



STUDENT HEALTH SERVICE  
**IS IT A COLD OR THE FLU?**

**COLD**

Symptoms come on gradually

Fever unlikely

Cough possible

Sore throat common

Body aches unlikely or mild

Headache rare

Stomach feels okay

Stuffy nose common

Fatigue/weakness mild

**FLU**

Symptoms come on quickly

Characteristic (100° to 104°)  
can last several days

Dry cough common, can become severe

Sore throat possible

Body aches usual, often severe

Headache prominent

Vomiting, diarrhea possible  
(usually seen in children)

Stuffy nose sometimes

Fatigue/weakness common,  
sometimes severe



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