

# Is it a Cold? Or the Flu?

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## COLD

- Runny Nose
- Stuffy Nose
- Mild or No Fever
- Short Duration  
(less than 2 days)
- Generally mild illness
- Child may feel fine for  
long stretches
- Symptoms seem to  
come & go

## FLU

- Body Aches
- Cough
- Fever
- Long Duration  
(more than 3 days)
- Generally more  
severe illness
- Extreme Tiredness
- Symptoms seem to  
persist for many days

*Always seek medical care if you have any questions about your child's condition or illness.  
This is not intended to provide a diagnosis.*

*Children who are having trouble breathing, keeping liquids down or seem overly lethargic  
should see a physician immediately.*