

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 and pains	usual – often severe
sometimes, mild	fatigue and 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 current chronic condition; can be life-threatening
<ul style="list-style-type: none"> • wash hands frequently • cough / sneeze into your sleeve 	PREVENTION	<ul style="list-style-type: none"> • annual vaccination • wash hands frequently • cough / sneeze into your sleeve