

# Is it a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare in adults and older children, but can be as high as 102° F in infants and small children	Usually 102° F, but can go up to 104° F and usually lasts 3 to 4 days
Headache	Rare	Sudden onset and can be severe
Muscle Aches	Mild	Usual, and often severe
Tiredness and Weakness	Mild	Often extreme, and 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



Department of Health and Human Services  
 Maine Center for Disease Control and Prevention  
[www.mainepublichealth.gov](http://www.mainepublichealth.gov)