

## Is it The Cold or Flu? Fact Sheet

## 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



Taken from: CDC