

Do You Have a Cold or the Flu?

SYMPTOM	COLD	SEASONAL FLU
How Do You Feel?	Tends to start slow and get worse over a few days. You feel lousy, but it usually doesn't disrupt your life.	Can develop rapidly or over 1-5 days. It hits you harder, making you feel wiped out and unable to do your normal daily routine.
Fever	Not common	Common, however not everyone will get a fever
Coughing	Dry or wet, non-productive, hacking cough often present, often worse at night	A dry or wet, productive, mucus-producing cough is often present
Aches	Slight body aches and pains can be present	Moderate to severe aches common
Stuffy Nose	Common, typically resolves within a week	Sometimes present
Chills & Sweats	Not common	Mild to moderate
Tiredness	None to mild lack of energy	Moderate to severe lack of energy
Sneezing	Commonly present	Depends on flu strain
Headache	Not common	Common
Sore Throat	Common	Depends on flu strain
Nausea	Not common	Sometimes
Chest Discomfort	Mild to moderate	Moderate to severe
Complications	Generally does not result in serious health problems	May exacerbate chronic conditions, such as asthma or cardiac issues, or result in other health complications

Think you have the flu? Contact your doctor's office to discuss your care, especially if you are 65+; have an existing health condition like asthma, diabetes, heart or immunity issues; or if you are pregnant.

