



785-632-2144

"The heart of healthcare"

Is it a Cold or H1N1 Flu? (initially known as swine flu)

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following symptoms, seek emergency medical care.

SYMPTOMS	COLD	H1N1 Flu
Fever	Rare	Often high (102-104 F)
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last 7-10 days
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Prominent
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can be severe
COMPLICATIONS	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
PREVENTION	Handwashing; Cover your cough	Handwashing; Cover your cough
TREATMENT	Only temporary relief of symptoms	If symptomatic see your Doctor.