

## COLD OR FLU?

Learn the differences between influenza symptoms and those of a common cold.

Symptoms	Cold	Flu
<i>Fever</i>	<i>Rare</i>	<i>Usual; high (100°F to 102°F; occasionally higher, especially in young children); lasts 3-4 days</i>
<i>Headache</i>	<i>Rare</i>	<i>Common</i>
<i>General aches, pains</i>	<i>Slight</i>	<i>Usual; often severe</i>
<i>Fatigue, weakness</i>	<i>Sometimes</i>	<i>Usual; can last up to 2-3 weeks</i>
<i>Extreme exhaustion</i>	<i>Never</i>	<i>Usual; especially at the beginning of the illness</i>
<i>Stuffy nose</i>	<i>Common</i>	<i>Sometimes</i>
<i>Sneezing</i>	<i>Usual</i>	<i>Sometimes</i>
<i>Sore throat</i>	<i>Common</i>	<i>Sometimes</i>
<i>Chest discomfort, cough</i>	<i>Mild to moderate hacking cough</i>	<i>Common; can become severe</i>

Source: UN/CDC/WTO