



## Is It a Cold or the Flu?

<b><u>Symptoms</u></b>	<b><u>Cold</u></b>	<b><u>flu</u></b>
<b>Onset of Illness</b>	<b>Slow</b>	<b>Sudden</b>
<b>Fever</b>	<b>Rare</b>	<b>Frequent, high (102-104F); lasts 3-4days</b>
<b>Headache</b>	<b>Rare</b>	<b>Common</b>
<b>Body aches</b>	<b>Rare or mild</b>	<b>Common, often severe</b>
<b>Fatigue/weakness</b>	<b>Mild</b>	<b>Common, up to 3 weeks</b>
<b>Stuffy nose</b>	<b>Common</b>	<b>Sometimes</b>
<b>Sneezing</b>	<b>Usual</b>	<b>Sometimes</b>
<b>Sore throat</b>	<b>Common</b>	<b>Sometimes</b>
<b>Cough</b>	<b>Mild</b>	<b>Common, can become severe</b>
<b>Congestion</b>	<b>Common</b>	<b>Sometimes</b>
<b>Diarrhea</b>	<b>No</b>	<b>Sometimes</b>
<b>Vomiting</b>	<b>No</b>	<b>Sometimes</b>
<b>Chills</b>	<b>No</b>	<b>Common</b>
<b>Appetite</b>	<b>Normal</b>	<b>Decreased</b>
<b>Complications</b>	<b>sinus congestion Or earache</b>	<b>Bronchitis, Pneumonia; can be life threatening</b>
<b>Prevention</b>	<b>Hand washing</b>	<b>Hand washing, flu vaccine</b>