

COLD vs FLU?

SYMPTOM	COLD	FLU
FEVER	Fever is pretty rare with a cold.	Fever is usually present with the flu. A temperature of 101° F or higher for 3 to 4 days is associated with the flu.
ACHES	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
CHILLS	Chills are uncommon with a cold.	Chills are fairly common in most flu cases. Chills and shivering are a normal reaction to a cold environment, but unexplained chills can also be a sign of the flu.
TIREDNESS	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu. It's normal to feel tired at the end of a long day or when you don't get adequate sleep, but unexplained tiredness can be a sign of the flu.
SUDDEN SYMPTOMS	Cold symptoms are not sudden and develop over a few days.	The flu has a rapid onset with 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
COUGHING	A hacking, productive (mucus producing) cough is often present with a cold.	A dry, nonproductive cough that does not produce mucus is usually present with the flu.
SNEEZING	Sneezing is commonly present with a cold.	Sneezing is not as common, but can accompany the flu.
STUFFY or RUNNY NOSE	A stuffy or runny nose usually accompanies a cold and typically resolves spontaneously within a week.	Stuffy or runny nose can be present with the flu.
SORE THROAT	Sore throat is commonly present with a cold. A sore throat is pain and inflammation in the throat that usually comes with a cold.	Sore throat is not as common, but can be present with the flu.
CHEST DISCOMFORT	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu. Chest discomfort is pain or abnormal sensations that you feel anywhere along the front of your body between your neck and upper abdomen.
HEADACHE	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.

DISCLAIMER:

This is not a substitute for a professional, on-site medical diagnosis. Visit your doctor or other healthcare professional for an accurate diagnosis of the flu or cold.