



MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT
Division of Epidemiology and Public Health Preparedness

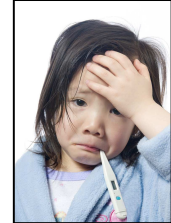
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Is It a Cold or the Flu?



Symptoms	Cold	Flu
Fever	Rare	Yes, often high (102 to 104°F) Lasts three days
Headache	Rare	Yes, sudden and can be severe
Aches and Pains	Mild	Usual, often severe
Tiredness and weakness	Mild	Yes, sudden and can last two-to-three weeks
Extreme Weakness	Never	Yes
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore Throat	Common	Sometimes
Chest pain, cough	Mild hacking cough	Common, can be severe

It is not easy to identify the flu from other infections on the basis of symptoms alone. A doctor's exam is needed to tell whether you have developed the flu. If you develop flu-like symptoms and are worried about your illness, you should call your doctor.

Sources of information:
New Jersey Department of Health and Senior Services
Centers for Disease Control and Prevention

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