

DIFFERENCES BETWEEN COLD, SWINE FLU and SEASONAL FLU SYMPTOMS

SYMPTOM	COLD	SWINE FLU	SEASONAL FLU
Fever	Fever is rare with a cold.	Fever is usually present with H1N1 in up to 80% of all flu cases.	Fever is common with seasonal flu.
Coughing	A hacking, productive (mucous-producing) cough is often present with a cold.	A non-productive (non mucous producing) cough is usually present with H1N1 (sometimes referred to as “dry cough”).	A dry and hacking cough is often present with the seasonal flu.
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with H1N1.	Moderate body aches are common with the seasonal 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 H1N1.	A runny nose is commonly present with the seasonal flu.
Chills	Chills are uncommon with a cold.	60% of people who have H1N1 experience chills.	Chills are mild to moderate with the seasonal flu.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with H1N1.	Tiredness is moderate and more likely referred to as a lack of energy with the seasonal flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with H1N1.	Sneezing is common with the seasonal flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	H1N1 has a rapid onset within 3-6 hours. H1N1 hits hard and includes sudden symptoms like high fever, aches and pains. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.	Symptoms tend to develop over a few days and include flushed face, loss of appetite, dizziness and/or vomiting/nausea. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with H1N1 and present in 80% of cases.	A headache is fairly common with the seasonal flu.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with H1N1.	Sore throat is commonly present with the seasonal flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with H1N1.	Chest discomfort is moderate with the seasonal flu. If it turns severe, seek medical attention immediately.

Please note this is meant to serve as a resource, NOT as a means to diagnose symptoms. Please consult your health care provider if you have questions or concerns relating to illness.