

Is it a Cold, or is it the Flu?

Do you know the difference between a **Cold and the Flu?**

- Cold** - A viral infection of the nose and throat.
Symptom: coughing and sore throat.
- Flu** - A more severe viral infection.
Symptom: sudden onset of fever, cough, chills, and aches and pains.

Test your knowledge of the symptoms

Symptoms

Tiredness/Weakness
Fever
Chest Discomfort
Stuffy Nose
Aches and Pains
Headache
Sneezing
Extreme Exhaustion
Sore Throat
Cough

Cold

Very Mild
Rare
Mild to Moderate
Common
Slight
Rare
Usual
Never
Common
Hacking can become severe

Flu

Can Last 2 to 3 weeks
Characteristic, high > 101°F, 3-4 days
Common
Sometimes
Usual, Often Severe
Prominent
Sometimes
Early and Prominent
Sometimes
Non-productive