

Fact Sheet – How to Differentiate: Cold, Allergy, Influenza

SYMPTOMS	COLD	ALLERGY	INFLUENZA
Fever	Rare	Rare	Very common
Headache	Sometimes	Unusual	Usual – Can be severe
General aches and pains	Sometimes, mild	Rare	Usual – Often severe
Fatigue and weakness	Sometimes, mild	Rare	Usual – Severe
Extreme fatigue	Unusual	Rare	Usual early onset – Can be severe
Runny, stuffy nose	Common	Very common	Sometimes
Sneezing	Common	Very common	Sometimes
Sore throat	Sometimes	Unusual	Very common
Cough	Sometimes	Unusual	Very common
Chest discomfort, coughing	Sometimes, mild	Rare	Usual – Can be severe



Call HealthLine at 811 for professional health advice anytime.