

# 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



**Lower your flu risk. Talk with your doctor, nurse, pharmacist or local public health unit about influenza immunization.**