

Difference Between Cold and Swine Flu Symptoms

As we enter cold and flu season this year it is expected that the Swine Flu, virus H1N1, will affect even more people in the U.S. and Canada than last year.

It is important for all of us to recognize the difference between the common cold and the Swine Flu, therefore, please see symptom comparison chart below. (Please note: the symptoms given below are the same for flu in a general sense, as well as the Swine Flu.) It includes warning signs for both children and adults. Because the Swine Flu is so aggressive, it's important to recognize it early, both to obtain timely treatment and reduce the risk of spreading it to others.

If you have any questions or concerns regarding these viruses, please contact your personal physician.

| <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 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 site for information <http://flu.gov/>, as well as the Centers for Disease Control – www.cdc.gov.

****This is an overview and does not replace medical advice. Please contact your personal physician for addition information.***



(703) 621-4825 X1101

Fax: (703) 889-8935

Email: info@AnovaSeniorKare.com
Website: AnovaSeniorKare.com