

Know the Difference between a Cold/H1N1/Flu Symptoms

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

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