

## Not Sure Which One You Have?

Is It a Cold or Is It the Flu? Check Your Symptoms

WebMD Public Information from the National Institute of Allergy and Infectious Diseases

SYMPTOMS	COLD	FLU
Fever	Rare	Characteristic, high (102-104F); lasts 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
Prevention	None	Annual vaccination; amantadine or rimantadine (antiviral drugs)
Treatment	Only temporary relief of symptoms	Amantadine or rimantadine within 24-48 hours after onset of symptoms

SOURCE: The National Institute of Allergy and Infectious Diseases, April 2001.