

Know the Difference between a Cold and H1N1 Flu Symptoms

<u>Symptom</u> /Sintoma	<u>Cold</u> / Resfriado	<u>H1N1 Flu</u> / Influeza H1N1
Fever /Fiebre	Fever is rare with a cold. .Probabilidades de fiebre minima	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 flu. / 80% de lo casos han presentado fiebre. Temperaturta de mas de 100 grados F de 3 a 4 dias.
Coughing /Tos	A hacking, productive (mucus- producing) cough is often present with a cold. / Produce mucosidad.	A non-productive (non-mucus producing) cough is usually present with the H1N1 flu (sometimes referred to as dry cough). No produce mucosidad, pero la tos esta presente. Es como una tos cesa.
Aches /Dolor	Slight body aches and pains can be part of a cold. / Livianos doles en el cuerpo	Severe aches and pains are common with the H1N1 flu. / Sveros doles musculares son communes.
Stuffy Nose /Naris Tupida	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. /Narices tupidas comunmentente no se presentan
Chills /Escalorfrio	Chills are uncommon with a cold. /No son muy comunes	60% of people who have the H1N1 flu experience chills. / el 60% de las personas con la influenza han experimentado escalosfrio.
Tiredness /Cansancio	Tiredness is fairly mild with a cold. / Cansacion moderado	Tiredness is moderate to severe with the H1N1 flu. / Cansancio moderado a severo.
Sneezing /Estornudos	Sneezing is commonly present with a cold. / Estornudos estan presentes	Sneezing is not common with the H1N1 flu. / Estornudos comunmente no se presentan
Sudden Symptoms/Simtomas repentinos	Cold symptoms tend to develop over a few days. / Los sintoams del refriados se desarrollan en varios	The H1N1 flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains. / Los sintomas se presentant entre 3-6 horas. El influenza

	dias	se manifiesta duramente y rapido, como por ejemplo, fiebre alta, dolores.
Headache /Dolor de Cabeza	A headache is fairly uncommon with a cold. .Dolores de cabeza no son comunes	A headache is very common with the H1N1 flu, present in 80% of flu cases. / Dolor de cabeza esta presente, 80% de los casos de H1N1 lo han presentado
Sore Throat /Garganta irritada	Sore throat is commonly present with a cold. / Garganta irritada esta presente	Sore throat is not commonly present with the H1N1 flu. / Garganta irritado por lo general no esta presente
Chest Discomfort /Incomodidad en el pecho	Chest discomfort is mild to moderate with a cold. / Incomodidad en el l pecho es moderado	Chest discomfort is often severe with the H1N1 flu. / Incomodidad en el pecho puede ser severa