

Flu vs. Cold

Symptoms, Prevention and Treatment

Symptom	Flu	Cold
Fever	Very common, >102 F (lasts 3-4 days)	Rare
Headache	Common-often severe	mild
Body aches	Very common - severe	mild if present
Weakness, Fatigue	Common early symptom	mild if present
<i>Extreme</i> Exhaustion	Common early symptom	Very rare
Sore throat	Common early symptom	very common
Nasal Congestion	Common	very common
Sneezing	Sometimes	Very Common
Cough	Common-may be severe	Mild hacking cough
Chest Congestion	Common- may be severe	Mild-gradual onset
Pleurisy	Common- may be severe	Mild-gradual onset
Appetite	Decreased	Normal
Nausea & Vomiting	Sometimes	Rare
Complications	Pneumonia, dehydration, Bronchitis. Can be life-threatening.	Otitis Media, sinusitis
Onset	Sudden	Gradual
Prevention	Annual vaccination, possibly wearing a surgical mask, hand washing, cleaning of surfaces with an anti-microbial cleanser. Carry and use alcohol-based hand sanitizer.	Hand washing, cleaning of surfaces with an anti-microbial cleanser. Carry and use alcohol-based hand sanitizer.
Treatment	If appropriate, antiviral medication-i.e. Tamiflu (taken within 48 hours after onset of symptoms); OTC Motrin/Tylenol for fever and general malaise.	OTC meds for treatment of specific symptoms.