

Avon Lake City Schools
 175 Avon Belden Road
 Avon Lake, Ohio 44012



Below we have listed some general information on the differences between the cold and influenza.

Flu vs. Cold- How to know the difference?

Symptom	Cold	Influenza (flu)
Fever	Fever is rare with a cold	Fever is usually present with the flu in up to 80% of all flu cases. Temperature of 100°F or higher for 3 to 4 days is associated with the flu
Coughing	A hacking, productive (mucus- producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

Further information can be found at <https://www.cdc.gov/flu/about/qa/coldflu.htm>

If you have any questions, please feel free to contact the nurse at your child's school.
 Thank You.

