



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

Stuffy nose sometimes

Fatigue/weakness common,  
sometimes severe



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