



Is it Flu or a Cold?

SIGNS & SYMPTOMS	FLU	COLD
Onset	Sudden	Gradual
Fever	Characteristic: high (over 101 degrees F); lasting 3 to 4 days	Rare
Cough	Dry (can become severe)	Hacking
Headache	Prominent	Rare
Myalgia (muscle aches and pains)	Usual (often severe)	Slight
Tiredness and weakness	Can last up to 2 to 3 weeks	Very mild
Extreme exhaustion	Early and prominent	Never
Chest discomfort	Common	Mild to moderate
Stuffy nose	Sometimes	Common
Sneezing	Sometimes	Usual
Sore throat	Sometimes	Common

For more information:

- Bristol-Burlington Health District - www.bbhd.org/
- Centers for Disease Control and Prevention - www.cdc.gov/h1n1flu/
- State of CT Department of Public Health - www.ct.gov.dph/site/default.asp



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