

# Do I Have A Cold Or The Flu?

Symptoms	Cold	Flu
Fever	Rare	Usually; high (100° to 102°, occasionally higher, especially in young children); lasts 3 to 4 days.
Headache	Rare	Common
General Aches, Pains	Slight	Usually; often severe
Fatigue, Weakness	Sometimes	Usually; often lasts up to 2 to 3 weeks.
Extreme Exhaustion	Never	Usually; at the beginning of the illness.
Stuffy Nose	Common	Sometimes
Sneezing	Usually	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
<b>TREATMENT</b>	<ul style="list-style-type: none"> <li>◊ Antihistamines</li> <li>◊ Decongestants</li> <li>◊ Nonsteroidal anti-inflammatory medications</li> </ul>	<ul style="list-style-type: none"> <li>◊ Antiviral medication- see your health care provider.</li> </ul>
<b>PREVENTION</b>	<ul style="list-style-type: none"> <li>◊ Wash your hands with soap and water.</li> <li>◊ Avoid close contact with anyone who has a cold.</li> <li>◊ Avoid close contact with anyone who has the flu or is ill.</li> </ul>	<ul style="list-style-type: none"> <li>◊ Annual flu vaccine.</li> <li>◊ Antiviral medications- see your health care provider.</li> </ul>
<b>COMPLICATION</b>	<ul style="list-style-type: none"> <li>◊ Sinus infection</li> <li>◊ Middle ear infection</li> <li>◊ Asthma issues</li> </ul>	<ul style="list-style-type: none"> <li>◊ Bronchitis, pneumonia</li> <li>◊ Can worsen chronic conditions</li> <li>◊ Can be life-threatening.</li> <li>◊ Complications more likely in the elderly, those with chronic conditions, young children, and pregnant women.</li> </ul>

Source: National Institute of Allergy and Infectious Disease