

Know the Difference between a Cold, Seasonal Flu and H1N1 Flu Symptoms

The only way to stop the spread of the epidemic is to spread the awareness
(Source: weeksmd.com)

Symptom	Cold	Seasonal Flu	H1N1 Flu
Fever	Fever is rare with a cold.	Fever is common with the seasonal flu.	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 dry and hacking cough is often present with the seasonal flu.	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.	Moderate body aches are common with the seasonal flu.	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.	A runny nose is commonly present with the seasonal flu.	Stuffy nose is not commonly present with the H1N1 flu.
Chills	Chills are uncommon with a cold.	Chills are mild to moderate with the seasonal flu.	60% of people who have the H1N1 flu 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 the H1N1 flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is commonly present with the seasonal flu.	Sneezing is not common with the H1N1 flu.
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.	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 fairly common with the seasonal flu.	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 commonly present with the seasonal flu	Sore throat is not commonly present with the H1N1 flu.
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 the H1N1 flu.

PREVENTION TIPS:

- ü cough & sneeze into your elbow
- ü wash hands with soap and warm water for a minimum of 15 -20 seconds.
- ü use hand sanitizer when soap & water are not available
- ü avoid touching eyes, nose or mouth without washing or using hand sanitizer first