



Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100.4°F to 102°F) is typical; lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe and sudden
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Nausea, Vomiting, Diarrhea	Never	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Treatment	Antihistamines Decongestants Advil® (ibuprofen) or Tylenol® (acetaminophen) or Aleve® (naproxen)	Advil® (ibuprofen) or Tylenol® (acetaminophen) or Aleve® (naproxen); Antivirals only as advised by physician Stay home if ill
Prevention	Avoid any contact with those who are sick; wash your hands often	Vaccination; wash your hands; cover your cough; avoid contact with those who are sick
For more information:	www.unh.edu/health-services	Centers for Disease Control www.cdc.gov/h1n1flu