

INFLUENZA *or a* COLD? Last Updated 12/8/10

SYMPTOM	INFLUENZA (FLU)	COLDS (VIRAL URI)
Fever	Usually present and high (102-104°F or 39-40°C); typically lasts 3-4 days	Varies, typically low-grade
Chills	Common	Uncommon
Headache	Very Common	Uncommon
Aches and pains, muscle aches, chest discomfort	Very Common	Uncommon
Fatigue and weakness	Moderate - severe; can last up to 14-21 days	Mild
Extreme exhaustion	Very common early in illness	Extremely rare
Stuffy or runny nose	Common	Very Common
Sneezing	Sometimes	Common
Sore throat	Common	Common
Cough: Character	Non-productive ("dry") cough is typical	Hacking cough, often; Usually productive; Responds to cough medications
Cough: Severity	Moderate	Mild to Moderate
Cough: Duration	Typically 3-7 days; occasionally to 14 days	Typically 3-7 days
Cough: Paroxysms (coughing fits)	Uncommon	Rare
Infectious period	1 day before symptoms onset and 3-7 days after	Variable; typically 4-7 days after symptoms onset; can be longer