



IS IT A COLD OR INFLUENZA?



COLD

SYMPTOM

INFLUENZA

rare

FEVER

usual high fever 102°F/39°C to 104°F/40°C) sudden onset, lasts 3-4 days

rare

HEADACHE

usual - can be severe

sometimes, mild

GENERAL ACHES & PAINS

usual - often severe

sometimes, mild

FATIGUE & WEAKNESS

usual, severe, may last 2-3 weeks or more

unusual

EXTREME FATIGUE

usual, early onset - can be severe

common

RUNNY, STUFFY NOSE

common

common

SNEEZING

sometimes

common

SORE THROAT

common

sometimes, mild to moderate

CHEST DISCOMFORT, COUGHING

usual - can be severe

can lead to sinus congestion or earache

COMPLICATIONS

can lead to pneumonia and respiratory failure; can worsen a chronic condition; can be life-threatening