

Difference between Cold and Swine Flu Symptoms

| <u>Symptom</u> | <u>Cold</u> | <u>Swine Flu</u> |
|-------------------------|--|--|
| Fever | Fever is rare with a cold. | 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 flu. |
| Coughing | A hacking, productive (mucus-producing) cough is often present with a cold. | A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough). |
| Aches | Slight body aches and pains can be part of a cold. | Severe aches and pains are common with the flu. |
| Stuffy Nose | Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week. | Stuffy nose is not commonly present with the flu. |
| Chills | Chills are uncommon with a cold. | 60% of people who have the flu experience chills . |
| Tiredness | Tiredness is fairly mild with a cold. | Tiredness is moderate to severe with the flu. |
| Sneezing | Sneezing is commonly present with a cold. | Sneezing is not common with the flu. |
| Sudden Symptoms | Cold symptoms tend to develop over a few days . | The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains. |
| Headache | A headache is fairly uncommon with a cold. | A headache is very common with the flu, present in 80% of flu cases. |
| Sore Throat | Sore throat is commonly present with a cold. | Sore throat is not commonly present with the flu. |
| Chest Discomfort | Chest discomfort is mild to moderate with a cold. | Chest discomfort is often severe with the flu. |

RECOGNIZE SWINE FLU SYMPTOMS! DEFEND YOURSELF

High Risk Groups

- Children below 5 years
- Senior persons above 65 years
- HIV infected persons
- Diabetic patients
- Pregnant Women
- Lung & Heart patients
- Obese persons

Warning signs for children

- Troubled or abnormal breathing
- Bluish skin color
- Lessened intake of water/fluids
- Extended sleep or lack of interaction
- Irritable
- Fever with rash
- Flu-like symptoms recede, but return with fever and worsened cough

Warning signs for adults

- Difficulty in breathing or shortness of breath
 - Pain/pressure in chest/abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting/diarrhea
- ✓ No vaccine is available for Swine Flu available quite **yet, but will be soon.** Seasonal flu vaccines or past immunizations DO NOT provide protection against the H1N1 virus
- ✓ Please visit a qualified physician if you suspect Swine Flu symptoms, a test is available..
- Persons infected with the H1N1 virus may be able to pass it on 1 day before symptoms develop and up to 7 days after infection

New Information is passed on frequently in the news and at official sites.

Health and Human Services has a site for information <http://flu.gov/>

***This is an overview and does not replace medical advice or information.**