



Differences between cold and flu symptoms

SYMPTOM	COLD	FLU
Fever	Fever is rare with a cold	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills .
Tiredness/Fatigue	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days .	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
Sore throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

For further information, contact the Oklahoma City-County Health Department (405) 425-4362

Learn more at <http://www.occhd.org/health/flu>

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