

Check Your Symptoms: The Common Cold, the Seasonal Flu and the H1N1 Flu

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses, but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections or hospitalizations.

What are the symptoms of the flu versus the symptoms of a cold?

In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness and dry cough are more common and intense. People with colds are more likely to have a runny or stuffy nose.

Check out these symptoms to see if you might have a cold or the flu:

Symptoms	Cold	Flu
Fever	Rare	High (100-102 degrees for 3-4 days)
Headache	Rare	Common
General Aches & Pains	Slight	Usual and often severe
Fatigue, Weakness	Sometimes	Usual, can last up to 3 weeks
Exhaustion	Never	Usual in the beginning
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Cough	Mild to Moderate Hacking Cough	Common, can be severe
Complications	Sinus congestion Middle Ear Infection Asthma	Bronchitis Pneumonia Worsened chronic conditions

What's the difference between the seasonal flu and the H1N1 flu?

Two strains of flu, seasonal flu and the H1N1 (a.k.a. Swine) flu, are currently circulating in the United States. Annual outbreaks of the seasonal flu usually occur during the late fall through early spring. Although every flu season brings an increase in illness, doctor's visits and hospitalizations, the new H1N1 flu virus could result in a particularly severe flu season. Both strains are contagious and spread from person to person, and like seasonal flu, illness in people with H1N1 can vary from mild to severe. The symptoms of H1N1 flu are

similar to seasonal flu, but may include additional symptoms such as vomiting and diarrhea. Below is a list comparing the symptoms of the two flu strains:

Seasonal Flu	H1N1 Flu
<p>All types of flu can cause:</p> <ul style="list-style-type: none"> ▪ Fever ▪ Coughing and/or sore throat ▪ Runny or stuffy nose ▪ Headaches and/or body aches ▪ Chills ▪ Fatigue 	<p>Same as seasonal flu, but symptoms may be more severe.</p> <ul style="list-style-type: none"> ▪ Fever ▪ Coughing and/or sore throat ▪ Runny or stuffy nose ▪ Headaches and/or body aches ▪ Chills ▪ Fatigue <p>In addition to the above symptoms, a number of H1N1 flu cases reported:</p> <ul style="list-style-type: none"> ▪ Vomiting ▪ Diarrhea

What should I do if I get sick?

If you feel like you have flu-like symptoms, do not come to the office and be sure to call your physician. Your health care provider will determine whether influenza testing or treatment is needed. You’re encouraged to stay home until you are fever-free (without the aid of fever-reducing medications) for at least 24 hours before returning to work in order to avoid spreading your illness.

Your Magellan Program

If you are experiencing anxiety over the H1N1 flu, your program is always here to help. Log on to www.MagellanHealth.com/member under the *Spotlight* to access helpful resources on Influenza A-H1N1 including Anxiety and Prevention, Q&A, and Influenza A-H1N1 and the Workplace.