



Putnam County Department of Health
 1 Geneva Road, Brewster, New York 10509
 Flu Vaccine Hotline: (845) 808-1390
 www.putnamcountyny.com

HOW DO YOU TELL A COLD FROM THE FLU?

SYMPTOMS	COLD	FLU
Onset	Gradually	Sudden
Fever	Less Common, <100°F	Sudden onset, >100°F
Headache	Mild or absent	Yes, possibly severe
Muscle Aches	Mild or absent	Yes, possibly severe
Fatigue and Weakness	Mild or absent	Extreme
Runny Nose, Congestion, Sneezing	Common	Less common
Chest Discomfort; Cough	Mild to moderate; hacking cough	Common; can become severe
Eye Symptoms	Watery eyes	Light-sensitive, pain on motion, conjunctivitis
COMPLICATIONS	Sinus congestion; earache	Sinus & ear infections; pneumonia; bronchitis; can be life threatening

Adapted from HCA of New York State, Inc. 10/04