



# Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100.4°F to 102°F) is typical; lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe and sudden
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
<b>Treatment</b>	Antihistamines Decongestants Advil® (ibuprofen) or Tylenol® (acetaminophen) or Aleve® (naproxen)	Advil® (ibuprofen) or Tylenol® (acetaminophen) or Aleve® (naproxen); Antivirals only as advised by physician
<b>Prevention</b>	Wash your hands often; Avoid others with a cold	Vaccination; wash your hands; cover your cough; stay home if ill
<b>For more information:</b>	Visit <a href="http://www.usf.edu/H1N1/">www.usf.edu/H1N1/</a>	Centers for Disease Control <a href="http://www.cdc.gov/h1n1flu">www.cdc.gov/h1n1flu</a>