

Fact Sheet

Influenza:

Is it a “Cold” or “Flu”?



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SYMPTOMS	COLD	FLU
Fever	Rare	Common
Headache	Rare	Sudden onset and it can be severe
Muscle Aches	Rare	Common, and often severe
Tiredness and Weakness	Mild	Can last two or more weeks
Extreme Exhaustion	Never	Sudden onset and can be severe
Runny Nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore Throat	Often	Sometimes
Cough	Mild hacking cough	Usual, and can become severe
Chest Discomfort	Mild to moderate	Common, and can become severe



For more sources of information on this topic visit:

ST. CLAIR COUNTY HEALTH DEPARTMENT www.scchealth.co
 MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES www.michigan.gov/mdhhs
 CENTERS FOR DISEASE CONTROL AND PREVENTION www.cdc.gov