

# Is it the Flu or the Common Cold?

This chart is a guideline and does not absolutely define the differences between colds and the flu.

Symptom	Common Cold	Influenza
Onset	Symptoms develop over several days.	Symptoms develop over several hours.
Fever	Fever is rare with the common cold.	Fever is present in almost all cases, usually between 100°-102°F, with 3-4 days duration.
Coughing	A hacking, mucous-producing cough is often present.	A dry cough is usually present in the early stages, but can become productive in later stages.
Sneezing	Commonly present	Usually absent
Stuffy Nose	Commonly present	Not usually present
Sore Throat	Frequently present	Not usually present
Body Aches and Pains	Not present or mild	Moderate to severe
Chills	Uncommon	Very common
Fatigue	Mild	Moderate to severe
Headache	Uncommon, usually absent	Very common
Chest Discomfort	Usually not present, or mild	Often severe
Nausea, Vomiting and Diarrhea	Uncommon, usually absent	One or more of these symptoms can be present.

