

## Difference between Cold and Flu Symptoms

The symptoms of seasonal flu and H1N1 flu are similar, but how can you tell whether the symptoms point toward a cold or the flu?

Some of the general differences are listed below.



Symptom	Cold	Seasonal or H1N1 Flu
<b>Fever</b>	Fever is <b>rare</b> with a cold.	Fever is <b>usually present</b> with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is typically associated with the flu.
<b>Coughing</b>	A hacking, <b>productive</b> (mucus-producing) cough is often present with a cold.	A <b>non-productive</b> (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
<b>Aches</b>	<b>Slight</b> body aches and pains can be part of a cold.	<b>Moderate to severe</b> aches and pains are common with the flu.
<b>Stuffy Nose</b>	Stuffy nose is commonly <b>present</b> with a cold and typically resolves spontaneously within a week.	Stuffy nose is <b>not</b> commonly present with the flu.
<b>Chills</b>	Chills are <b>uncommon</b> with a cold.	60% of people who have the flu experience <b>chills</b> .
<b>Tiredness</b>	Tiredness is fairly <b>mild</b> with a cold.	Tiredness is <b>moderate to severe</b> with the flu.
<b>Sneezing</b>	Sneezing is commonly <b>present</b> with a cold.	Sneezing is <b>not</b> common with the flu.
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over <b>a few days</b> .	The flu typically has a <b>rapid onset</b> within 2-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
<b>Headache</b>	A headache is fairly <b>uncommon</b> with a cold.	A headache is <b>very common</b> with the flu, present in 80% of flu cases.
<b>Sore Throat</b>	Sore throat is commonly <b>present</b> with a cold.	Sore throat is <b>not</b> commonly present with the flu.
<b>Chest Discomfort</b>	Chest discomfort is <b>mild</b> to moderate with a cold.	Chest discomfort is often <b>severe</b> with the flu.



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