

COLD, SEASONAL FLU & H1N1 SYMPTOMS

SYMPTOM	COLD	SEASONAL FLU	H1N1
SYMPTOM ONSET	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.	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.
SNEEZING	Sneezing is commonly present with a cold	Sneezing is common present with the seasonal flu.	Sneezing is not common with H1N1.
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 H1N1.
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 H1N1.
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 H1N1 (sometimes referred to as dry cough).
HEADACHE	A headache is fairly uncommon with a cold.	A headache is fairly common with the seasonal flu.	A headache is very common with H1N1 and present in 80% of cases.
FEVER	Fever is rare with a cold.	Fever is common with the seasonal flu.	Fever is usually present with H1N1 in up to 80% of all flu cases. A temperature of 101°
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 H1N1.
CHILLS	Chills are uncommon with a cold.	Chills are mild to moderate with the seasonal flu.	60% of people who have H1N1 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 H1N1.
CHEST DISCOMFORT	Chest discomfort is mild to moderate with a cold.	Chest discomfort is moderate with the seasonal flu.	Chest discomfort is often severe with H1N1.
TREATMENT:	Use over-the-counter cold medicine* specific to symptoms, stay well-hydrated, and prevent spreading germs	Use over-the-counter cold/flu medicine* specific to symptoms, stay well-hydrated, avoid spreading germs, remain home and rest until 24 hours after fever ends. Contact your doctor if you have difficulty breathing.	Use over-the-counter cold/flu medicine* specific to symptoms, stay well-hydrated, avoid spreading germs, remain home and rest until 24 hours after fever ends. Contact your doctor if you have difficulty breathing.

PREVENTION TIPS:

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

* People under 18 should not take aspirin or products that contain aspirin since this can cause a rare serious illness called Reye Syndrome in young people with the flu.