

## DIFFERENCES BETWEEN THE COMMON COLD AND THE H1N1 FLU

SYMPTOM	COMMON COLD	H1N1 FLU
Fever	Rare	Usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3-4 days is associated with the flu.
Cough	A hacking, productive (mucous-producing) cough is often present with a cold	Non-productive (non-mucous producing) cough is usually present (sometimes referred to as “dry cough”)
Aches	Slight body aches and pains can be part of a cold	Severe aches and pains are common
Stuffy nose	Commonly present with a cold and typically resolves spontaneously within a week	Not commonly present
Chills	Uncommon	Sixty percent of people experience chills
Tiredness	Fairly mild	Moderate to severe
Sneezing	Commonly present	Not common
Sudden symptoms	Cold symptoms tend to develop over a few days	Rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms, such as high fever, aches, and pains.
Headache	Fairly uncommon	Very common; present in 80% of flu cases
Sore throat	Commonly present	Not commonly present
Chest discomfort	Mild to moderate	Often severe with the flu