

DIFFERENCES BETWEEN COLD, SEASONAL FLU & H1N1 SYMPTOMS

SYMPTOM	COLD	SEASONAL FLU	H1N1
FEVER	Fever is rare .	Fever is common .	Fever is usually present with H1N1 in up to 80% of cases with a temperature of 101°F.
COUGHING	A hacking, productive (mucus-producing) cough is often present.	A non-productive (dry and hacking/ non-mucus producing) cough is often present.	A non-productive (dry and hacking/ non-mucus producing) cough is usually present.
ACHES	Slight body aches and pains can be present.	Moderate body aches are common.	SEVERE aches and pains are common.
STUFFY NOSE	Stuffy nose is commonly present with a cold. Typically resolve spontaneously within a week.	A runny nose is commonly present .	Stuffy nose is NOT commonly present.
CHILLS	Chills are NOT common .	Chills are mild to moderate .	60% of people experience chills .
TIREDDNESS	Tiredness tends to be fairly mild .	Tiredness is moderate and more likely referred to as a lack of energy .	Tiredness is moderate to severe .
SNEEZING	Sneezing is commonly present .	Sneezing is commonly present .	Sneezing is NOT common.
SYMPTOM ONSET	Cold symptoms tend to develop over a few days .	Symptoms tend to develop over a few days . Include flushed face, loss of appetite, dizziness and/or vomiting/nausea. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is also common.	H1N1 has a rapid onset within 3-6 hours. H1N1 hits hard and fast. Includes sudden symptoms like high fever, aches and pains. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is also common.
HEADACHE	A headache is NOT common .	A headache is fairly common .	A headache is VERY common and present in 80% of cases.
SORE THROAT	Sore throat is commonly present .	Sore throat is commonly present .	Sore throat is NOT commonly present.
CHEST DISCOMFORT	Chest discomfort is mild to moderate.	Chest discomfort is moderate . <i><u>If it turns severe, seek immediate medical attention!</u></i>	Chest discomfort is often SEVERE .