



## Is it Flu or a Cold?

Symptom	Cold (Upper respiratory infection)	Flu (Influenza)
<b>Fever</b>	Fever is <b>rare</b>	Fever of 100 degrees F is usually <b>present</b>
<b>Coughing</b>	A hacking, <b>productive</b> (mucus-producing) cough	A <b>non-productive/dry</b> (non-mucus producing) cough
<b>Aches</b>	<b>Slight</b> body aches and pains	<b>Severe</b> aches and pains
<b>Stuffy Nose</b>	Stuffy nose is commonly <b>present and usually lasts a week</b>	Stuffy nose is <b>not</b> common.
<b>Chills</b>	Chills are <b>uncommon</b>	Chills are <b>often</b> present
<b>Tiredness</b>	Tiredness is fairly <b>mild</b>	Tiredness is <b>moderate to severe</b>
<b>Sneezing</b>	Sneezing is <b>common</b>	Sneezing is <b>not</b> common
<b>Symptoms</b>	Symptoms develop <b>gradually</b>	Symptoms occur <b>quickly</b>
<b>Headache</b>	A headache is <b>uncommon</b>	A headache is <b>very common</b>
<b>Sore Throat</b>	Sore throat is usually <b>present</b>	Sore throat is <b>uncommon</b>
<b>Chest Discomfort</b>	Chest discomfort is <b>mild</b> to moderate with a cold.	Chest discomfort is often <b>severe</b>



**BRISTOL-BURLINGTON HEALTH DISTRICT**  
 240 Stafford Avenue, Bristol, Connecticut 06010-4617  
 Tel. (860) 584-7682 • Fax (860) 584-3814

[www.bbhd.org](http://www.bbhd.org)