

## Helpful Information

Jo Burroughs, the Parish Nurse at Luther Memorial, shared the following information regarding the difference between a cold and the flu.

### Know the Difference between a Cold and H1N1 Flu Symptoms

<u>Symptom</u>	<u>Cold</u>	<u>H1N1 Flu</u>
<b>Fever</b>	Fever is rare with a cold.	<b>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.</b>
<b>Coughing</b>	A hacking, productive (mucus-producing) cough is often present with a cold.	<b>A non-productive (non-mucus producing) cough is usually present with the H1N1 flu (sometimes referred to as dry cough).</b>
<b>Aches</b>	Slight body aches and pains can be part of a cold.	<b>Severe aches and pains are common with the H1N1 flu..</b>
<b>Stuffy Nose</b>	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	<b>Stuffy nose is not commonly present with the H1N1 flu.</b>
<b>Chills</b>	Chills are uncommon with a cold.	<b>60% of people who have the H1N1 flu experience chills.</b>
<b>Tiredness</b>	Tiredness is fairly mild with a cold.	<b>Tiredness is moderate to severe with the H1N1 flu.</b>
<b>Sneezing</b>	Sneezing is commonly present with a cold.	<b>Sneezing is not common with the H1N1 flu.</b>
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over a few days.	<b>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.</b>
<b>Headache</b>	A headache is fairly uncommon with a cold.	<b>A headache is very common with the H1N1 flu, present in 80% of flu cases.</b>
<b>Sore Throat</b>	Sore throat is commonly present with a cold.	<b>Sore throat is not commonly present with the H1N1 flu.</b>
<b>Chest Discomfort</b>	Chest discomfort is mild to moderate with a cold.	<b>Chest discomfort is often severe with the H1N1 flu.</b>

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