

## The Difference between a Cold & Swine Flu

SYMPTOM	COLD	SWINE FLU
<b>Fever</b>	Fever is <b>rare</b> with a cold.	<b>Fever is usually present</b> 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.
<b>Coughing</b>	A hacking, <b>productive</b> (mucus-producing) cough is often present with a cold.	A <b>non-productive</b> (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
<b>Aches</b>	<b>Slight</b> body aches and pains can be part of a cold.	<b>Severe</b> aches and pains are common with the flu.
<b>Stuffy Nose</b>	Stuffy nose is commonly <b>present</b> with a cold and typically resolves spontaneously within a week.	Stuffy nose is <b>not</b> commonly present with the flu.
<b>Chills</b>	Chills are <b>uncommon</b> with a cold.	60% of people who have the flu experience <b>chills</b> .
<b>Tiredness</b>	Tiredness is fairly <b>mild</b> with a cold.	Tiredness is <b>moderate to severe</b> with the flu.
<b>Sneezing</b>	Sneezing is commonly <b>present</b> with a cold.	Sneezing is <b>not</b> common with the flu.
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over <b>a few days</b> .	The flu has a <b>rapid onset</b> within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
<b>Headache</b>	A headache is fairly <b>uncommon</b> with a cold.	A headache is <b>very common</b> with the flu, present in 80% of flu cases.
<b>Sore Throat</b>	Sore throat is commonly <b>present</b> with a cold.	Sore throat is <b>not</b> commonly present with the flu.
<b>Chest Discomfort</b>	Chest discomfort is <b>mild to moderate</b> with a cold.	Chest discomfort is often <b>severe</b> with the flu.

# Recognize Swine Flu Symptoms!

## DEFEND YOURSELF

### High Risk Groups

- Children below 5 years
- Senior persons above 65 years
- HIV infected persons
- Diabetic patients
- 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 in breathing or shortness of breath
  - Pain/pressure in chest/abdomen
  - Sudden dizziness
  - Confusion
  - Severe or persistent vomiting/diarrhea
- ✓ No vaccine is available for Swine Flu available quite **yet, but will be soon.** Seasonal flu vaccines or past immunizations DO NOT provide protection against the H1N1 virus
- ✓ Please visit a qualified physician if you suspect Swine Flu symptoms, a test is available..
- Persons infected with the H1N1 virus may be able to pass it on 1 day before symptoms develop and up to 7 days after infection

**New Information is passed on frequently in the news and at official sites.**

**Health and Human Services has a website for information: <http://flu.gov/>**

*\*This is an overview and does not replace medical advice or information.*