

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

| <u>SYMPTOM</u> | <u>COLD</u> | <u>SEASONAL FLU</u> | <u>H1N1</u> |
|------------------|--|--|--|
| FEVER | Fever is rare with a cold. | Fever is common with the seasonal flu. | Fever is usually present with H1N1 in up to 80% of all flu cases. A temperature of 101° or more |
| COUGHING | A hacking, productive (mucus-producing) cough is often present with a cold. | A dry and hacking cough is often present with the 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 the 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 the seasonal flu. | Stuffy nose is not commonly present with H1N1. |
| CHILLS | Chills are uncommon with a cold. | Chills are mild to moderate with the 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 the seasonal flu. | Tiredness is moderate to severe with H1N1.* |
| SNEEZING | Sneezing is commonly present with a cold | Sneezing is commonly present with the 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 the seasonal flu. | A headache is very common with H1N1 and present in 80% of cases.* |
| SORE THROAT | Sore throat is commonly present with a cold. | Sore throat is commonly present with the seasonal flu. | Sore throat is not commonly present with H1N1. |
| CHEST DISCOMFORT | Chest discomfort is mild to moderate with a cold. | Chest discomfort is moderate with the 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
- ✓ 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