

Is it a cold or influenza?

Cold	Symptom	Influenza
rare	fever	usual high fever (102°F/39°C to 104°/40°C) sudden onset, lasts 3-4 days
rare	headache	usual - can be severe
sometimes - mild	general aches and pains	usual - often severe
unusual	extreme fatigue	usual early onset - can be severe
common	runny, stuffy nose	common
common	sneezing	sometimes
common	sore throat	common
sometimes - mild to moderate	chest discomfort, coughing	usual - can be severe
can lead to sinus congestion or earache	Complications	can lead to pneumonia and respiratory failure; can worsen a current chronic condition; can be life threatening

- Wash hands frequently
- Cough/sneeze into your sleeve

Prevention

- **Annual vaccination**
- Wash hands frequently
- Cough/sneeze into your sleeve