

Flu Verses Cold

Difference between Cold and Swine Flu Symptoms

Symptoms	Cold	Swine Flu
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 100F 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 with a week.	Stuffy nose is not common 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.
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 Group:

- Children below 5 year
- Senior persons above 65 years
- HIV infected persons
- Diabetic persons
- 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 breathing or shortness of breath
- Pain/pressure in chest/abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- No vaccine is available for Swine Flu. Seasonal flu vaccines or past immunizations DO NOT provide protection against the H1N1 virus.

Persons with the H1N1 virus may be able to pass it on 1 day before symptoms develop and up to 7 days after infection.