



# Flu vs. Cold

## Know the Difference



Symptoms	Flu	Cold
Fever	Usual - 100° F or higher	Rare
Chills	Common	Uncommon
Body or muscle aches	Common – can be severe	Uncommon or mild
Headache	Common – can be severe	Uncommon
Feeling tired and weak	Common – can be severe	Sometimes – usually mild: you don't feel tired
Cough	Common – can last 2-3 weeks	Common – mild to moderate hacking
Sneezing	Sometimes	Common
Runny or stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort	Common – can be severe	Sometimes – can be mild to moderate

## Prevent the Spread of Flu and Colds

**GET A FLU SHOT** – Getting a flu shot each year is the best way to slow the spread of flu.

**STAY HOME WHEN SICK**

**CLEAN YOUR HANDS** – Wash with soap and water or use hand sanitizer.

**COVER YOUR COUGHS AND SNEEZES** – Use clean tissues and discard after use.

**KEEP SURFACES CLEAN** – Make sure to clean all surfaces touched by you and others often, such as countertops, faucets, computer keyboard & mouse, light switches, TV remotes, phones, and handles on doors and cabinets.



[www.prevention.va.gov/flu](http://www.prevention.va.gov/flu)

VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Office of Public Health