

Quick and Easy -- Know the Difference Between Cold and H1N1 Flu Symptoms

Symptom	Cold	H1N1 Flu
Fever	Rare with a cold	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 common with a cold and usually goes away on its own within a week.	Stuffy nose is uncommon with the flu.
Chills	Chills are uncommon with a cold.	60% of people commonly experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is common with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Symptoms tend to develop over a few days	Symptoms rapid onset within 3-6 hours . Hit hard and may have high fever, aches, and pains.
Headache	Fairly uncommon with a cold	Very common with the flu, present 80% of the time.
Sore throat	Commonly present with a cold	Not commonly present with the flu
Chest Discomfort	Mild to moderate with a cold	Often severe with the flu