



Is it a Cold or the Flu?

Your child is not feeling well and is complaining of a sore throat and a fever. Could it be the Flu that is going around? Or just the common cold?

To help determine whether your child is fighting a regular cold or the flu (also known as influenza), here is a table listing key differences.

Clinical Presentaion	Flu	Cold
Onset of symptoms	Sudden	Gradual (slow)
Fever	High fever (>38,4)	Mild fever (<38,0)
Headache	Yes	No
Sore throat	Sometimes	Yes
Tired	Very	Somewhat
Muscle aches	Yes	No
Chills	Yes	No
Cough	Dry	Hacking
Appetite	None	Normal
Runny nose	Sometimes	Yes
Sneezing	Sometimes	Yes

If most of your child's symptoms are in the last column, it's most likely just a cold. However, it's important to remember that flu symptoms can vary from child to child. So, always consult with your regular doctor as needed.