

# Is it a cold or influenza?

<b>COLD</b>	<b>SYMPTOM</b>	<b>INFLUENZA</b>
rare	<b>fever</b>	usual high fever (102° f/39 °c to 104°f/40°c) – sudden onset, lasts 3-4 days
rare	<b>headache</b>	usual – can be severe
sometimes, mild	<b>muscle aches and pains</b>	usual – often severe
sometimes, mild	<b>tiredness and weakness</b>	usual, severe, may last 2-3 weeks or more
unusual	<b>extreme fatigue</b>	usual early onset – can be severe
common	<b>runny, stuffy nose</b>	common
common	<b>sneezing</b>	sometimes
common	<b>sore throat</b>	common
sometimes, mild to moderate	<b>chest discomfort, coughing</b>	usual – can be severe
can lead to sinus congestion or earache	<b>complications</b>	can lead to pneumonia and respiratory failure; can worsen a current chronic condition; can be life-threatening
<ul style="list-style-type: none"> <li>• wash hands frequently</li> <li>• cough / sneeze into your sleeve</li> </ul>	<b>PREVENTION</b>	<ul style="list-style-type: none"> <li>• <b>annual vaccination</b></li> <li>• wash hands frequently</li> <li>• cough / sneeze into your sleeve</li> </ul>