

## SYMPTOMS AT A GLANCE

SYMPTOMS	COLD	FLU
<b>FEVER</b>	Fever is pretty rare with a cold.	Fever is usually present with the flu. A temperature of 101° F or higher for 3 to 4 days is associated with the flu.
<b>ACHES</b>	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
<b>CHILLS</b>	Chills are uncommon with a cold.	Chills are fairly common in most flu cases. Chills and shivering are a normal reaction to a cold environment, but unexplained chills can also be a sign of the flu.
<b>TIREDNESS</b>	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu. It's normal to feel tired at the end of a long day or when you don't get adequate sleep, but unexplained tiredness can be a sign of the flu.
<b>SUDDEN SYMPTOMS</b>	Cold symptoms are not sudden and develop over a few days.	The flu has a rapid onset with 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
<b>COUGHING</b>	A hacking, productive (mucus producing) cough is often present with a cold.	A dry, nonproductive cough that does not produce mucus is usually present with the flu.
<b>SNEEZING</b>	Sneezing is commonly present with a cold.	Sneezing is not as common, but can accompany the flu.
<b>STUFFY or RUNNY NOSE</b>	A stuffy or runny nose usually accompanies a cold and typically resolves spontaneously within a week.	Stuffy or runny nose can be present with the flu.
<b>SORE THROAT</b>	Sore throat is commonly present with a cold. A sore throat is pain and inflammation in the throat that usually comes with a cold.	Sore throat is not as common, but can be present with the flu.
<b>CHEST DISCOMFORT</b>	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu. Chest discomfort is pain or abnormal sensations that you feel anywhere along the front of your body between your neck and upper abdomen.
<b>HEADACHE</b>	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.

## What to do for the flu?

- Rest in bed
- Drink plenty of fluids (one glass full every 2 hours)
- Take medication to help relieve symptoms
- Remember good hand washing
- Seek medical attention as soon as you think you have the flu for possible Tami-Flu treatment
- Seek medical attention for stiff neck and/or rash.

## When does my cold need further treatment?

- Pain/tenderness around eyes
- Painful swelling of neck glands
- Painful breathing, wheezing, or shortness of breath
- Severe headache
- Fever of 100.5 for more than 2 days
- White patches on the back of throat or tonsils
- Extremely red throat
- Chronic, unusual fatigue
- Usual medication not working
- Sore throat symptoms that have not improved in 2-3 days after a recent negative throat culture