

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

| <b><u>Symptom</u></b>   | <b><u>Cold</u></b>  | <b><u>H1N1 Flu</u></b>  |
|-------------------------|---|---|
| <b>Fever</b>            | Fever is rare with a cold.  | <b>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.</b> |
| <b>Coughing</b>         | A hacking, productive (mucus-producing) cough is often present with a cold.                     | <b>A non-productive (non-mucus producing) cough is usually present with the H1N1 flu (sometimes referred to as dry cough).</b>                                |
| <b>Aches</b>            | Slight body aches and pains can be part of a cold.  | <b>Severe aches and pains are common with the H1N1 flu.</b>   |
| <b>Stuffy Nose</b>      | Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week. | <b>Stuffy nose is not commonly present with the H1N1 flu.</b>   |
| <b>Chills</b>           | Chills are uncommon with a cold.  | <b>60% of people who have the H1N1 flu experience chills.</b>   |
| <b>Tiredness</b>        | Tiredness is fairly mild with a cold.   | <b>Tiredness is moderate to severe with the H1N1 flu.</b>   |
| <b>Sneezing</b>         | Sneezing is commonly present with a cold.   | <b>Sneezing is not common with the H1N1 flu.</b>  |
| <b>Sudden Symptoms</b>  | Cold symptoms tend to develop over a few days.  | <b>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.</b>                      |
| <b>Headache</b>         | A headache is fairly uncommon with a cold.  | <b>A headache is very common with the H1N1 flu, present in 80% of flu cases.</b>  |
| <b>Sore Throat</b>      | Sore throat is commonly present with a cold.  | <b>Sore throat is not commonly present with the H1N1 flu.</b>   |
| <b>Chest Discomfort</b> | Chest discomfort is mild to moderate with a cold.   | <b>Chest discomfort is often severe with the H1N1 flu.</b>  |