



## Is it a COLD, or THE FLU?!?



Symptoms	Cold	Flu
ACHES	Slight body aches and pains	Moderate to severe body aches and pains
CHEST DISCOMFORT	Mild to moderate	OFTEN SEVERE
CHILLS	NO	YES-60% of flu cases
COUGHING	A hacking productive (mucus-producing) cough is present	DRY COUGH
FEVER	99°- 101° F	100°- 105° F
HEADACHE	NO	YES-80% Of flu cases
SNEEZING	YES	NO
SORE THROAT	YES	YES
STUFFY NOSE	YES-Usually goes away within a week	NO-Uncommon in flu cases
SUDDEN SYMPTOMS	NO-Usually develops over several days	YES-Usually rapid onset within 3-6 hours. The flu hits hard and includes high fever, aches & pains
TIREDNESS	MILD	MODERATE –SEVERE