

# Get Tough! Fight the Flu!



## IS IT A COLD OR THE FLU?

### Symptoms

### Cold

### Flu

Fever

Rare in adults, but can be as high as 102°F in infants and small children

Usually 102°F can go to 104°F, lasts 3-4 days

Headache

Rare

Can be severe

General Aches, Pains

Mild

Usual; often severe

Fatigue, Weakness

Mild

Can last up to 2-3 weeks

Extreme Exhaustion

Never

Sudden onset, can be severe

Stuffy Nose

Often

Sometimes

Sneezing

Often

Sometimes

Sore Throat

Common

Sometimes

Chest Discomfort, Cough

Mild to moderate; hacking cough

Usual; can become severe

Complications

Sinus congestion or earache

Bronchitis, pneumonia;  
Can be life-threatening



*Delaware Health and Social Services*  
Division of Public Health