

Differences Between Cold/Seasonal Flu/H1N1

SYMPTOM	COMMON COLD	SEASONAL FLU	H1N1
FEVER	Fever is rare with a cold.	Fever is common with seasonal flu.	Fever is usually present with H1N1 in up to 80% of all flu cases. A temperature of 101°
COUGHING	A hacking, productive (mucus-producing) cough is often present with a cold.	A dry and hacking cough is often present with seasonal flu.	A non-productive (non-mucus producing) cough is usually present with H1N1 (sometimes referred to as dry cough).*
ACHES	Slight body aches and pains can be part of a cold.	Moderate body aches are common with seasonal flu.	Severe aches and pains are common with H1N1.*
STUFFY NOSE	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	A runny nose is commonly present with seasonal flu.	Stuffy nose is not commonly present with H1N1.
CHILLS	Chills are uncommon with a cold.	Chills are mild to moderate with seasonal flu.	60% of people who have H1N1 experience chills .
TIREDNESS	Tiredness is fairly mild with a cold.	Tiredness is moderate and more likely referred to as a lack of energy with seasonal flu.	Tiredness is moderate to severe with H1N1.*
SNEEZING	Sneezing is commonly present with a cold	Sneezing is commonly present with seasonal flu.	Sneezing is not common with H1N1.
SUDDEN SYMPTOMS	Cold symptoms tend to develop over a few days .	Symptoms tend to develop over a few days and include flushed face, loss of appetite, dizziness and/or vomiting/ nausea. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.	H1N1 has a rapid onset within 3-6 hours. H1N1 hits hard and includes sudden symptoms like high fever, aches and pains. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.
HEADACHE	A headache is fairly uncommon with a cold.	A headache is fairly common with seasonal flu.	A headache is very common with H1N1 and present in 80% of cases.*
SORE THROAT	Sore throat is not commonly present with a cold.	Sore throat is commonly present with seasonal flu.	Sore throat is commonly present with H1N1.
CHEST DISCOMFORT	Chest discomfort is mild to moderate with a cold.	Chest discomfort is moderate with seasonal flu. <u>If it turns severe seek medical attention immediately!</u>	Chest discomfort is often severe with H1N1.

PREVENTION

TIPS:

- Cough & sneeze into your elbow to reduce the spread of germs.
- Wash hands with soap and warm water for a minimum of 15 -20 seconds, the time it takes to sing your ABC's.
- Use hand sanitizer when soap & water is not available.
- Avoid touching eyes, nose, and mouth without washing or using hand sanitizer first.
- Consider yourself contagious until you are without fever for 24 hours