



# Flu or Cold?

Questions to ask yourself	Flu	Cold
Was onset of illness	Sudden	Gradual
Do you have a	High fever	Lower fever
Is your fatigue level	Severe	Mild
Is your cough	Severe	Mild
Is your throat	Sore	Sore
Is your head	Achy	Headache-free
Is your appetite	Decreased	Decreased
Are your muscles	Achy	fine
Do you have	Chills	No chills

**If most of your answers fall into the first category, then you likely have the flu.**  
**If most of your answers fall into the second category, then you likely have a cold.**  
Unless they're severe, flu symptoms are treated the same as cold symptoms, but you should NOT self-diagnose. If you are ill, visit your healthcare professional.