

How is a cold different from the flu?

A cold and the flu (influenza) are two different illnesses. A cold is relatively harmless and usually clears up by itself after a period of time, although sometimes it may lead to a secondary infection, such as an ear infection. However, the flu can lead to complications, such as pneumonia and even death. What may seem like a cold, could, in fact, be the flu. Be aware of these differences:

Cold Symptoms	Flu Symptoms
Low or no fever	High fever
Sometimes a headache	Always a headache
Stuffy, runny nose	Clear nose or stuffy nose
Sneezing	Sometimes sneezing
Mild, hacking cough	Cough, often becoming severe
Slight aches and pains	Often severe aches and pains
Mild fatigue	Several weeks of fatigue
Sore throat	Sometimes a sore throat
Normal energy level	Extreme exhaustion