

How do I know if I have a cold or the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Typically, the flu (also known as influenza) has symptoms that make a child feel worse than symptoms associated with a common cold, but it's not always that easy to tell the difference between the two.

To help determine whether you are fighting the flu or combating a cold, review the following:

SYMPTOM	COLD	FLU
Coughing	A hacking, productive cough (mucus-producing).	A non-productive cough (non-mucous producing).
Stuffy Nose	Stuffy nose that typically resolves spontaneously within a week.	Not commonly present.
Sneezing	Sneezing is common.	Not commonly present.
Sore Throat	Sore throat is common.	Not commonly present.
Fever	Not commonly present.	Fever is usually present (temperatures from 100 degrees or higher for 3-4 days).
Aches	Slight body aches and pains can be part of a cold.	Sever aches and pains are common with the flu.
Chills	Not commonly present.	60% people with the flu experience chills.
Tiredness	Tiredness is fairly mild.	Tiredness is moderate to sever with the flu
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and included symptoms like high fever, aches and pains.
Headache	Not commonly present.	A headache is very common (present 80% of flu cases).

Additional flu information: <http://www.flu.gov/>