

The Difference Between Cold and Flu Symptoms

| SYMPTOM | COLD | FLU |
|------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| FEVER | Rare with a cold. | Usually present with the flu. A 100 degree F temp or higher for 3 to 4 days is typical. |
| COUGHING | A hacking, productive (mucus-producing) cough is often present with a cold. | A non-producing cough is usually present with the flu (sometimes referred to as a dry cough.) |
| ACHES | Slight body aches and pains can be part of a cold. | Moderate to severe aches and pains are common with the flu. |
| STUFFY NOSE | Commonly present. | Not commonly present with the flu. |
| CHILLS | Uncommon with a cold. | 60% of people who have the flu have chills. |
| TIREINESS | Fairly mild with a cold. | Moderate to severe with the flu. |
| SNEEZING | Common with a cold. | Not common with the flu. |
| SUDDEN SYMPTOMS | Cold symptoms tend to develop over a few days. | The flu has a rapid onset within 3-6 hours. Flu hits harder with high fever, aches, and pains. |
| HEADACHE | Fairly uncommon with a cold. | Very common with the flu, present in 80% of all flu cases. |
| SORE THROAT | Usually present with a cold. | Not usually present with the flu. |
| CHEST DISCOMFORT | Mild to moderate discomfort. | Often severe with the flu. |

Source: Utah Department of Health