

Difference between Cold and Swine Flu Symptoms

<u>Symptom</u>	<u>Cold</u>	<u>Swine Flu</u>
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 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 within a week.	Stuffy nose is not commonly present 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, present in 80% of flu cases.
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 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 **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

For status updates on the H1N1, the following credible sources of information are useful:

1. BC Centre for Disease Control – www.bccdc.ca
2. World Health Organization – www.who.int/
3. International SOS – www.internationalsos.com
4. Public Health Agency of Canada - www.phac-aspc.gc.ca
5. www.fightflu.ca

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