

## Know the Difference between a Cold/H1N1/Flu Symptoms

<u>Symptom</u>	<u>Cold</u>	<u>H1N1 Flu</u>	<u>Seasonal Flu</u>
<b>Fever</b>	Fever is rare with a cold.	<b>A temperature of 100°F or higher for 3 to 4 days.</b>	<b>At least 100 degrees and last 2-4 days. Fever usually means flu.</b>
<b>Coughing</b>	A hacking, productive (mucus-producing) cough.	<b>Usually dry or non-productive.</b>	<b>Either dry or productive.</b>
<b>Aches</b>	Slight body aches and pains can be part of a cold.	<b>Severe aches and pains are common.</b>	<b>Moderate to severe body aches and pains</b>
<b>Stuffy Nose</b>	Commonly present; typically resolves within a week.	<b>Stuffy nose is not commonly present with the H1N1 flu.</b>	<b>Stuffy or runny nose.</b>
<b>Chills</b>	Uncommon with a cold.	<b>60% of people experience chills.</b>	<b>Chills are common especially with fever.</b>
<b>Tiredness</b>	Fairly mild.	<b>Tiredness is moderate to severe.</b>	<b>Extreme tiredness; can last up to 2-3 weeks.</b>
<b>Sneezing</b>	Commonly present with a cold.	<b>Sneezing is not common.</b>	<b>Sometimes.</b>
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over a few days.	<b>Rapid onset within 3-6 hours; includes sudden symptoms like high fever, aches and pains and some develop stomach issues.</b>	<b>Very sudden onset; feel like you've been hit by a truck? Should feel better within 3-5 days but can be fatigued for a couple of weeks.</b>
<b>Headache</b>	A headache is fairly uncommon with a cold.	<b>In 80% of patients, a headache is very common.</b>	<b>A headache is almost always present.</b>
<b>Sore Throat</b>	Sore throat is commonly present with a cold.	<b>Sore throat is <u>not</u> common.</b>	<b>Sore throat is common.</b>
<b>Chest Discomfort</b>	Mild to moderate with a cold.	<b>Chest discomfort is often severe.</b>	<b>Moderate to severe.</b>

**IF YOU ARE EXPERIENCING A SIGNIFICANT NUMBER OF ANY OF THESE SYMPTOMS, PLEASE LIMIT YOUR INTERACTION WITH OTHERS.**