

Know the Difference between a Cold/ H1N1/ Flu Symptoms

Symptom	Cold	H1N1 Flu	Seasonal Flu
Fever	Fever is rare with a cold.	A temperature of 100 degree F or higher for 3 to 4 days	At least 100 degrees and at lasts 2-4 days. Fever usually means flu.
Coughing	A hacking, productive (mucus producing) cough.	Usually dry or non-productive	Either dry or productive.
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common.	Moderate to severe body aches and pains.
Stuffy Nose	Commonly present; typically resolves in a week.	Stuffy nose is not commonly present with the H1N1 flu.	Stuffy or runny nose.
Chills	Uncommon with a cold.	60% of people experience chills.	Chills are common especially with fever.
Tiredness	Fairly mild.	Tiredness is moderate to severe.	Extreme tiredness; can last up to 2-3 weeks.
Sneezing	Commonly presents with a cold.	Sneezing is not common.	Sometimes.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	Rapid onset within 3-6 hours; includes sudden symptoms like high fever, aches, and pains and some develop stomach issues.	Very sudden onset; feel like you have been hit by a truck? Should feel better within 3-5 days but can be fatigued for a couple of weeks.
Headache	A headache is fairly uncommon with a cold.	In 80% of patients, a headache is very common.	A headache is almost always present.
Sore Throat	Sore throat is commonly present.	Sore throat is NOT common	Sore throat is common.
Chest Discomfort	Mild to moderate with a cold.	Chest discomfort is often severe.	Moderate to severe.

**IF YOU ARE EXPERIENCING A SIGNIFICANT NUMBER OF ANY OF THESE SYMPTOMS,
PLEASE LIMIT YOUR INTERACTION WITH OTHERS.**

PARENTAL INTENT TO BE PRESENT

Child's Name: _____

Child's Age: _____

Child's Grade: _____

Child's School: _____

I am planning to bring this child to an evening clinic being held in my school district:

YES _____ NO _____

This is for planning purposes ONLY. Checking "No" will not exclude you from attending an evening clinic

Please fill out and return to school as soon as possible. Thank you!

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