

COLD SYMPTOMS

Low or no fever

Occasional Headache

Stuffy, runny Nose

Sneezing

Mild, Hacking cough

Slight aches and pains

Mild fatigue

Sore throat

Normal energy level



FLU SYMPTOMS

High fever

Constant Headache

Clear nose

Occasional Sneezing

Cough, often becoming severe

Often severe aches and pains

Several weeks of fatigue

Occasional sore throat

Extreme exhaustion