

# The Difference Between Cold and Flu Symptoms

SYMPTOM	COLD	FLU
FEVER	Rare with a cold.	Usually present with the flu. A 100 degree F temp or higher for 3 to 4 days is typical.
COUGHING	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-producing cough is usually present with the flu (sometimes referred to as a dry cough.)
ACHES	Slight body aches and pains can be part of a cold.	Moderate to severe aches and pains are common with the flu.
STUFFY NOSE	Commonly present.	Not commonly present with the flu.
CHILLS	Uncommon with a cold.	60% of people who have the flu have chills.
TIREDFNESS	Fairly mild with a cold.	Moderate to severe with the flu.
SNEEZING	Common with a cold.	Not common with the flu.
SUDDEN SYMPTOMS	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. Flu hits harder with high fever, aches, and pains.
HEADACHE	Fairly uncommon with a cold.	Very common with the flu, present in 80% of all flu cases.
SORE THROAT	Usually present with a cold.	Not usually present with the flu.
CHEST DISCOMFORT	Mild to moderate discomfort.	Often severe with the flu.

Source: Utah Department of Health