

IS IT A COLD OR A FLU?

SYMPTOM	COLD	FLU
Sore Throat	Usually one of the first symptoms	Occasionally, but not always
Fever	Uncommon; may signal some other condition or bacterial infection	Usually a high temperature (38 °C to 40 °C/100.4 °F to 104 °F); lasts 3 to 4 days
Runny, stuffy nose	Very common	Often occurs
Sneezing	Very common	Sometimes, but not always
Chest cough/ congestion	Occurs only in a mild form; not always present	Very often; can be severe
Headache	Uncommon, unless there's a sinus or ear infection	Commonly seen
Body aches	Any bodily discomfort is usually mild	Typical all-over pain, including sore bones and muscles
Fatigue	Usually not associated with a cold	Very common; can linger for weeks after a flu episode
Complications	Sinusitis, ear infections	Bronchitis, pneumonia; can be life-threatening
Medical Prevention	None	Annual vaccination
Treatment	Symptom relief with OTC medications	Relenza or Tamiflu (available by prescription)