

## Is It a Cold or the Flu?

The cold and flu are both respiratory illnesses, but they are caused by different types of viruses with different symptoms. Use this chart to learn the difference between the two.

<b>Signs and Symptoms</b>	<b>Flu</b>	<b>Cold</b>
<b>Symptom onset</b>	Abrupt	Gradual
<b>Fever</b>	Usual: high fever 100-102°F lasts 3-4 days	Rare
<b>Aches</b>	Usual; often severe	Slight
<b>Chills</b>	Fairly common	Uncommon
<b>Extreme exhaustion</b>	Usual; at beginning	Never
<b>Fatigue, weakness</b>	Usual; up to 2-3 weeks	Sometimes
<b>Sneezing</b>	Sometimes	Usual
<b>Stuffy nose</b>	Sometimes	Common
<b>Sore throat</b>	Sometimes	Common
<b>Chest discomfort, cough</b>	Common; can be severe	Mild to moderate; hacking cough
<b>Headache</b>	Common	Rare

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