



Is it Flu or a Cold?

Symptom	Cold (Upper respiratory infection)	Flu (Influenza)
Fever	Fever is rare	Fever of 100 degrees F is usually present
Coughing	A hacking, productive (mucus-producing) cough	A non-productive/dry (non-mucus producing) cough
Aches	Slight body aches and pains	Severe aches and pains
Stuffy Nose	Stuffy nose is commonly present and usually lasts a week	Stuffy nose is not common.
Chills	Chills are uncommon	Chills are often present
Tiredness	Tiredness is fairly mild	Tiredness is moderate to severe
Sneezing	Sneezing is common	Sneezing is not common
Symptoms	Symptoms develop gradually	Symptoms occur quickly
Headache	A headache is uncommon	A headache is very common
Sore Throat	Sore throat is usually present	Sore throat is uncommon
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe



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