

COLD OR FLU?

The flu and the common cold are both respiratory illnesses, but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference. See your healthcare provider for testing, diagnosis, and treatment.

SIGNS AND SYMPTOMS	Influenza	Cold
Symptom Onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue/Weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common, can be severe	Mild to moderate; hacking cough
Headache	Common	Rare

Prevent the spread of respiratory illnesses



Cover your
coughs and
sneezes



Avoid touching
your face with
unwashed
hands



Avoid close
contact with
sick people



Stay home if
you are ill.



Wash your
hands often with
soap and water



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