

# DIFFERENCES BETWEEN **COLD**, **SEASONAL FLU** & **H1N1** SYMPTOMS

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

## PREVENTION TIPS:

- ✓ cough & sneeze into your elbow
- ✓ wash hands with soap and warm water for a minimum of 15 -20 seconds. Sing your abc's or happy birthday to you
- ✓ use hand sanitizer when soap & water are not available
- ✓ avoid touching eyes, nose or mouth without washing or using hand sanitizer first