

COLD



FLU

| Symptoms | Cold | Flu |
|-------------------------------|---|---|
| Fever | Rare in adults and older children Can be up to 102F in infants and small children. | Usually 102F can go up 104F Usually lasts 3-4 days |
| Headache | Rare | Sudden onset - Can be severe |
| Muscle Aches | Mild | Usual - Often severe |
| Tiredness and Weakness | Mild | Often extreme Can last 2 or more weeks |
| Extreme Exhaustion | Never | Sudden onset - Can be severe |
| Runny Nose | Often | Sometimes |
| Sneezing | Often | Sometimes |
| Sore Throat | Often | Sometimes |
| Cough | Mild hacking cough | Usual - Can become severe |