

# Common cold vs Influenza

## Symptoms

## Common Cold

## Influenza

Incubation period

2 – 5 days

1 – 3 days

1 - 5 days for H1N1

Fever

Rare (mild)

Common 38 - 40°C  
-sudden onset

Aches and Pains

Occasional (mild)

Common (often severe)

Fatigue/weakness

Occasional (mild)

Common (severe)

Headache

Rare except with  
sinus congestion

Common (can be severe)

Sore Throat

Occasional (mild)

Common

Cough

Common (mild- moderate)

Common (can be severe)

Nasal Discharge

Common

Occasional

Symptoms Last

5 – 10 days

Up to 2 weeks



*Healthiest people ~ Healthiest communities ~ Exceptional service*