

# Is it Cold Or Flu?

COLD	SYMPTOM	FLU
Gradual Over a Few Days	Onset of Symptoms	Sudden
Not Very Likely	Headaches	Very Likely
Cough with Mucus	Coughing	Cough w. little Mucus
Likely Sneezing	Sneezing	Possibly Sneezing
Not Likely	Chills	Likely
Likely During Onset	Sore Throat	Maybe on Day 2 or 3
Minor	Body Aches	Possibly Severe
Minor	Fatigue and Malaise	Possibly Severe
Likely	Nasal Congestion	Mild or None
3-4 Days	Duration	6-7 Days
None or Low Grade	Fever	Likely High
None or Minor	Chest Discomfort	Very Likely

Disclaimer: The information provided in this material is for informational purposes only and is not intended as a substitute for advice from a physician or other health care professional.

**PLEASE NOTE:** Vomiting or loose stools are more common in children with the flu. The elderly may not present with as high a fever when they have the flu.

In general the incubation time for the flu is 1-4 days and a person is contagious for 1 day before symptoms appear until 5-7 days after onset, or until fever free for 24 hours.

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"Sail Through Cold & Flu Season" - How to Prepare for Health for the Season Ahead.

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