

# "Is it a cold or is it the flu?"



| Symptoms               | Cold   | Flu   |
|------------------------|--|---|
| Fever                  | Rare in adults and older children, but can be as high as 102°F in infants and small children | usually quite high (up to 102°F, but can go up to 104°F) and usually lasts 3-4 days |
| Headache               | Rare   | Sudden onset and can be severe  |
| Muscle Aches           | Mild   | usual, and often severe   |
| Tiredness and Weakness | Mild   | Often extreme, and can last two or more weeks                                       |
| Extreme Exhaustion     | Never  | Sudden onset and can be severe  |
| Runny Nose             | often  | Sometimes   |
| Sneezing               | often  | Sometimes   |
| Sore Throat            | often  | Sometimes   |
| Cough                  | Mild   | hacking cough usual, and can become severe  |