

## Is it Influenza or a Cold?

Every year many people get influenza; many more get a cold. A cold is a very common viral infection that most people recover from with no further health concerns. Influenza is a severe respiratory illness that can have serious consequences for the very young, old and immunocompromised. While signs and symptoms of influenza and a cold are similar, the severity may vary. This chart outlines the difference between influenza and a cold. If you think you have influenza, you should stay home from work and contact your health care provider.

Symptom	Influenza	Cold
Fever	Usual, may be high sudden onset, may last 3 to 4 days	Rare
Headache	Usual, can be severe	Rare
Chest discomfort, coughing	Usual, can become severe	Sometimes, mild to moderate
General aches and pains	Usual, often severe	Sometimes, mild
Extreme fatigue	Usual early onset, can be severe	Unusual
Weakness	Usual, severe, may last 2 to 3 weeks or more	Sometimes, mild
Runny, stuffy nose	Common	Common
Sneezing	Sometimes	Common
Sore throat	Common	Common
Complications	Can lead to pneumonia, can worsen a current chronic condition, can be life-threatening	Can lead to sinus congestion or earache

<b>Prevention</b>	<b>ANNUAL VACCINATION and frequent hand hygiene</b>	<b>Frequent hand hygiene</b>
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