

Is it a cold or the flu?



People often mistakenly say they have the “flu” when they actually have a common cold. Influenza (the “flu”) is more serious than the common cold. The following table shows some of the differences between the two.

Symptoms	Cold	Flu
Fever	Rare in adults and older children. Can be as high as 102°F / 38.9°C in infants and small children.	Usually 102°F / 38.9°C but can go up to 104°F / 40°C. Usually lasts 3 to 4 days.
Headache	Rare	Appears suddenly and can be severe
Muscle aches	Mild	Usual, and often severe
Tiredness and weakness	Mild	Often extreme and can last two or more weeks
Extreme exhaustion	Never	Appears suddenly and can be severe
Runny nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore throat	Often	Sometimes
Cough	Mild hacking cough	Usual, and can become severe