

## Cold vs. Flu Symptoms

Signs and Symptoms	Influenza	Common Cold
Symptom onset	Abrupt	Gradual
Fever	Abrupt onset ; commonly 100 to 102°F lasting 3-4 days *Not everyone will have fever, especially elderly	Rare
Muscle Aches	Common; often severe	Rare
Chills	Common	Slight
Fatigue/weakness	Common; may last 2 to 3 weeks, especially in elderly	Sometimes; usually mild
Extreme exhaustion	Common	Never
Sneezing	Sometimes	Common
Stuffy Nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort or cough	Common; may be severe	Common; mild to moderate hacking cough
Headache	Common	Rare
Complications	Pneumonia; worsening of chronic underlying conditions, secondary bacterial infection, encephalopathy, myocarditis, myositis; can be rapidly progressive and life-threatening	Sinus congestion, earache