

## Is it a cold or the Flu?

Be aware of the Difference.

Most people who begin to have symptoms like coughing, sneezing, and body aches are not sure if they have a cold or the flu. And if it's the flu, seasonal or H1N1?

It is important to know the difference between cold and flu symptoms. A cold has milder symptoms and can affect you for a few days. Flu, seasonal or H1N1, comes on quickly and can make you feel quite ill for several days to weeks. If you think you or your child has the flu, you should be in contact with your healthcare provider. Your physician may want to prescribe medication that can help shorten the duration and lessen the severity of symptoms if started within the first 48 hours of symptom onset.

Symptom	Common Cold	Seasonal and H1N1 Influenza
<b>Onset</b>	Over 3-4 days	Over 3-6 hours. Hits hard.
<b>Fever</b>	Sometimes, usually mild	Common 100 degrees or greater over 3-4 days
<b>Chills</b>	Uncommon	Present
<b>Fatigue/tiredness</b>	Mild	Moderate to severe
<b>Body aches</b>	Slight	Usual; often severe
<b>Headache</b>	Occasionally	Common
<b>Sneezing</b>	Usual	Sometimes
<b>Stuffy nose</b>	Common	Sometimes
<b>Sore Throat</b>	Common	Sometimes
<b>Cough</b>	Hacking cough, productive of mucous	Non-productive dry cough
<b>Chest discomfort</b>	Mild-moderate	Common, can become severe
<b>Diarrhea/Vomiting</b>	Not common	More common with H1N1 influenza

## Ways to Stay Healthy

Besides getting a flu shot, you should protect yourself by washing your hands frequently and keep your hands away from your mouth, eyes and nose. If you are on the go and can't wash your hands, carrying hand sanitizer is a good alternative. Eating healthy, exercising and getting enough sleep are also excellent ways to keep your immune system strong.