










COLD VS. FLU

SYMPTOMS		COLD	FLU
 Fever		Rare	High (100-102 F) Can last 3-4 days
 Headache		Rare	Intense
 General Aches, Pains		Slight	Usual, often severe
 Fatigue, Weakness		Mild	Intense, Can last up to 2-3 weeks
 Extreme Exhaustion		Never	Usual (starts early)
 Stuffy Nose		Common	Sometimes
 Sneezing		Usual	Sometimes
 Sore Throat		Common	Common
 Cough		Mild to moderate	Common, Can become severe

Sources: National Institute of Allergy and Infectious Diseases. CDC.