

Comparison Charts for H1N1 Flu vs. Seasonal Flu vs. Cold

Symptoms	H1N1 Flu	Influenza	Cold (Viral URI)
Fever	Usually present but not always, > 100°	Usually present and high (102-104); typically lasts 3-4 days	Uncommon, if present, typically low grade (<100.5)
Chills	Yes	Common	Rare
Headache	Yes	Very Common	Uncommon
Aches and pains, muscle aches, chest discomfort	Yes, often severe	Very Common Often severe	Uncommon
Fatigue and weakness	Fatigue, may be severe	Mild	Mild
Extreme Exhaustion	Not Stated	Extremely rare	Extremely Rare
Stuffy/Runny Nose	Yes	Common	Very Common
Sneezing	Yes	Sometimes	Common
Sore throat	Yes	Common	common
Cough	Yes	Non-productive, Moderate, Typically lasting 3-7 days,	Hacky, Moderate, often productive; usually responds to cough medications; Typically lasting 3-7 days.
Gastrointestinal symptoms	Diarrhea, vomiting possible	Rare	Rare
Onset	Rapid onset, 3-5 hours, hits hard with fever, aches pain	Rapid onset, 3-5 hours, hits hard with fever, aches pain	Symptoms tend to develop over a few days
Infectious Period	H1N1 virus may be able to infect others from 1 day before getting sick to 5-7 days after. This can be longer in children and people with weakened immune systems.	Seasonal influenza may be able to infect others from 1 day before symptom onset and 3-7 days after.	Variable, typically 4-7 days after onset of symptoms, can be longer.

Adapted from Nebraska Pandemic Influenza Prevention and Control Guidelines, 2006

