

# North Bay Parry Sound District Health Unit

## IS IT INFLUENZA OR A COLD?

Principal Symptom	Cold	Influenza
Fever	Rare	Usual High (39°C - 40°C)** Lasts 3 – 4 days
Headache	Rare	Usual; can be sudden
Muscle aches and pains	Sometimes, generally mild	Usual; often severe
Tiredness and weakness	Sometimes, generally mild	Usual; severe, may last up to 2-3 weeks
Extreme tiredness	Unusual	Usual; early onset, can be severe
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Chest discomfort and cough	Sometimes, mild to moderate	Common; can be moderate to severe. Cough may last for weeks.
Complications	Can lead to sinus congestion or infection, and ear aches.*	Can lead to pneumonia and respiratory failure, and become life-threatening. Can worsen a chronic condition.
Prevention	Frequent hand washing.	Annual vaccination and frequent hand washing

\*Colds do not generally result in serious health problems such as pneumonia or bacterial infections.

\*\* Note: the elderly and people who are immunocompromised may not develop a fever.

**NOTE: Children may experience additional symptoms such as the croup, ear infections, nausea, vomiting and diarrhea.**

Source: Ministry of Health & Long-Term Care, Influenza: Is it a Cold or the Flu?

Revised: July 2009

Page 1 of 1



North Bay Parry Sound District  
**Health Unit**

**1-800-563-2808**

### Main Office

681 Commercial Street  
North Bay, ON P1B 4E7  
Tel: (705) 474-1400  
Fax: (705) 474-2809

17 Copeland Street, Box 484  
Burk's Falls, ON P0A 1C0  
Tel: (705) 382-2018  
Fax: (705) 382-2931

70 Joseph Street, Unit 302  
Parry Sound, ON P2A 2G5  
Tel: (705) 746-5801  
Fax: (705) 746-2711

**www.healthunit.biz**