

Battling the Cold or the Flu?

Symptoms

Fever

Cold

none or low grade

Flu

common and high
(102-104 F); lasting 3-4 days
almost always
often severe
extreme exhaustion is early
and severe; can last 2-3 weeks

Headache

none or mild

General aches and pains

mild, if at all

Fatigue, exhaustion and weakness

mild, if at all

Stuffy nose

nearly always

Sneezing

very common

Sore throat

common

Chest discomfort and cough

mild to moderate hacking cough

sometimes
sometimes
sometimes
common, can be severe