

## **Provided by the Central Kitsap School District: Know the Difference between a Cold and H1N1 Flu Symptoms**

### ***Fever***

Fever is rare with a cold.

Fever is present in up to 80% of all flu cases. A temperature of 100°F or higher for three to four days is associated with 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).

### ***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.

### ***Chills***

Chills are uncommon with a cold.

60% of people who have the H1N1 flu experience chills.

### ***Tiredness***

Tiredness is fairly mild with a cold.

Tiredness is moderate to severe with the H1N1 flu.

### ***Sneezing***

Sneezing is commonly present with a cold.

Sneezing is not common with the H1N1 flu.

### ***Sudden Symptoms***

Cold symptoms tend to develop over a few days.

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.

### ***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.

### ***Chest Discomfort***

Chest discomfort is mild to moderate with a cold.

Chest discomfort is often severe with the H1N1 flu.

The only way to stop the spread of the epidemic is to spread the awareness.

Remember it is also important to protect yourselves by washing your hands very frequently (or using hand sanitizers), covering coughs and sneezes, and staying away from people who are sick.

If you do become ill, call your physician as he/she may want you to get one of the antiviral medicines such as Tamiflu or take prophylactic antibiotics based on your symptoms. You must stay home until 24 hours after your fever is gone, without the use of fever reducing medicine. Follow the same practice for your children who become ill.

The recommendation is to get the H1N1 vaccine if you fall into the 'high risk' category, but at this point there is not much vaccine available in our community. Check with your private physician to see if you qualify and if they have the vaccine.