



IS IT A **Cold** OR THE **Flu**?

SYMPTOMS	COLD	FLU
FEVER	Rare	Usual; high (100°F to 102°F, occasionally higher, especially in young children); lasts 3 to 4 days
HEADACHE	Rare	Common
GENERAL ACHES, PAINS	Slight	Usual; often severe
FATIGUE, WEAKNESS	Sometimes	Usual; can last up to 2 to 3 weeks
EXTREME EXHAUSTION	Never	Usual; at the beginning of the illness
STUFFY NOSE	Common	Sometimes
SNEEZING	Usual	Sometimes
SORE THROAT	Common	Sometimes
CHEST DISCOMFORT, COUGH	Mild to moderate; hacking cough	Common; can become severe
TREATMENT	<ul style="list-style-type: none"> ■ Antihistamines ■ Decongestants ■ Nonsteroidal anti-inflammatory medicines 	<ul style="list-style-type: none"> ■ Antiviral medicines—see your healthcare provider
PREVENTION	<ul style="list-style-type: none"> ■ Wash your hands often with soap and water ■ Avoid close contact with anyone who has a cold 	<ul style="list-style-type: none"> ■ Annual vaccination ■ Antiviral medicines—see your healthcare provider
COMPLICATIONS	<ul style="list-style-type: none"> ■ Sinus infection ■ Middle ear infection ■ Asthma 	<ul style="list-style-type: none"> ■ Bronchitis, pneumonia ■ Can worsen chronic conditions ■ Can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children, and pregnant women.



National Institute of
Allergy and
Infectious Diseases