

HOW TO TELL THE DIFFERENCE BETWEEN COLD AND FLU

Feature	Colds	Flu (including Swine Flu)
Etiological Agent	>100 viral strains; rhinovirus most common	3 strains of influenza virus: influenza A, B, and C
Site of Infection	Upper respiratory tract	Entire respiratory system
Symptom Onset	Gradual: 1-3 days	Sudden: within a few hours
Fever, chills	Occasional, low grade ($<101^{\circ}$ F)	Characteristic, higher ($>101^{\circ}$ F), lasting 2-4 days
Headache	Frequent, usually mild	Characteristic, more severe
General aches, pains	Mild, if any	Characteristic, often severe and affecting the entire body
Cough, chest congestion	Mild-to-moderate, with hacking cough	Common, may become severe
Sore throat	Common, usually mild	Sometimes present
Runny, stuffy nose	Very common, accompanied by bouts of sneezing	Sometimes present
Fatigue, weakness	Mild, if any	Usual, may be severe and last 2-3 weeks
Extreme exhaustion	Never	Frequent, usually in early stages of illness
Season	Year around, peaks in winter months	Most cases between November and February
Antibiotic products helpful?	No, unless secondary bacterial infection develops	No, unless secondary bacterial infection develops