Is it a **Cold** or the **Flu?**

Check your symptoms, and ask your doctor for advice.
Remember, a **flu shot** is your best protection against the flu.

Symptoms	Cold	Flu
Fever	Rare in adults and older children, but can be as high 102°F in infants and small children.	Usually 102°F, but can go up to 104°F and usually last 3 to 4 days
Headache	Rare	Sudden onset and can be severe
Muscle aches	Mild	Usual, and often severe
Tiredness and weakness	Mild	Can last 2 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

For more information

Ask your health care provider or call the CDC Immunization Hot Line

English: 1-800-232-2522 Español: 1-800-232-0233 www.cdc.gov/nip/flu

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