



Cold or Flu?

Use the checklist below to help determine if it's a cold or the flu.

(Seasonal flu and H1N1 flu have the same symptoms)

SYMPTOM	COLD	FLU
Fever	Rare	Usually high (100°F - 102°F)
Headache	Rare	Common
General aches and pains	Slight	Common, often severe
Fatigue, weakness	Sometimes	Common, up to 2-3 weeks
Extreme exhaustion	Never	Common, at illness onset
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild - Moderate hacking cough	Common, can be severe
Treatment	Antihistamines, decongestants, Non-steroidal anti-inflammatory medication	Antiviral medication prescribed by a doctor (Tamiflu or Relenza)
Prevention	Wash hands often Avoid close contact with ill people	Annual vaccine Wash hands often Avoid close contact with ill people
Complications	Sinus Congestion Middle ear infection Asthma	Bronchitis Pneumonia, can be life threatening

