

## How do I know if I have a cold or the flu?

	<u>Cold</u>	<u>Flu</u>
Coughing	A hacking, productive cough (mucus-producing)	A non-productive cough (non-mucus producing, dry cough)
Stuffy Nose	Stuffy nose that typically resolves spontaneously within a week	Not commonly present
Sneezing	Sneezing is common	Not commonly present
Sore Throat	Sore throat is common	No commonly present
Fever	Not commonly present	Fever is usually present (temperature of 100° F or higher for 3 to 4 days).
Aches	Slight body aches and pains can be part of a cold	Severe aches and pains are common with the flu.
Chills	Not commonly present	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild.	Tiredness is moderate to severe with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	Not commonly present	A headache is very common (present in 80% of flu cases).
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.