

# Difference Between Cold and Flu Symptoms

Can you tell the difference between the symptoms of a common cold and seasonal flu? Some of the general differences are listed below. Know what to look for and how to help prevent the flu.

Symptom	Cold	Seasonal Flu
<b>Fever</b>	Fever is <b>rare</b> with a cold.	<b>Fever is usually present</b> with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is typically associated with the flu.
<b>Coughing</b>	A hacking, <b>productive</b> (mucus-producing) cough is often present with a cold.	A <b>non-productive</b> (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
<b>Aches</b>	<b>Slight</b> body aches and pains can be part of a cold.	<b>Moderate to severe</b> aches and pains are common with the flu.
<b>Stuffy Nose</b>	Stuffy nose is commonly <b>present</b> with a cold and typically resolves spontaneously within a week.	Stuffy nose is <b>not</b> commonly present with the flu.
<b>Chills</b>	Chills are <b>uncommon</b> with a cold.	60% of people who have the flu experience <b>chills</b> .
<b>Tiredness</b>	Tiredness is fairly <b>mild</b> with a cold.	Tiredness is <b>moderate to severe</b> with the flu.
<b>Sneezing</b>	Sneezing is commonly <b>present</b> with a cold.	Sneezing is <b>not</b> common with the flu.
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over <b>a few days</b> .	The flu typically has a <b>rapid onset</b> within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
<b>Headache</b>	A headache is fairly <b>uncommon</b> with a cold.	A headache is <b>very common</b> with the flu, present in 80% of flu cases.
<b>Sore Throat</b>	Sore throat is commonly <b>present</b> with a cold.	Sore throat is <b>not</b> commonly present with the flu.
<b>Chest Discomfort</b>	Chest discomfort is <b>mild</b> to moderate with a cold.	Chest discomfort is often <b>severe</b> with the flu.



[www.UtahFluFighters.org](http://www.UtahFluFighters.org)

# Protection Against Influenza

**1. Getting the seasonal influenza vaccine is the most important step in preventing flu viruses.**

Find a flu clinic near you at the Flu Vaccine Locator.  
Visit [www.immunize-utah.org](http://www.immunize-utah.org) or [www.UtahFluFighters.org](http://www.UtahFluFighters.org).



**2. Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.

**3. Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

**4. Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

**5. Clean your hands.**

Washing your hands often will help protect you from germs.

**6. Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

**7. Practice other good health habits.**

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**8. Take antiviral drugs only if your doctor prescribes them.**

Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. These drugs must be taken within two days of symptoms.



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