

Is it A Cold or the Flu? Know The Difference

Here is a comparison between the common cold and the flu. Each individual will present with differing symptoms of varied intensities, but these are the most common differentiations.

Know The Difference Between a Cold & the H1N1 Influenza

Onset

- ~Cold symptoms usually have a slow onset, developing over a few days.
- ~H1N1 has a rapid onset, with high fever, aches and pains.

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

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). It can be very severe and ongoing for weeks.

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.

Eyes

- ~Eyes can be itchy, red and watery with a cold.
- ~Eyes tend to be very red, sore and aching with H1N1 flu.

Chills

- ~Chills are uncommon with a cold.
- ~Chills and hot/cold sweats present in 60% of people with H1N1 flu.

Fatigue

- ~Fatigue is fairly mild with a cold.
- ~Fatigue is moderate to severe with the H1N1 flu.

Sneezing

- ~Sneezing is commonly present with a cold.
- ~Sneezing is not common with the H1N1 flu.

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, but can be present as well.

Chest Discomfort

~Chest discomfort is mild to moderate with a cold.

~Chest discomfort is often severe with the H1N1 flu.