

DIFFERENCES BETWEEN COLD & H1N1 FLU & SEASONAL FLU SYMPTOMS

Information provided by the Centers for Disease Control

<u>SYMPTOM</u>	<u>COLD</u>	<u>H1N1 FLU</u>	<u>SEASONAL FLU</u>
FEVER	Fever is rare with a cold.	Fever is usually present with H1N1 in up to 80% of all flue cases. A temperature of 101°	Fever is common with the seasonal flu.
COUGHING	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with H1N1 (sometimes referred to as dry cough).	A dry and hacking cough is often present with the seasonal flu.
ACHES	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with H1N1.	Moderate body aches are common with the seasonal flu.
STUFFY NOSE	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with H1N1.	A runny nose is commonly present with the seasonal flu.
CHILLS	Chills are uncommon with a cold.	60% of people who have H1N1 experience chills .	Chills are mild to moderate with the seasonal flu.
TIREDFNESS	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with H1N1.	Tiredness is moderate and more likely referred to as a lack of energy with the seasonal flu.
SNEEZING	Sneezing is commonly present with a cold	Sneezing is not common with H1N1.	Sneezing is common present with the seasonal flu.

SUDDEN SYMPTOMS	Cold symptoms tend to develop over a few days .	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.	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.
HEADACHE	A headache is fairly uncommon with a cold.	A headache is very common with H1N1 and present in 80% of cases.	A headache is fairly common with the seasonal flu.
SORE THROAT	Sore throat is commonly present with a cold.	Sore throat is not commonly present with H1N1.	Sore throat is commonly present with the seasonal flu.
CHEST DISCOMFORT	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with H1N1.	Chest discomfort is moderate with the seasonal flu. <u>If it turns severe seek medical attention immediately!</u>

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
- ✓ stay home if you are sick to avoid contaminating your co-workers