

Is it a Cold or Influenza?

Similarities & Differences between the common cold and the flu

Symptoms	Cold	Influenza or “flu” Applies to both regular seasonal flu and H1N1 (swine) flu
Fever of 100 degrees or more	Not common	Present in almost all cases; Can be high (102°F or more) & last 3-4 days.
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	No	Early and prominent
Nausea, vomiting, diarrhea	Rare	In children or in H1N1 (Swine flu)
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, cough	Mild to moderate	Common; can be severe
Complications	Sinus congestion or earache	Bronchitis; pneumonia; can be life-threatening
Prevention	Hand Washing, cover coughs and sneezes, good nutrition, rest, no smoking.	Vaccination; Hand Washing, cover coughs and sneezes, good nutrition, rest, no smoking.
Treatment	Self care, rest, fluids, medications provide only temporary relief of symptoms	Self care, rest, fluids fluids, acetaminophen or ibuprofen for fever & aches; antiviral medicines only after medical evaluation reveals severe illness or medical complication risks
Fatalities	Not reported	Well recognized