



SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH

protecting and promoting the public's health since 1928

IS IT A COLD, OR THE FLU?

Symptoms	Common Cold	Seasonal Flu	H1N1 Flu
Fever	Rare	Common	Common
Quick Onset of Symptoms	Rare	Usual	Usual
Headache	Rare	Common	Common
General Aches and Pains	Slight	Usual and often severe	Usual and often severe
Fatigue, Weakness	Sometimes	Usual, can last up to 3 weeks	Usual, can last up to 3 weeks
Extreme Exhaustion	Never	Usual in the beginning	Usual in the beginning
Stuffy Nose	Common	Sometimes	Sometimes
Sneezing	Usual	Sometimes	Sometimes
Sore Throat	Common	Sometimes	Sometimes
Cough	Usual hacking cough	Common, can be severe	Common, can be severe
Diarrhea	Very Rare	Very Rare	Sometimes
Abdominal Cramps/Pain	Very Rare	Very Rare	Sometimes
Nausea, Vomiting	Very Rare	Very Rare	Sometimes
Chills	Rare	Common	Common
Prevention	Common Cold	Seasonal Flu	H1N1 Flu
Get vaccinated	No vaccine available	Yes	Yes
Wash your hands	Yes	Yes	Yes
Cover your cough	Yes	Yes	Yes
Stay home if ill	Yes	Yes	Yes

It will be very hard to tell whether someone who is sick has 2009 H1N1 flu or seasonal flu. Health officials do not recommend laboratory testing for the flu except in specific circumstances. Anyone who has flu-like symptoms should stay home and not go to work or school.

Since mid-April 2009, the 2009 H1N1 flu has caused more illnesses in people younger than 25 years of age than older people. At this time, there are fewer cases and deaths reported in people 65 years and older, which is unusual when compared with seasonal flu. People at high risk for complications from the flu have been identified to be pregnant women and those with underlying medical conditions such as asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neurocognitive and neuromuscular disorders.

For more information visit:

Saginaw County Department of Public Health www.saginawpublichealth.org
 Saginaw County H1N1 informational number (989) 758-3828
 United Way 211 hotline 1-800-552-1183
 Michigan Department of Community Health www.michigan.gov/flu
 Centers for Disease Control and Prevention www.cdc.gov/flu