

# Is it a Cold or the Flu?

## Symptoms

## Cold



## Flu



<b>Fever</b>	<b>Rare</b>	<b>Yes, often high (102 – 104°F); lasts 3-5 days</b>
<b>Headache</b>	<b>Rare</b>	<b>Yes, sudden and can be severe</b>
<b>Aches/pains</b>	<b>Mild</b>	<b>Usual, often severe</b>
<b>Fatigue/weakness</b>	<b>Mild</b>	<b>Yes, sudden and can last 2-3 weeks</b>
<b>Extreme exhaustion</b>	<b>Never</b>	<b>Yes</b>
<b>Stuffy nose</b>	<b>Common</b>	<b>Sometimes</b>
<b>Sneezing</b>	<b>Common</b>	<b>Sometimes</b>
<b>Sore throat</b>	<b>Common</b>	<b>Sometimes</b>
<b>Chest discomfort/cough</b>	<b>Mild, hacking cough</b>	<b>Common, can be severe</b>



For more information visit: [www.nj.gov/flu](http://www.nj.gov/flu)

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