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**COLD or FLU?**

|  |  |  |
| --- | --- | --- |
| **Symptoms** | **Cold** | **Flu** |
| Fever | Rare | Typically 100.0-102.0 F |
| Headache | Rare | Common |
| General Aches and Pains | Slight | Usual, Often Severe |
| Fatigue, Weakness | Sometimes | Usual, Up to 2-3 weeks |
| Extreme Exhaustion | Never | Usual, at beginning of illness |
| Stuffy Nose | Common | Sometimes |
| Sneezing | Usual | Sometimes |
| Sore Throat | Common | Sometimes |
| Chest Discomfort Cough | Mild-Moderate, Hacking Cough | Common, Can be Severe |
| Treatment | Antihistamines (Benadryl, Claritin, etcDecongestants (Sudafed)Anti-Inflammatory Meds (Motrin, Advil, Aleve) | Antiviral Medicines—Prescribed |
| Prevention | Wash hands oftenAvoid close contact with anyone who has a cold | Annual vaccination |
| Complications | Sinus congestionMiddle ear infectionAsthma exacerbation | BronchitisPneumoniaCan be life-threatening |

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