

KNOW THE DIFFERENCE BETWEEN COLD AND H1N1 FLU SYMPTOMS

Symptom	Cold	H1N1 Flu
Fever	Fever is rare with a cold	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100 F or higher for 3-4 days is associated with the flu
Coughing	A hacking productive (mucus producing) cough is often present with a cold	A non-productive cough (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 the 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 common 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 severe with the flu