

**GREENWICH CENTRAL SCHOOL
HEALTH OFFICES**

COLD VS. FLU

SYMPTOMS	COLD	FLU
Fever	Can be low grade, 100°	Characteristic high (102°-104° F) Sudden onset; lasts 3-4 days
Headache	Sometimes	Prominent
General aches and pains	Slight	Usual; often quite severe
Fatigue and weakness	Quite mild	Extreme; can last 2-3 weeks
Exhaustion	Never	Early and prominent
Runny, stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate, hacking cough	Common, can become severe