KAUST Health, Safety and Environment | Occupational Health

Is it The Cold or Flu? Fact Sheet



SIGNS AND SYMPTOMS **INFLUENZA** COLD SYMPTOM ONSET ABRUPT GRADUAL **USUAL: LASTS 3-4 DAYS** FEVER RARE USUAL, OFTEN SEVERE ACHES SLIGHT CHILLS FAIRLY COMMON UNCOMMON FATIGUE; WEAKNESS USUAL SOMETIMES SOMETIMES SNEEZING COMMON **STUFFY NOSE** SOMETIMES COMMON SORE THROAT SOMETIMES COMMON CHEST DISCOMFORT, COUGH COMMON; CAN BE SEVERE MILD TO MODERATE; HACKING COUGH HEADACHE COMMON RARE



Taken from: CDC

Questions or comments? Please contact us at hse@kaust.edu.sa