



What you need to know about...

A Cold v. The Flu

How to Tell the Difference Between a Cold and the Flu

The cold and flu are both respiratory illnesses, but they are caused by different types of viruses.

Flu symptoms usually come on quickly (within 3-6 hours) and consist of a high fever, body aches, dry cough, and extreme tiredness.

Cold symptoms are less severe and people experience a stuffy nose, productive cough, slight tiredness, and limited body aches.

Remember that if you are experiencing flu-like symptoms, it is better to act fast and speak to your doctor within 12 to 48 hours.

The best way to prevent the flu is to get an annual flu shot.

For more information on where you can get a free or low cost flu shot visit the Respiratory Health Association of Metropolitan Chicago's website at www.lungchicago.org or call (312) 243-2000.

| SYMPTOMS | COLD | FLU |
|------------------|---------------------------|-----------------------------|
| Fever | Rare | Usually Present |
| Aches | Slight | Usual, often severe |
| Chills | Uncommon | Fairly common |
| Tiredness | Mild | Moderate to severe |
| Sudden Symptoms | Appear gradually | Can appear within 3-6 hours |
| Coughing | Hacking, productive cough | Dry, unproductive cough |
| Sneezing | Common | Uncommon |
| Stuffy nose | Common | Uncommon |
| Sore throat | Common | Uncommon |
| Chest Discomfort | Mild to moderate | Often severe |
| Headache | Uncommon | Common |