

Know the Difference between a Cold and H1N1 Flu Symptoms

| Symptom | Cold | H1N1 Flu |
|-------------------------|---|---|
| Fever | 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 H1N1 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 the H1N1 flu (sometimes referred to as dry cough). |
| Aches | Slight body aches and pains can be part of a cold. | Severe aches and pains are common with the H1N1 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 the H1N1 flu. |
| Chills | Chills are uncommon with a cold. | 60% of people who have the H1N1 flu experience chills. |
| Tiredness | Tiredness is fairly mild with a cold. | Tiredness is moderate to severe with the H1N1 flu. |
| Sneezing | Sneezing is commonly present with a cold. | Sneezing is not common with the H1N1 flu. |
| Sudden Symptoms | Cold symptoms tend to develop over a few days. | The H1N1 flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains. |
| Headache | A headache is fairly uncommon with a cold. | A headache is very common with the H1N1 flu, present in 80% of flu cases. |
| Sore Throat | Sore throat is commonly present with a cold. | Sore throat is not commonly present with the H1N1 flu. |
| Chest Discomfort | Chest discomfort is mild to moderate with a cold. | Chest discomfort is often severe with the H1N1 flu. |