

How to Distinguish Cold and Flu Symptoms

	Influenza	Cold Symptoms
ONSET OF SYMPTOMS	Sudden onset of symptoms which worsen within hours	Gradual onset of symptoms
SORE THROAT	Extremely sore throat	A scratchy throat, less severe
TEMPERATURE	High temperature, up to 41°C (104°F)	Usually small increase in temperature
HEADACHE	Headache, often severe	Minor headache occasionally
ACHES AND PAINS	Sudden onset. Causes the whole body to ache particularly the joints. Fatigue and weakness present	Mild aching, usually confined to the legs
COUGHS AND SNEEZES	Coughing is usual but sneezing is rare	Sneezing and nasal congestion is common because the cold virus concentrates in the nose
COURSE OF ILLNESS	Unwell for 1-2 weeks; chest problems common	Rapid recovery
COMPLICATIONS	Severe e.g. pneumonia, sinusitis, bronchitis and otitis media in children	Mild