


THE DIFFERENCE *between* COLD & FLU SYMPTOMS

Both the common cold and the flu have some similar symptoms, so it can be hard to tell the difference between them. However, the flu may make you feel worse. Here's a helpful list of symptoms to help you understand the difference:

Cold	Symptom	Flu
✓	Stuffy nose	✓
✓	Fatigue	✓
✓	Cough	✓
✓	Muscle aches	✓
✓	Headache	✓
✓	Sore throat	
✓	Sneezing & watery eyes	
	Chills and sweats	✓
	Nausea and/or loss of appetite	✓



Use products only as directed.

There are many options for cold and flu symptom relief—ask your healthcare provider if you have questions about which one is right for you.

Symptoms develop slowly and are usually milder



Fever **up to 102°F**



Symptoms that build over **48 hours**



Can last **2-14 days**

Symptoms come on suddenly and are more severe



Fever **over 102°F**



Fast onset of symptoms



Can last **2-7 days**, but cough and fatigue **may linger for 2-3 weeks**

The Centers for Disease Control and Prevention (CDC) recommends that everyone over 6 months of age should get an annual flu vaccination with rare exception. Talk to your healthcare professional if you have any questions.