

Difference between Cold and Swine Flu Symptoms

| <u>Symptoms</u> | <u>Cold</u> | <u>Swine Flu</u> |
|------------------|---|--|
| Fever | Fever is rare with a cold | Fever is usually present with the flu in in up to 80% of all flu cases. A temp. 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 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 in NOT common with the flu. |
| Sudden Symptoms | Cold symptoms tend to develop over a few days. | The flu has a rapid onset within 3 to 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. |