

Flu vs. Cold Symptoms

Both the flu and cold are caused by viruses and are respiratory illnesses with different symptoms. Please use the chart below to help in distinguishing between the flu and a common cold.

Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual: lasts 3-4 days	Rare
Aches	Usual: often severe	Slight
Chills	Fairly common	Uncommon
Fatigue/ Weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore Throat	Sometimes	Common
Chest discomfort, Cough	Common: can be severe	Mild to Moderate: Hacking cough
Headache	Common	Rare
Vomiting and/ or Diarrhea	Common	Rare

Please feel free to contact the Nurse's Office at 603.595.1570 x 1400 with questions or concerns