

In this 2009 flu season, how do we know if we have a cold or the flu? Ann Bachman, DoctorsManagement Compliance Department Director, has developed the following chart of symptoms of each to help you determine that!

Remember: take all the common sense precautions to help prevent the spread of disease to your coworkers (wash your hands, use sanitizers and cover that cough!).

Finally, use your best judgment to determine when you can come to work and *when you really need to stay home!*

Common Cold vs. H1N1 Flu		
Symptom	Cold	Flu
Fever	Rare	Present in 80% of cases; 100° F or higher for 3-4 days
Cough	Hacking, productive (mucus-producing) cough often present	Non-productive (non-mucus producing; dry cough) cough
Aches	Slight body aches and pains may be experienced	Severe aches and pains are common
Stuffy Nose	Stuffy nose typically resolves spontaneously within a week	Not commonly present
Chills	Uncommon	Present in 60% of cases
Tiredness	Fairly mild	Moderate to severe
Sneezing	Commonly present	Not common
Sudden Symptoms	Symptoms tend to develop over a few days	Rapid onset within 3-6 hours; hits hard and includes sudden symptoms like high fever, aches and pains
Headache	Uncommon	Very common, present in 80% of flu cases
Sore Throat	Commonly present	Not commonly present
Chest Discomfort	Mild to moderate	Often severe