

## Fact Sheet

# Influenza:

Is it a “Cold” or “Flu”?

SYMPTOMS	COLD	FLU
<b>Fever</b>	Rare	Common
<b>Headache</b>	Rare	Sudden onset and it can be severe
<b>Muscle Aches</b>	Rare	Common, and often severe
<b>Tiredness and Weakness</b>	Mild	Can last two or more weeks
<b>Extreme Exhaustion</b>	Never	Sudden onset and can be severe
<b>Runny Nose</b>	Often	Sometimes
<b>Sneezing</b>	Often	Sometimes
<b>Sore Throat</b>	Often	Sometimes
<b>Cough</b>	Mild hacking cough	Usual, and can become severe
<b>Chest Discomfort</b>	Mild to moderate	Common, and can become severe



***For more sources of information on this topic visit:***

ST. CLAIR COUNTY HEALTH DEPARTMENT [www.scchealth.co](http://www.scchealth.co)

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

CENTERS FOR DISEASE CONTROL AND PREVENTION [www.cdc.gov](http://www.cdc.gov)