

Know the Difference between a Cold and H1N1 Flu Symptoms

Symptom	Cold	H1N1 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 100° F or higher for 3 to 4 days is associated with the H1N1 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 H1N1 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 H1N1 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 H1N1 flu.
Chills	Chills are uncommon with a cold.	60% of people who have the H1N1 flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the H1N1 flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the H1N1 flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The H1N1 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 H1N1 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 H1N1 flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the H1N1 flu.

Most H1N1 influenza infections in the U.S. have been very mild, resulting in illness no worse than any seasonal flu. But in rare cases, particularly involving children and young adults, the novel flu has developed rapidly into very serious illness causing hospitalization and death.

There are warning signs that the H1N1 virus (swine flu) is getting worse in kids, according to the Centers for Disease Control and Prevention. **Parents and other caregivers who see these symptoms should seek immediate medical attention:**

- **Fast breathing or difficulty breathing.**
- **Trouble taking fluids.**
- **Difficulty waking up.**
- **Child may start to look blue or gray.**
- **Child has the flu, begins to get better, and then seems to get worse.**