

## Know the Difference between Cold and H1N1 Flu Symptoms

<u>Symptom</u>	<u>Cold</u>	<u>H1N1 Flu</u>
<b>Fever</b>	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 to 4 days is associated with the flu.
<b>Coughing</b>	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
<b>Aches</b>	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
<b>Stuffy Nose</b>	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
<b>Chills</b>	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
<b>Tiredness</b>	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
<b>Sneezing</b>	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
<b>Sudden Symptoms</b>	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.
<b>Headache</b>	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
<b>Sore Throat</b>	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
<b>Chest Discomfort</b>	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

**The only way to stop the spread of the epidemic is to spread the awareness!**