

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