

Difference Between Cold and Flu Symptoms

Can you tell the difference between the symptoms of a common cold and seasonal flu? Some of the general differences are listed below.

Know what to look for and how to help prevent the flu.

Symptom:	Cold	Seasonal 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 typically 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.	Moderate to 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	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.
Onset of Symptoms	Cold symptoms tend to develop over a few days.	The flu typically 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	Chest discomfort is mild to moderate	Chest discomfort is often severe with the flu.

Protection Against Influenza

1. Get immunized.

Getting the seasonal influenza vaccine is the most important step in preventing flu viruses.

2. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.

3. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

4. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

5. Clean your hands.

Washing your hands often will help protect you from germs.

6. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

7. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

8. Take antiviral drugs only if your doctor prescribes them.

Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. These drugs must be taken within two days of symptoms.

Source: www.UtahFluFighters.org