

Symptom	COLD vs. FLU	
	Cold	Flu
Fever	None or low grade (below 100° F)	Always lasts 3 – 4 days
Chills	Rare	Common
Headaches	Absent or mild	Common
Body aches	Common	Common, often severe
Fatigue/weakness	Mild	Often extreme, may last 2 - 3 weeks
Cough	Common Dry/hacking	Common Mucus-producing, may become severe
Runny, stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Sneezing	Common	Rare
Prevention	None	<ul style="list-style-type: none"> <li>• Annual vaccination for influenza types A and B.</li> <li>• Prescription antiviral medication, rimantadine or amantadine, for influenza type A only in adults and children.</li> </ul>
Treatment	Only temporary, symptomatic relief from cough/cold medicine	Prescription antiviral medication, rimantadine or amantadine, for influenza type A only in adults.
Complications	Sinus congestion	<ul style="list-style-type: none"> <li>• Earache, bronchitis</li> <li>• Pneumonia, meningitis</li> <li>• Possibly life-threatening for high-risk individuals.</li> </ul>
<b>Source: Forest Laboratories, Inc.</b>		