



## Know the Difference between a **Cold** and **H1N1 Flu Symptoms**

<u>Symptom</u>	<u>Cold</u>	<u>H1N1 Flu</u>
<b>Fever</b>	Fever is rare	Temperatures of 100°F or higher for 3 to 4 days
<b>Coughing</b>	A hacking (mucus-producing) cough is often present	A dry cough is usually present
<b>Aches</b>	Slight body aches and pains	Severe aches and pains
<b>Stuffy Nose</b>	Stuffy nose is commonly present and typically resolves within a week	Stuffy nose is not commonly present
<b>Chills</b>	Chills are uncommon	Chills occur in 60% of cases
<b>Tiredness</b>	Tiredness is fairly mild	Tiredness is moderate to severe
<b>Sneezing</b>	Sneezing is common	Sneezing is not common
<b>Sudden Symptoms</b>	Symptoms tend to develop over a few days	Rapid onset (3-6 hours) with sudden symptoms of high fever - muscle aches - shortness of breath - tight chest
<b>Headache</b>	Headaches are fairly mild	Headache occur in 80% of cases
<b>Sore Throat</b>	Sore throat is not commonly present	Sore throat is commonly present
<b>Chest Discomfort</b>	Chest discomfort is mild to moderate	Chest discomfort is often severe