

Flu or Just a Cold?



It is not called the common cold for nothing. Children often get colds that stay for a few days and then clear up without special medication. All you need to do is keep the child comfortable.

If your child has flu, you need to pay close attention because flu can bring more complications with it. Your child may need to see a doctor.

Symptoms	Flu	Cold
Illness came on suddenly.	Yes, suddenly.	No, slowly.
Child has a fever.	Yes, high fever.	No fever (or mild fever).
Child is very tired.	Yes, exhausted.	Slightly tired.
Child has a headache.	Yes.	No.
Child is eating less.	Yes.	No, eating is normal.
Child has muscle aches.	Yes.	No.
Child has chills.	Yes.	No.
Child has a stuffy nose.	No*.	Yes.
Child has a sore throat.	No*.	Yes.

*A stuffy nose and a sore throat sometimes come with flu, but not always.