

# Please pass this on to family and friends. Especially people with children!

H1N1 flu is about to be upon us and we need to be on top of information regarding it. Here is a comparison to the normal cold symptoms.

## Know the Difference between a Cold and H1N1 Flu Symptoms:

<u>Symptom</u>	<u>Cold</u>	<u>H1N1 Flu</u>
<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 100.4°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>Chest Discomfort</b>	Chest discomfort is mild to moderate with a cold.	<b>Chest discomfort is often severe with the H1N1 flu.</b>

**The only way to stop the spread of the epidemic  
is to spread the awareness and to  
WASH YOUR HANDS OFTEN!**