

# IS IT A COLD OR FLU?

| Signs and Symptoms      | Cold             | Flu           |
|-------------------------|------------------|---------------|
| Symptom onset           | Gradual          | Abrupt        |
| Fever                   | Rare             | Usual         |
| Aches                   | Slight           | Usual         |
| Chills                  | Uncommon         | Fairly common |
| Fatigue, weakness       | Sometimes        | Usual         |
| Sneezing                | Common           | Sometimes     |
| Stuffy nose             | Common           | Sometimes     |
| Sore throat             | Common           | Sometimes     |
| Chest discomfort, cough | Mild to moderate | Common        |
| Headache                | Rare             | Common        |

#FIGHT FLU

