

DIFFERENCES BETWEEN COLD & SWINE FLU & SEASONAL FLU SYMPTOMS			
SYMPTOM	COLD	SWINE FLU	SEASONAL FLU
FEVER	Fever is rare with a cold.	Fever is usually present with H1N1 in up to 80% of all flu cases. A temperature of 101°	Fever is common with the seasonal flu.
COUGHING	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with H1N1 (sometimes referred to as dry cough).	A dry and hacking cough is often present with the seasonal flu.
ACHES	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with H1N1.	Moderate body aches are common with the seasonal flu.
STUFFY NOSE	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with H1N1.	A runny nose is commonly present with the seasonal flu.
CHILLS	Chills are uncommon with a cold.	60% of people who have H1N1 experience chills .	Chills are mild to moderate with the seasonal flu.
TIREDFNESS	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with H1N1.	Tiredness is moderate and more likely referred to as a lack of energy with the seasonal flu.
SNEEZING	Sneezing is commonly present with a cold	Sneezing is not common with H1N1.	Sneezing is commonly present with the seasonal flu.
SUDDEN SYMPTOMS	Cold symptoms tend to develop over a few days .	H1N1 has a rapid onset within 3-6 hours. H1N1 hits hard and includes sudden symptoms like high fever, aches and pains. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.	Symptoms tend to develop over a few days and include flushed face, loss of appetite, dizziness and/or vomiting/nausea. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.
HEADACHE	A headache is fairly uncommon with a cold.	A headache is very common with H1N1 and present in 80% of cases.	A headache is fairly common with the seasonal flu.
SORE THROAT	Sore throat is commonly present with a cold.	Sore throat is not commonly present with H1N1.	Sore throat is commonly present with the seasonal flu.
CHEST DISCOMFORT	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with H1N1.	Chest discomfort is moderate with the seasonal flu. <i>If it turns severe seek medical attention immediately!</i>

- PREVENTION TIPS:**
- ✓ cough & sneeze into your elbow
 - ✓ wash hands with soap and warm water for a minimum of 15 -20 seconds. Sing your abc's or happy birthday to you
 - ✓ use hand sanitizer when soap & water are not available
 - ✓ avoid touching eyes, nose or mouth without washing or using hand sanitizer first
 - ✓ stay home if you are sick to avoid contaminating your co-workers

Please realize that this is not official advice, especially the one about face masks or N95. Most N95 respirators are designed to filter 95% particulates of 0.3μ , while the size of H1N1 virus is about 0.1μ . Hence, dependence on N95 to protect against H1N1 is like protecting against rain with an umbrella made of mosquito net.

Tamiflu does not kill but prevents H1N1 from further proliferation until the virus limits itself in about 1-2 weeks (its natural cycle). H1N1, like other Influenza A viruses, only infects the upper respiratory tract and proliferates (only) there. The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible not coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps - not fully highlighted in most official communications - can be practiced (instead of focusing on how to stock N95 or Tamiflu):

- 1. Frequent hand-washing (well highlighted in all official communications).**
- 2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).**
- 3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.**
- 4. Similar to 3 above, clean your nostrils at least once every day with warm salt water. Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.**
- 5. Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). If you have to & nbsp; supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.**
- 6. Drink as much of warm liquids as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.**

All these are simple ways to prevent, within the means of most households, and certainly much less painful than to wait in long lines outside public hospitals.