

Know the Difference between a Cold and H1N1 Flu Symptoms

For the past few months this email had been passed around and I thought this might be good to share with everyone during these troubled months.

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

continued from page 10

Fever

Fever is rare with a cold. 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.

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.



FREE DOG SOULS WITH CONVERSION



**DOGS ARE ANIMALS
THERE AREN'T ANY
ROCKS IN HEAVEN EITHER**



ALL ROCKS GO TO HEAVEN