



Know the Differences Between a **Cold** OR Influenza OR H1N1 Flu Symptoms

Symptom	Cold	Influenza	H1N1 Flu
Fever	Rare	Usual high fever (102°F/39°C - 104°F/40°C); sudden onset, lasts 3-4 days	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F/38°C or higher for 3-4 days is associated with the H1N1 flu
Headache	Rare	Usual, can be severe	Usual, present in 80% of flu cases
General Aches and pains	Sometimes, mild	Usual, often severe	Usual, often severe
Fatigue and weakness	Sometimes, mild	Usual, severe, may last 2-3 weeks or more	Usual, moderate to severe
Extreme Fatigue	Unusual	Usual early onset, can be severe	Rapid onset of fatigue, accompanied by high fever, aches and pains
Runny, stuffy nose	Common	Common	Not common
Sneezing	Common	Sometimes	Not common
Sore Throat	Common	Common	Not common
Chest discomfort, coughing	Sometimes, mild to moderate	Usual, can become severe	Usual, can become severe
Nausea and vomiting, Diarrhea	Not Common	Sometimes	Sometimes; In children under the age of five years of age, vomiting and diarrhea may be present but not necessarily fever
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure, can worsen a chronic condition, can be life-threatening	
Prevention	Frequent hand washing	Annual vaccination and frequent hand washing	

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