

# Cold or Flu?

Symptom	Cold	Flu
<b>Fever</b>	Fever is pretty rare with a cold.	Fever is usually present with the flu. 80% of flu cases include a fever. A temperature of 100 F or higher for 3 to 4 days is associated with the flu.
<b>Aches</b>	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
<b>Chills</b>	Chills are uncommon with a cold.	Chills are fairly common in most flu cases. 60% of flu cases include chills. Chills and shivering are a normal reaction to a cold environment, but unexplained chills can also be a sign of the flu.
<b>Tiredness</b>	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu. It's normal to feel tired at the end of a long day or when you don't get adequate sleep, but unexplained tiredness can be sign of the flu.
<b>Sudden Symptoms</b>	Cold symptoms are not sudden and develop over a few days.	The flu can start suddenly; within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
<b>Coughing</b>	A hacking, productive (mucus producing) cough is often present with a cold.	A non-productive cough that does not produce mucus is usually present with the flu. Dry cough is present in 80% of flu cases.
<b>Sneezing</b>	Sneezing is commonly present with a cold.	Sneezing is not commonly present with the flu.
<b>Stuffy Nose</b>	A stuffy nose usually accompanies a cold and typical goes away within a week.	Stuffy nose is not commonly present with the flu.
<b>Sore Throat</b>	Sore throat is commonly present with a cold. A sore throat is pain and inflammation in the throat that usually comes with a cold.	Sore throat can also be present with the flu.
<b>Chest Discomfort</b>	Chest discomfort is mild and moderate with a cold.	Chest discomfort is often severe with the flu. Chest discomfort is pain or abnormal sensations that you feel anywhere along the front of your body between your neck and abdomen.
<b>Headache</b>	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.



Information courtesy of:  
FluFacts.com



**Disclaimer:**  
This is not a substitute for professional, on-site medical diagnosis. Visit your doctor or other healthcare professional for an accurate diagnosis of the flu or cold.