMS	COLD	FLU
FEVER	Rare	Usual; high (100°F to 102°F, occasionally higher, especially in young children); lasts 3 to 4 days
HEADACHE	Rare	Common
GENERAL ACHES, PAINS	Slight	Usual; often severe
FATIGUE, WEAKNESS	Sometimes	Usual; can last up to 2 to 3 weeks
EXTREME EXHAUSTION	Never	Usual; 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
TREATMENT	▪ Antihistamines ▪ Decongestants ▪ Nonsteroidal anti-inflammatory medicines	▪ Antiviral medicines—see your healthcare provider
PREVENTION	▪ Wash your hands often with soap and water ▪ Avoid close contact with anyone who has a cold	▪ Annual vaccination ▪ Antiviral medicines—see your healthcare provider
COMPLICATIONS	▪ Sinus infection ▪ Middle ear infection ▪ Asthma	▪ Bronchitis, pneumonia ▪ Can worsen chronic conditions ▪ Can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children, and pregnant women.

National Institute of Allergy and Infectious Diseases

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