

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 |