

COLD VS FLU

Symptoms	Cold	Flu
Fever	<u>Sometimes</u> , usually mild	<u>Usually</u> ; higher (100-102 F; occasionally higher, especially in young children); lasts 3 to 4 days
Headache	<u>Occasionally</u>	<u>Usually</u>
General Aches, Pains	<u>Slight</u>	<u>Often severe</u>
Fatigue, Weakness	<u>Sometimes</u>	<u>Usually</u> ; can last 2 to 3 weeks
Extreme Exhaustion	<u>Never</u>	<u>Usually</u> ; at the beginning of the illness
Stuffy Nose	<u>Common</u>	<u>Sometimes</u>
Sneezing	<u>Usually</u>	<u>Sometimes</u>
Sore Throat	<u>Common</u>	<u>Sometimes</u>
Chest Discomfort, Cough	<u>Mild to moderate; hacking cough</u>	<u>Common; can become severe</u>
Complications	Sinus congestion; middle ear	Sinusitis, bronchitis, ear infection, pneumonia; can

	infection	be life-threatening
Prevention	Wash hands often; avoid close contact with anyone with a cold	Wash hands often; avoid close contact with anyone who has flu symptoms; get the annual <u>flu vaccine</u>